

# Achieving our best health as people, as providers, as a system.



It's time to radically redesign our health and wellness system.

Let's work together to change the way care is coordinated across health, social and wellness services.



Learn more  
and get involved.

**Flaoht.ca**

If you need a primary care provider,  
register online with Health Care Connect.

**FLAOHT**

Frontenac Lennox & Addington  
Ontario Health Team

**ÉSOFLA**

Équipe Santé Ontario de  
Frontenac, Lennox et Addington