



Minutes

<u>Meeting</u>	Regular Council Meeting
<u>Date</u>	March 3, 2026
<u>Time</u>	7:00 PM
<u>Place</u>	Municipal Hall - Council Chambers and by electronic means

<u>Present</u>	Mayor Martin Davis Councillor Sarah Fowler Councillor Brenda Lenahan Councillor Ryan Moore Councillor Cheryl Northcott	 by video
<u>Staff</u>	Mark Tatchell, Chief Administrative Officer Adia Mavrikos, CPA, CA, Director of Finance Kyle Wilkinson, Fire chief/ EPC Janet StDenis, Corporate Services Manager	 by video by video by video by video
<u>Guests</u>	Sgt. Greg Young, NCO i/c Nootka Sound RCMP Detachment. Shaun Koopman, Manager, Emergency Services , SRD	 left 7:13 p.m. by video
<u>Public</u>	2 members of the public.	 2 by video

A. Call to Order Mayor Davis called the meeting to order at 7:00 p.m.

Land Acknowledgement
 Mayor Davis acknowledged and respected that Council is meeting upon Mowachaht/ Muchalaht territory.

B. Introduction of Late Items None.

C. Approval of the Agenda **Northcott/Fowler: VOT 0112/2026**
THAT the Agenda for the March 3, 2026 Regular meeting of Council be adopted as presented. **CARRIED**

D. Delegation None.

E. Public Input # 1 None.

F. Adoption of the Minutes

1 February 17, 2026 Regular Council Meeting Minutes.

Northcott/Moore: VOT 0113/2026

THAT the Regular Council Meeting minutes of February 17, 2026 be adopted as presented.

CARRIED

2 February 18, 2026 Committee of the Whole Meeting Minutes

Northcott/Moore: VOT 0114/2026

THAT the Committee of the Whole Meeting Minutes of February 18, 2026 be adopted as presented.

CARRIED

G. Rise and Report

None.

H. Business Arising

1 Nootka Sound RCMP - Village of Tahsis quarterly report- Sgt. Greg Young, NCO i/c Nootka Sound RCMP Detachment.

Northcott/Moore: VOT 0115/2026

THAT this Report to Council be received.

CARRIED

Sgt. Greg Young, NCO i/c Nootka Sound RCMP Detachment presented the detachment's quarterly report to council, detailing crime statistics, policing priorities, staffing updates and the introduction of body worn cameras. Sgt. Greg Young expressed an interest in participating in community events and announced plans for a bike rodeo in collaboration with Road Safe BC.

2 Reconsideration of Resolution VOT 0055/2026 (January 20, 2026 Regular Council Meeting).

At the January 20, 2026 Regular Council Meeting Council passed the following resolution.

Lenahan/Moore: VOT 0055/2026

THAT the SCBL continue with an amended objective (to interact with Mayor and Council and to develop a dialogue to enable the delivery and future development of the Strategic Economic Development Plan) and the following amended scope:

- 1) Identify alternative funding opportunities and grants for business and tourism development.
 - 2) Consider information, suggestions and recommendations for economic development and business growth working within the approved Strategic Economic Development Plan and Action plan.
 - 3) Consult with the public as per the existing Economic Development Plan mandate
- and;**

THAT the meetings be held quarterly.

Fowler/Moore: VOT 0116/2026

THAT resolution VOT 0055/2026 be reconsidered.

CARRIED

Moore/Fowler: VOT 0117/2026

THAT resolution # VOT 0055/2026 be rescinded.

CARRIED

Council revisited the resolution due to concerns about the rigidity of the quarterly meeting schedule.

Councillor Lenahan proposed also amending the language of the scope of the resolution expressing concern that restrictive wording could impede the committee's effectiveness. Council debated the merits of changing the language of the scope but decided not to proceed with the proposed changes.

Northcott/Moore: VOT 0118/2026

THAT the SCBL continue with an amended objective (to interact with Mayor and Council and to develop a dialogue to enable the delivery and future development of the Strategic Economic Development Plan) and the following amended scope:

- 1) Identify alternative funding opportunities and grants for business and tourism development.
- 2) Consider information, suggestions and recommendations for economic development and business growth working within the approved Strategic Economic Development Plan and Action plan.
- 3) Consult with the public as per the existing Economic Development Plan mandate

and;

THAT the meetings be held up to 4 times per year at the Chair's discretion.

