

Memo #9

Date: October 17, 2017

To: Executive/Members

Re: **CarePATH; Feeling Better Now**

CAREpath

CAREpath™ provides support to those diagnosed with cancer. CAREpath delivers a knowledgeable advice, information and support program. CAREpath helps individuals to understand their diagnosis, provide information on tests and results and advise and recommend possible treatment options. They guide their clients to the right treatment, at the right time and at the right place. Their team provides the support to reduce the physical and emotional impact of a cancer diagnosis. The CAREpath team follows the most up-to-date guidelines for cancer treatment and care, to ensure the best possible outcomes.

CAREpath nurses will provide support and advice from diagnosis until treatment is complete. They develop an action plan for healthy living and guidelines designed to minimize the risk of a cancer recurrence or development of other disease.

The CAREpath services complement the public health care system. None of the services provided by CAREpath are covered by provincial health care plans. They work in close collaboration with family doctors and specialists to ensure everything possible is being done to help you and that everyone involved fully understands our recommendations.

CAREpath is included in eligible OTIP and Teachers Life benefits, at **no cost to you**. All you have to do is **call 1-800-290-5106**.

You are encouraged to contact CAREpath as soon as possible if you, or a member of your family (spouse or children), has been diagnosed with cancer.

Feeling Better Now

Feeling stressed, anxious or depressed?

Go to: feelingbetternow.com/otip

Assess your mental health, view your action plan, and access your self-care tool box.

Resources in Your Toolbox include: Helping Yourself, Stress Reduction and Helping Others.

FeelingBetterNow® is evidence based and was developed by a team of the foremost mental health care professionals. All your information is kept totally secure and you remain anonymous at all times.

If you have any concerns, please contact the Unit office at 705-733-9625 or 1 800 558 4815