

Wellness Monitoring Program

Promoting and Supporting Health and Wellness in Our Community

www.islandhealth.ca/chs



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The Wellness Monitoring Program is a preventative health service that provides support and guidance to you as you age or experience health concerns.

You will partner with a Wellness Mentor to improve or maintain your health, guide you in managing your own care needs and connect you with resources to enhance your quality of life.

Wellness Mentors also help you to be accountable as you work to achieve your goals.

Wellness Mentors are Occupational Therapists, Licensed Practical Nurses, and Recreation Therapists who use a holistic approach to improving health, which includes physical, emotional and spiritual wellness.

Who is it For?

Adults 19+ who want support managing their health and wellness.

Reasons People Use Our Services

- Lack of family or friends and feeling alone
- Memory loss
- Chronic pain
- Wanting to make life changes but needing support

What To Expect

We take a client-centered approach to discussing and exploring your concerns and offer support and guidance to create achievable goals and action plans.

We will help you connect with the many resources and programs available in your community.

We will also help you address the barriers to achieving your goals such as:

- Social isolation
- Physical limitations
- Transportation
- Finances

Our Wellness Mentors will make regular phone calls to check in on your progress and to discuss any health changes and concerns you may have.

They will also communicate with your Primary Care Provider, as needed, to ensure seamless care.

Contact Us

If you are interested in being a part of the Wellness Monitoring Program, talk to your Primary Care Provider or call our Community Access Line to learn more: 250-388-2273 or 1-888-533-2273 (toll free).



Please note that currently the Wellness Monitoring Program is only for people who live in the south of Vancouver Island.