CARRIED

J. Council Reports

Mayor Davis

At this point, the new boat launch ramp has been completed in the tidal zone, with future work including adding more riprap to stabilize it and further concrete slabs added above the tideline. Completion of the project involves placement of a new metal gangway and floating dock for the launch, along with building a new public washroom beside it. The old airplane dock has been removed as it had advanced rot. No contract has been tendered yet for a replacement and we will see how our costs are going before proceeding further, as we are avoiding any cost overruns.

The museum upgrades are largely complete and we hope to have our opening in May. Displays will take longer but the plan is to have First Nation history, Colonial history, mill history and natural history of the region.

I am not happy to announce that the planned longterm care facility planned for Campbell River has been shelved by the province, which is in a budget crisis currently. The Comox Strathcona Health Board, of which I am a director, had allocated \$50 million toward this project and our Chairperson is seeking a meeting with the Province to address this. For now, the prospects of reviving the project in the near future are not good.

Councillor Northcott

I attended the Vancouver Island Regional Library Orientation, AGM, and Board meetings on February 21. At the AGM I was elected Vice Chair, and will also sit as a non-voting member of the Audit and Finance Special Committee.

Councillor Lenahan

On Friday, I attended the first ever conference dedicated to Pre-Hospital and Retrieval Medicine.

The host was a relatively new organization called Med Response BC whose objective is to deliver timely, expert care to critically ill and injured patients in rural, remote, and Indigenous communities across British Columbia. They aim to complement, not replace, the existing system by filling gaps in prehospital & retrieval medicine (PHRM).

We are so lucky to have a robust ambulance crew in Tahsis. But it's important to note that BCEHS teams have limits to their mandate and are not permitted to engage in retrievals that are 'off road'. So this organization is proposing a service that would fill the gaps in critical care and in situations that require "off road" retrievals.

It was super interesting to hear discussions about remote communities- mostly First Nations, fly in and boat in- and that many of them of similar size do not have BCEHS support like we do but do have nursing stations that sound similar to our health centre except possibly less resourced.

I was at the conference in my role as the Executive Director of BC Complex Kids Society, to listen to a mom I know speak about her experience with a lack of timely transport that unfortunately led to her son dying while waiting for transport to BC Children's Hospital from Comox.

I look forward to following this organizations progress and support the work they are doing.

Councillor Moore

No report.

Councillor Fowler

Please include the above slide deck from a webinar I attended as my Report to Council. Despite healthcare being a provincial government responsibility, municipalities must focus more on core services like roads and sewers. I imagine there are some village residents that will be possibly affected by these changes. My hope is that folks will find the information helpful as it regards pharmaceutical products in BC, especially concerning diabetes medications being covered, via a federal program, starting March 1st.

Below is a list of other information gathering opportunities copied from my calendar, as virtual (**only 2 in-person meeting over the 2 week time period, both local and noted with bold type**) attendance was brought up by a member of the public at the budget meeting. I didn't provide the same breakdown last meeting, as is my preferred practice, but hopefully I can find a better way to share with anyone interest the takeaways from my endeavors and may be able to answer question on, should any arise.

Submitted respectfully,
Councillor Fowler

Attachment # 1 Diabetes Wellness Webinar 2026 UBCM

February 18, 2026

You're registered for Diabetes medication in BC: The current and changing landscape

Hi Sarah, Your spot is reserved for this event.

Diabetes medication in BC: The current and changing landscape

Wed, Feb 18, 2026 12:00 p.m. - 1:00 p.m. (UTC-08:00) Pacific Time (US & Canada)

National Pharmacare

Plan: <https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/plans/national-pharmacare-plan-np>

Free contraceptives: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/prescription-contraceptives>

PEER Diabetes Medication Decision Aid: <https://decisionaid.ca/diabetes/>
Canadian Diabetes Risk Questionnaire

(CANRISK): <https://www.healthycanadians.gc.ca/en/canrisk>

Virtual Diabetes Education Program: <https://www.diabetes.ca/get-involved/local-programs-events/virtual-diabetes-education-program>

Self Management BC (Free programs designed for those experiencing type 2 diabetes): <https://www.selfmanagementbc.ca/diabetesprogram>

T2D Network: <https://www.t2dnetwork.ca/>

As discussed, our next webinar is on March 4th: Bridging the gap on men's mental health literacy. Join Joe Rachert from HeadsUpGuys for a powerful session that explores how we can better support men's mental health.

