



You have been referred to the **BETTER** Program

What is BETTER?

BETTER is a **free** program for adults ages 40 - 65.

This program focuses on cancer, heart disease, and diabetes prevention & screening.

Meet with a health care provider, with specialized skills, called a **Prevention Practitioner**.

Set your **own** health and wellness goals.

How does it work?

Referral through your family doctor.



You will complete an online health questionnaire.



Attend a virtual one-on-one visit with a Prevention Practitioner to discuss your personalized chronic disease risk & prioritize your own health goals.



Follow up to reassess your health and track your goals.

Make an appointment today!

To book your virtual BETTER visit, please contact Laurie at this direct number:

(519) 823-3634



East Wellington
Family Health Team

Erin Clinic: 519-833-9396

Rockwood Clinic: 519-856-4611