

# DO YOU KNOW YOUR HEALTH HELPERS?

Services available at the [Bowmont Medical Clinic](#)- Book at our front desk, visit [bowmont.ca](#),

or call [403-247-9797](#). Fully covered by your Alberta Health Insurance. No referral needed.

- **CFPCN Clinical Pharmacist- Jessica Tran**- prescription reviews, chronic disease management.
- **CFPCN Health Management Nurse- Joni Bonner**- health goals support, cognitive testing, fall prevention review, Green Sleeve review, vulnerable patient and care giver support by phone.
- **CFPCN Psychologist- Lauren Allan**- anxiety, depression, ADHD, addiction, health goals support.

Services available at [The Bowmont Travel Clinic](#)- Stop by our travel reception upstairs, visit

[bowmonttravel.ca](#) or call [403-247-0787](#). No referral needed. Additional fees may apply.

- Routine child and adult vaccine review and counseling
- Travel health and vaccine consultation with our Immunization Specialist.

Services available at the [Central CFPCN Office](#) - Book online at [cfpcn.ca](#)

or call [587-774-9736](#). Fully covered by your Alberta Health Insurance. No referral needed.

- **Registered Dietitian**- individualized nutrition review and optimization.
- **Social Worker**- support with socioeconomic concerns, applications and forms support.
- **One-Step-At-A-Time Mental Health Support**- phone counselling service.
- **Workshops** supporting various health goals- see a complete list on [cfpcn.ca](#).

Services available with a referral from your family doctor- Fully covered by your Alberta Health Insurance.

- **Bowmont Consulting Psychiatrist- Dr. Prior**- Mental Health diagnosis and treatment support.
- **AHS Respiratory Therapist- Kathy Courtney**- Asthma and COPD support.
- **CFPCN Prescription to Get Active**- try City of Calgary recreation programs for free.
- **CFPCN Extended Health Team**- complex medical problems support.
- **Access Mental Health**- AHS mental health and addiction referral intake

**Access to your Medical Records**- Fully covered by your Alberta Health Insurance and Bowmont Medical clinic.

- Sign-up online at [myhealth.alberta.ca](#)- Your medical tests results are stored for you here.
- Sign up with **MEDEO HEALTH** to receive secure communication like test results or requisitions from our clinic. Ask our front desk for more information.

**After-Hours Care**- Call **811** for non-emergent concerns or **911** for emergent concerns.

**VISIT [bowmont.ca](#), [bowmonttravel.ca](#), [cfpcn.ca](#) and [myhealth.alberta.ca](#) FOR MANY MORE RESOURCES AND VALUABLE INFORMATION.**