CBSR Sustainable Procurement Fellowship (SPF) 2026 – Information Session

CBSR invites you to join an Information Session about the 2026 Sustainable Procurement Fellowship (SPF), our national, virtual program designed to help sustainability, procurement, and supply chain professionals move from ambition to practical implementation.

This session is for professionals considering applying to the 2026 cohort and wanting a clearer sense of fit, expectations, and impact.

What we'll cover:

Overview of the Sustainable Procurement Fellowship (SPF)

Who the program is designed for

SPF Alumni testimonials

Program structure and 2026 schedule (March–June) Q&A: Application process and timelines

Date & Time: Wednesday, February 18, 2026

11:00–12:00 pm PT | 12:00–1:00 pm MT | 2:00–3:00 pm ET

-in person

**February 18, 2026 Committee of the Whole Meeting (VOT Budget Meeting)
at 7 p.m.-10pm**

February 19

Thank you for registering for the Winter 2026 Virtual Initiative Spotlights, part of the Oceans Protection Plan (OPP) Pacific Marine Dialogue Forum! We are excited to have you join us as we explore important updates and discussions on oceans protection and marine transportation initiatives on the Pacific coast.

Event Details; Dates: Every Thursday from February 5 to March 26 Time: 10:30 AM – 12:00 PM PT

February 20

National Electeds-only Call (Climate Caucus)

A monthly meeting space for current and former local elected leaders across the country to connect, share insights, challenges, and success stories, and discuss climate policies important to your communities.

February 24

Topic: The Five Principles of Strategic Communication

Description: Every organisation needs to engage – with staff and stakeholders, with the media, with government and regulators, and with the public. But too often, communications are tactical, responsive and fragmented. Strategic Communications is about building engagement that delivers your organisation's core aims by: Developing and delivering strategic aims; Building constructive relationships; Understanding and influencing opinion; Managing risk and reputation.

This training seminar will introduce the main concepts of: Audiences; Engagement; Persuasion; Narrative; Advocacy.

These are all applicable across different professional settings and national cultures, as they are based on understanding how people think, how they listen, and how they respond to information, which are deep human behavioural traits.

February 25

Integrating Natural Assets into Municipal Asset Management

Date & Time Feb 25, 2026 08:00 AM Vancouver

Description Incorporating a Natural Asset Inventory into municipal asset management helps municipalities recognize and protect the essential services that natural systems provide, while reducing long term costs and strengthening overall service reliability.

In this webinar, Patrick Wong, Senior Natural Heritage Planner at City of Markham will share about the findings and recommendations of Markham's Natural Assets Inventory and Evaluation Study. The session will highlight key components of the natural asset inventory—including asset valuation, condition, and levels of service—and provide an overview of how these assets contribute to municipal climate resilience and municipal service delivery.

Safeguarding Services: A Practical Toolkit for Local Government Continuity
Description: Under the Emergency and Disaster Management Act (EDMA), continuity planning is a legal requirement, making it vital for municipalities to understand and implement robust strategies. This webinar provides practical tools and guidance to help BC local governments meet EDMA compliance, reduce risk, and ensure uninterrupted delivery of essential services. Learn how to build resilience through effective planning, governance, and real-world best practices.

What You'll Learn

- Why business continuity matters for local governments and its role in protecting essential services during emergencies.
- Understanding EDMA compliance: What the Emergency and Disaster Management Act requires and how to meet those obligations.
- Key components of a continuity plan, including risk assessment, governance, and resource allocation.
- Practical tools and templates to help municipalities implement effective continuity strategies.
- Best practices and real-world examples from BC local governments to strengthen resilience and maintain public trust.

