

## **First Five Years Community of Practice – Jan 20, 2026**

Resource List - *Work smarter, not harder: Managing your inbox and paperwork*

LifestyleRx (OHIP-covered 12-week lifestyle coaching programs (e.g., prediabetes, fatty liver, dyslipidemia, metabolic syndrome): <https://lifestylerrx.io/>

Hemequity (patient-friendly info on iron supplementation; useful when advising on low ferritin/iron deficiency): <https://www.hemequity.com/>

Sending Facilities Live on HRM (list of places you can contact to stop duplicate fax/HRM messages): <https://www.ontariomd.ca/products-and-services/health-report-manager/sending-facilities>