

HOW TO

Prepare for your Dietitian phone or video appointment

Initial appointments are usually 1 hr. A follow-up appointment is usually 30 min.

Time Needed

Choose a private space where you can speak freely and listen carefully. This is also important so the Dietitian can hear you properly.

Privacy

Call our clinic and let us know if you can't make your appointment .

705-475-0500

Can't Make Appointment

Write down questions that you may want answers to. Have pen and paper handy to write information down.

Be Prepared

Let's Connect

The Dietitian is here to provide guidance, support and education regarding your nutrition concerns. Let us know how we can support you!

Diabetes

Have blood sugar records, glucometer and diabetes medication ready

Video Appointment

Check internet connection is working. Make sure sound works and you have video capabilities on your device.

Devices

Double check that your device is fully charged or keep plugged in for duration of appointment if battery is low.

Let's chat

At your scheduled appointment time expect unknown or private caller as our phone numbers are blocked for privacy.