Nootka Sound Watershed Society 7pm-8:30(monthly)

February 26

Environment and Health Seminar Series: Trusting your senses, how community members identify air quality issues with Dr. Matthew Adams

February 27

Environment Seminar Series: "I wish these were trees": A case against sacrifice zone framings with Dr. Laurence Butet-Roch

AVICC Virtual Session

Housing Corporations & Rural Solutions:

Expanding Access to Affordable Housing

Presented by The Capital Region Housing Corporation, The CRD's Rural Housing Program and The Comox Valley Housing Authority

JEDDI Seminar Understanding EDI Reversals

March 3

Patriotic purchases: What a national Buy Canadian policy means for local procurement

-in person

March 3, 2026 Committee of the Whole Meeting at 1 p.m.

Fowler/Moore: VOT 0119/2026

THAT the Council Reports be received.

CARRIED

K. Bylaws

1 Report to Council Re: Revenue Anticipation Borrowing Bylaw No. 682, 2026

Fowler/Northcott: VOT 0120/2026

THAT this Report to Council be received.

CARRIED

The Director of Finance presented to Council the Revenue Anticipation Borrowing Bylaw, explaining its purpose, borrowing limits, and anticipated cash flow needs. The Director of Finance responded to questions from Council.

Fowler/Moore: VOT 0121/2026

THAT option # 1 be approved (Give first, second and third readings to the Revenue Anticipation Borrowing Bylaw No, 682, 2026).

CARRIED

Revenue Anticipation Borrowing Bylaw No. 682, 2026

1st, 2nd and 3 Readings

Northcott/Moore: VOT 0122/2026

THAT the Revenue Anticipation Borrowing Bylaw No. 682, 2026 be received for consideration.

CARRIED

Northcott/Moore: VOT 0123/2026

THAT the Revenue Anticipation Borrowing Bylaw No. 682, 2026 receive a first reading this 3rd day of March, 2026.

CARRIED

Northcott/Moore: VOT 0124/2026

THAT the Revenue Anticipation Borrowing Bylaw No. 682, 2026 receive a second reading this 3rd day of March, 2026.

CARRIED

Northcott/Moore: VOT 0125/2026

THAT the Revenue Anticipation Borrowing Bylaw No. 682, 2026 receive a third reading this 3rd day of March, 2026.

CARRIED

L. Correspondence **1 None.**

M. New Business **1 Report to Council Re: Grant Opportunity- 2026-2027 FireSmart Community and Funding Support.**

Fowler/Northcott: VOT 0126/2026

THAT this Report to Council be received.

CARRIED

Shaun Koopman, Manager, Emergency Services , Strathcona Regional District, presented to Council for approval, a grant application under the Community Resiliency Investment 2026-2027 FireSmart Community and Fund Supports program.

This grant application seeks nearly \$300,000 in funding for wildfire training for the fire department, equipment purchases, hiring a FireSmart crew member, providing rebates for property owners to implement FireSmart improvements and curbside debris removal (chipping).

Fowler/Northcott VOT 0127/2026

THAT option # 1 be approved (THAT as part of the Village of Tahsis ongoing work in relation to wildfire risk reduction that an application for financial assistance under the Community Resiliency Investment 2026-2027 FireSmart Community and Funding Supports program be prepared and submitted based on the scope and budget presented in this staff report and THAT the Village of Tahsis commits to its willingness to provide overall grant management if the application is successful).

CARRIED

N. Public Input #2

None.

O. Adjournment

Moore/Northcott: VOT 0128/2026

THAT the meeting be adjourned at 7:52 p.m.

CARRIED

**Certified Correct this
17th day of March, 2026**



Chief Administrative Officer

Diabetes

Update 2026

Anar Dossa BScPharm Pharm D CDE
Vice President, Pharmacy Services

 **PACIFIC
BLUE CROSS**



Agenda

- **National Pharmacare:** What to expect on March 1, 2026 with coverage for diabetes medications and supplies
- **Mounjaro** is America's top selling medication of all time – how does it stack up against Ozempic and other treatment options?
- **Ozempic's lifting patent** – what this means for costs and access to diabetes treatment
- **Screening and prevention** – tips and guidelines that can be shared in the workplace to promote diabetes awareness and early detection and intervention of prediabetes

