



**As a family physician**, are you tired of “fixing” conditions that could have been prevented?

**As a patient** would you like reliable advice to be healthy?

Did you know studies show 50-70% of disease can be prevented?

We recommend family physicians empower patients and save time by recommending [www.icanbewell.ca](http://www.icanbewell.ca) to their patients as a reliable resource for preventive health. This is a webapp i.e. a website that is sized especially for smartphones and accessible on your computer too. Patients can access videos and user-friendly tools which will make their clinic visit (virtual or in-person) smoother and more rewarding.

Information includes:

- Updated preventive guidelines with infographics
- Preventive care for trans and non-binary people
- Interactive tools to evaluate cardiovascular and cancer risk
- Provider information on screening for financial difficulties as well as info to access the closest food bank

The app was developed by **Dr. Cleo Mavriplis** and [collaborators](#) thanks to a DFM PRIME grant. The app was presented at AFHTO in 2021 and was chosen as a subject for the podcast, *Healthcare Changemakers* ([listen to the episode](#)). Dr Mavriplis will present on Preventive care made easy: Virtual tools and updates, for cis and trans adults at the OCFP Summit 2023 Jan 27,2023.

[Watch our video](#)

Share your feedback on the app with the team at [cmavriplis@bruyere.org](mailto:cmavriplis@bruyere.org).