

Enrollment is Easy

Request access from staff

Provide a valid email and proof of identification
(government issued ID)

Staff will provide link with one-time
login ID and password

Access e-mail for one-time user name,
password and link to Ontario Shores'
HealthCheck

Click on the link to access Ontario
Shores' HealthCheck

Enter your one-time user name,
password, and security question and
click Log On

Enter your new user name and
password

Explore Ontario Shores'
HealthCheck!

Ontario Shores' HealthCheck

Support line: 905.430.4061
healthcheck@ontarioshores.ca

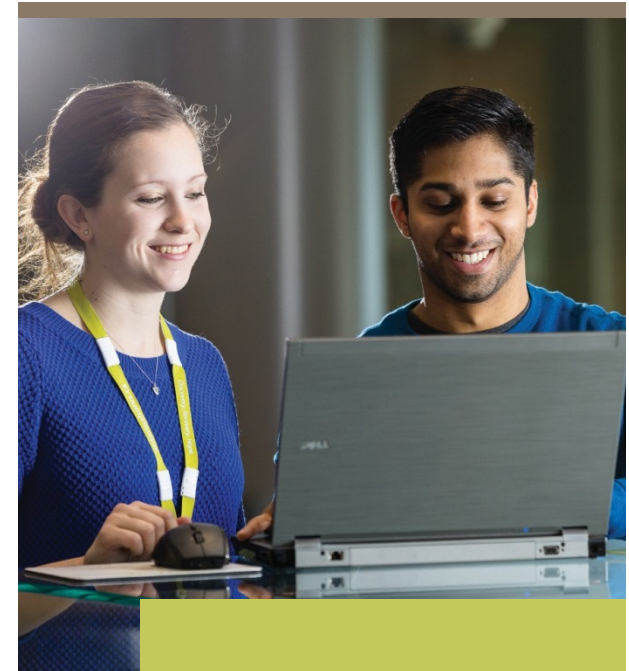
**Ontario Shores Centre for
Mental Health Sciences**
700 Gordon Street Whitby,
Ontario
L1N 5S9

ontarioshores.ca



Ontario Shores
Centre for Mental Health Sciences

Ontario Shores'
HealthCheck 



Partners in Care

How Ontario Shores' HealthCheck Works for You



Available at Your Convenience

We understand your time is valuable. Ontario Shores' HealthCheck makes time-consuming tasks simple... a few clicks, and you're done.

- Access complete health information online, versus over the phone or in person
- View and cancel appointments
- Request prescription renewals

You Choose the When and Where

Access to Ontario Shores' HealthCheck is on your schedule, whether at home or on vacation.

- Use Ontario Shores' HealthCheck from anywhere using a browser
- Access from your smartphone or tablet
- Manage information 24-7, without waiting

Keep the Most Important People in the Loop

You can connect with your providers and keep your family informed at the same time.

- Exchange messages with your provider between visits
- Give authorized family members access to your health information

All of Your Information, in One Place

Ontario Shores' HealthCheck is an online tool that goes a step beyond simply displaying information by helping you manage your healthcare easily and securely.



Health Information
Lab Results
Visit History
Reports

Allergies and Medications
Allergies and Conditions
Immunizations
Medications with Instructions

Appointments
View and Cancel Appointments

FAQs: You Have Questions, We Have Answers

Where does my health information in Ontario Shores' HealthCheck come from?

All of the information comes from your Ontario Shores Electronic Health Record. This ensures that you have access to the most accurate, up-to-date information possible.

How do I log into Ontario Shores' HealthCheck?

To log in, click the link at ontarioshores.ca, then simply enter your user name and password (see enrollment information on the reverse side of this page).

Can my family access my information on Ontario Shores' HealthCheck?

Yes, you can give family members, such as parents or substitute decision makers, access to your information. This can be completed at Ontario Shores and requires consent from you and/or your substitute decision maker, if applicable.

Is my information safe?

Yes. Passwords are encrypted and URLs are re-written so that they cannot be copied and pasted. You and those you authorized to have access are the only ones who can access your information. Also, a timeout feature protects your information if you leave the Ontario Shores' HealthCheck page open.

What if I ever have technical problems with Ontario Shores' HealthCheck?

There is a Contact Us section on the homepage of Ontario Shores' HealthCheck that allows you to submit any questions you may have.