Environmental Update: National Pharmacare



 BLUE CROSS

National Pharmacare – What We Know So Far



BC

March 1, 2026

- 100% coverage of select diabetes medications and hormone therapy

April 1, 2026

- Expanded coverage for certain diabetes devices and supplies

Yukon
BC
Manitoba
PEI

Each provincial list is different



National Pharmacare | BC

National Pharmacare is a federal program administered provincially
BC PharmaCare is a provincial program

New Plan – Plan NP

As of March 1, 2026

Some diabetes medications will be free (see link below for list)

Some hormone therapies will be free

Most contraceptives will continue to be free

As of April 2026

Diabetes supplies-expanded coverage

Deductible will have to be met

Details to come

<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/plans/national-pharmacare-plan-np>

Resources | BC

FREE CONTRACEPTIVES FOR ALL
Many contraceptives are free to B.C. residents

How it works

- 1 If you currently pay for a prescription, ask a prescriber or pharmacist if it is now free or if they can change it to one that is free
- 2 Present the prescription and your BC Services Card at any pharmacy

Share the news

- [Poster, \(PDF, 68KB\)](#)
- [Information sheets \(available in 15 languages\)](#)
- Posts for [Twitter](#), [Facebook](#), [Instagram](#)
- [Free contraceptives in B.C. \(video\)](#)

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/prescription-contraceptives>

Comparison

Diabetes Medications



Diabetes Drugs | Mounjaro vs Ozempic

Feature	Ozempic	Mounjaro
Approved by Health Canada for Type 2 diabetes	✓	✓
Reduces blood sugar	✓	✓
Supports weight loss	✓	✓
Weight loss (average)	15%	15-21%
Hormonal mechanism	Works on one hormone	Works on two hormones
Prolongs life	✓	Under study
Reduces heart attack risk	✓	Under study
Reduces kidney damage	✓	Under study
Public coverage	✓	✗
CDA* submission status	Positive listing recommendation received	Submission withdrawn and resubmitted by manufacturer
Estimated annual cost	\$6,000	\$10,000

*CDA = Canadian Drug Agency

Diabetes Drugs – Jardiance vs Ozempic

Baseline risk of death per 1000 people with T2DM over 5 years ^{4,5}	with CKD and CVD		with CKD		with CVD		with ≥ 3 CVD risk factors	
	265		170		120		70	
Change in risk of death if 1000 people receive treatment for 5 years ^{4,5}	Jardiance	Ozempic	Jardiance	Ozempic	Jardiance	Ozempic	Jardiance	Ozempic
		30 fewer	24 fewer	22 fewer	17 fewer	16 fewer	13 fewer	10 fewer

CKD = Chronic Kidney Disease
CVD = Cardiovascular Disease

Diabetes Drugs – Jardiance vs Ozempic

Poll

Which drug would you take?

1. Jardiance
2. Ozempic

Diabetes Drugs—How Much Do They Cost?

Drug	Annual Cost (\$)
Metformin	Less than \$50.00 (March 1 free)
Glyburide, Gliclazide	Less than \$150.00(March 1 free)
DPP4 Inhibitors (Trajenta)	\$900.00-\$1,300.00 (March 1 free if special approval in place)
Jardiance	\$1,100.00 (March 1 free)
Ozempic	\$5,000.00 (not free, but still part of BC PharmaCare)
Mounjaro	\$10,000.00 (not covered, until more science available)

Decision Aids

Step 1

Calculate Risk

Female
 Male

Age years

Systolic Blood Pressure mm Hg

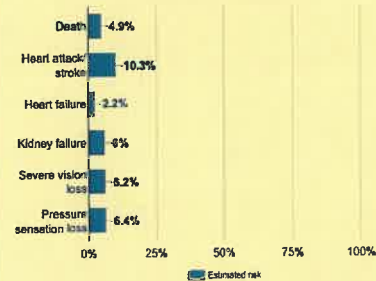
Race/Ethnicity (if applicable)
 Black
 Hispanic

Current Medications
 Anticoagulant
 Antihypertensive (Including ACEI or ARB)
 Antihypertensive (Without ACEI or ARB)
 Oral diabetes drug (excluding semaglutide or flosin)
 Statin

