



## InspireHealth Information Sheet

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### InspireHealth - Overview

**About InspireHealth:** InspireHealth is a registered non-profit, funded by the BC Ministry of Health and private and individual donations. The InspireHealth clinical team is made up of physicians, nutritionists, exercise therapists, and clinical counsellors. As of April 1, 2015, InspireHealth no longer charges membership fees to cancer patients and support people who are accessing their services.

**Basic Eligibility:** Any Canadian resident with a recent or past cancer diagnosis and their chosen support are eligible to access InspireHealth services at no charge. A provincial health care card number is required.

**InspireHealth Supportive Cancer Care services include:**

- 2 day LIFE Program (includes comprehensive overview of nutrition, physical activity, stress management and emotional and spiritual counselling sessions led by the InspireHealth clinical team)
- 90 minute Physician Consultation
- 75 minute Nutrition Consultation
- 75 minute Exercise Therapist Consultation
- 75 minute Clinical Counsellor Consultation
- Ongoing programs and classes such as cooking classes, exercise and fitness classes, yoga, meditation, and group support
- Online classes and teleconsultations are also available for people outside of our local centres

### Registering for InspireHealth services

1. Instruct the patient and/or support person to fill in the InspireHealth brochure card and present it to one of our locations (Vancouver, Kelowna, or Victoria), or call our toll free number 1-888-731-7125.

Alternatively, if they are interested in accessing InspireHealth online services, they can register on our website: [www.inspirehealth.ca](http://www.inspirehealth.ca).

2. New members at InspireHealth first attend an Education Session, held twice weekly at InspireHealth and once monthly via online webinar. This session provides an overview of the benefits that comes with InspireHealth and how to access the services and register for classes. Mini individual sessions are also available over the phone.

3. New members at InspireHealth co-create their health program with the guidance and support of the InspireHealth clinical team. The class schedules and groups are posted and each member is responsible for booking their individual consultations.

**InspireHealth -Vancouver**  
200 –1330 W8th Avenue  
Telephone: 604.734.7125  
Toll-Free: 1.888.731.7125  
[www.inspirehealth.ca](http://www.inspirehealth.ca)

**InspireHealth – Victoria**  
212 -2187 Oak Bay Avenue  
Telephone: 250.595.7125  
Toll-Free: 1.888.731.7125  
[www.inspirehealth.ca](http://www.inspirehealth.ca)

**InspireHealth -Kelowna**  
123 –565 Bernard Avenue  
Telephone: 250.861.7125  
Toll-Free: 1.888.731.7125  
[www.inspirehealth.ca](http://www.inspirehealth.ca)