

Rideau Community Health Services

Offers the following programs and services

Telemedicine (Virtual Care)

- Do you have transportation barriers?
- Do you struggle travelling to health care related appointments?
- Telemedicine (also known as Virtual Care), can help you access the health care you need, when and where you need it using technology.

Ask about our remote and virtual care options!



Foot Care / High Risk Chiropody

- Are you experiencing calluses, corns, fragile skin, thick nails, or cracked skin?
- Do you have open wounds or ulcers on your feet?
- Are you having trouble doing your own, or affording professional foot care?

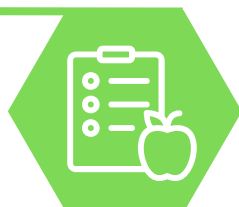
Ask about our Foot Care Services!



Registered Dietitian

- Would you benefit from nutrition advice and counselling?
- Would you like to learn more about healthy lifestyle choices, or how to prepare cost-effective, healthy meals?

Ask about our Dietitian Services!



Smoking Cessation (STOP)

- Are you interested in quitting smoking?
- Have you had trouble quitting on your own?
- Could you benefit from ongoing support and counselling?

Ask about our STOP Program!



Dental / Oral Health

- Do you need basic dental care or dental hygiene but have no insurance or other benefits?
- Are you an adult or senior with low income?

Ask about our Dental Program to see if you qualify!



Primary Care

- Are you in need of a primary care provider?
- RCHS provides comprehensive primary care services (family medicine) delivered by an interdisciplinary team of professionals with a focus on health promotion.

Call Health Care Connect at 1-800-445-1822

All new clients must be registered through Health Care Connect.



Counselling Services

- Are you ready to make a change in your life?
- Are you looking for coping skills and strategies?
- Would talking with someone about your experiences be helpful?

Ask about our Counselling Services!



Diabetes Education

- Do you have diabetes or pre-diabetes?
- Do you need some help managing your diabetes?
- Would you like to learn more about your condition and how to manage your day-to-day activities?

Ask about our Diabetes Education Team!



Community Support

- Could you use help navigating systems and accessing community resources such as food supports, housing information, or income supports?
- Do you need help accessing transportation?
- Would you like help completing forms, applications, or searching for the right supports?
- Are you looking for community connections?

Ask about our Community Health Workers!



Ask about our group programming! All services are free-of-charge. Self referrals are welcome for some services. Individuals without insurance or who are living with limited resources will be given a priority.

Speak with your Health Care Provider or call us at 613-283-1952 to learn more!

www.RideauCHS.ca