Medical History
 Current smoker
 Prior myocardial infarction or stroke

Labs
Serum creatinine umol/L
eGFR (2021 CKD-EPI equation) ml/min/1.73 m²
Urine albumin-creatinine (ACR) ratio mg/mmol
Total cholesterol mmol/L
HDL cholesterol mmol/L
Hemoglobin A1c %

Risk of complications related to diabetes in the next 10 years



10/11

Ozempic Generics in 2026

What We Are Doing to Prepare

- Ozempic was produced under the biologic pathway
- Ozempic generics are being produced under the generic pathway
- Pharmacists can do the change from brand to generic at the pharmacy
- Pharmacists cannot do the change from Ozempic biologic to the biosimilar at the pharmacy
- PBC working with manufacturers, government, pharmacists to ensure seamless experience for members at the pharmacy
- Coupon cards and radio ads etc being used to maintain Ozempic market share
- Will BC PharmaCare cover the generics right away?

pan-Canadian **Tiered Pricing Framework (TPF)**



Multi-Source Products
(3 Or more manufacturers)



Multi-Source Non-Solid Products
(3 Or more manufacturers)



Dual Source Products
(2 Manufacturers)



Single Source Products
(1 manufacturer)

- Pharmacare may not list generic Ozempic right away if they have better price on brand Ozempic
- As more generics launch, the price is lowered

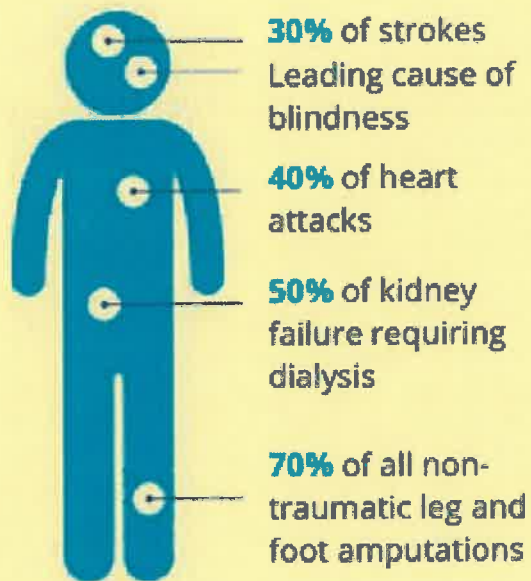
Diabetes Are you at risk?

From Public Health Agency of Canada

<https://www.healthycanadians.gc.ca/en/canrisk>



Impact of Diabetes



Diabetes can
reduce lifespan by
5 – 15 years

Diabetes in Canada: Facts and figures from a public health perspective [Internet]. Ottawa: Public Health Agency of Canada; 2011 p. 126. Available from: Health-Adjusted Life Expectancy in Canada: 2012 Report by the Public Health Agency of Canada - Canada.ca

Risk Factors for Type 2 Diabetes

- Being **40 years of age or older**;
- Having a **close relative (parent or sibling)** who has T2 diabetes;
- Being a member of a high-risk population, such as those of **African, Arab, Asian, Hispanic, Indigenous or South Asian descent**, low socioeconomic status;
- Having heart disease;
- Having a history of gestational diabetes
- Having high **blood pressure or high cholesterol**
- Being **overweight, especially around your abdomen.**
- Having given birth to a baby that weighed 9+ lbs at birth;
- Having obstructive sleep apnea



Recommended Screening Guideline

Diabetes Canada recommends routine screening for type 2 diabetes **every three years for individuals aged 40 and older.**

Screening should be **earlier and more frequent** (every 6 to 12 months) for those at very high risk or with additional risk factors.



THE **CANADIAN** DIABETES RISK
QUESTIONNAIRE
CANRISK

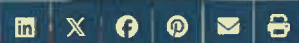


From the Public Health Agency of Canada, the questionnaire can help you find out if you are at higher risk of having pre-diabetes or type 2 diabetes.

Click here: <https://www.healthycanadians.gc.ca/en/canrisk>

January 29, 2026 - November 26, 2026 | Virtual Event

Virtual Diabetes Education Program



Are you newly diagnosed with diabetes and looking for information to get you started, or need a refresher on diabetes management? Join our virtual diabetes education program to learn the basics of diabetes management and connect with others affected by diabetes from the comfort of your home.

[Register for the program here](#) 

Diabetes Canada's virtual diabetes education program provides the option to learn practical, up-to-date tips and tricks at your own pace.

Location Details

January 29, 2026 - November 26, 2026

7:00 p.m. to 8:00 p.m. (ET)

Virtual Event



<https://www.diabetes.ca/get-involved/local-programs-events/virtual-diabetes-education-program>

Self-Management

British Columbia

Home

Programs

Register Now

About Us



Diabetes

Gain knowledge + skills + confidence



<https://www.selfmanagementbc.ca/diabetesprogram>

The following program formats are designed specifically for persons experiencing Type 2 Diabetes. People with Type 1 diabetes have also found benefit.

Virtual Group [FIND A WORKSHOP](#)

Our virtual interactive program using web-cams is offered over six sessions, 2.5 hours per week for 6 weeks as a 5-8 persons group workshop.

In-Person [FIND A WORKSHOP](#)

This community based program is offered over six sessions, 2.5 hours per week for 6 weeks as a 6-12 persons group workshop.

Telephone Peer Health Coach [LEARN MORE](#)

A telephone-based one-to-one peer coaching program in which you receive a telephone call from a Health Coach for 30 minutes once a week, for a period of three months.

Online [LEARN MORE](#)

"Better Choices, Better Health" is a 6-week self-paced internet-based program moderated by two trained facilitators. Participants log on at times convenient to them to complete weekly modules. Communication happens on threaded bulletin boards, where participants can share experiences, as well as give and receive support.

Preventing and Reversing Type 2 Diabetes



12-Week Program

Diabetes Reversal

For Physicians

Join LifestyleRx

Reverse Type 2 Diabetes with LifestyleRx and Pacific Blue Cross

✓ Covered in BC, AB, and ON

Our 12-week program is free to access and can help you to:

- Reduce insulin resistance
- ⊖ Reduce or eliminate medications
- ⊖ Restore normal blood sugar
- Restore good health

Get Started with LifestyleRx →





Lifestyle Supports for Type 2 Diabetes

This handout is about free programs in British Columbia (BC) to support people with Type 2 diabetes. These programs help you stay healthy, you will learn how to be active, eat healthy food, and take care of your feelings and stress. Doing these things can help you manage your diabetes.



www.t2dnetwork.ca

Here are some helpful resources for type 2 diabetes.

These resources were picked with help from people who have type 2 diabetes and healthcare providers.

Let us know how we can make this resource better or if you found it useful.

t2dnetwork@ic.gc.ca

Version: December 2024



Helping You Stay Healthy

Start with one or two things and add more later as you make progress.



Scan the QR code or go to this website for helpful information:
<https://www.t2dnetwork.ca/healthy-lifestyle>



Exercise

Tips to move, stay active, keep your heart healthy, and control blood sugar.



Healthy Eating

Tips for picking healthy foods and making balanced meals.



Diabetes Programs

Programs to help you to take care of your diabetes.



Stress & Mood

Ways to handle stress, worry, and feeling sad.



Older People & Caregivers

Helps older people and caregivers stay active, independent, and manage diabetes.

Looking for diabetes help that fits your culture?



South Asian Resources

Tips for South Asian foods and culture.
<https://www.t2dnetwork.ca/southasian-resources>



East Asian Resources

Tips for East Asian foods and culture.
<https://www.t2dnetwork.ca/eastasian-resources>



Indigenous Resources

Guidance from indigenous communities.
<https://www.t2dnetwork.ca/indigenous-resources>

Tips for Success

- Make goals you can reach and focus on one or two things
- Move your body often by doing activities
- Eat healthy foods to help keep your blood sugar steady
- Manage stress with relaxation techniques
- Check your blood sugar regularly
- Get help from doctors or groups that can support you.

Other Helpful Hints

- Drink less alcohol
- Spend time outside in nature
- Sleep better by making good habits
- Cook more meals at home
- Do things that matter to you
- Go to your appointments regularly

* If you want to know more about your medications, ask your doctor for help.



Find events about type 2 diabetes near you



Join the TZD Network

Thank You.

Questions?

 **PACIFIC
BLUE CROSS**

