



HEALTH MYSELF: FREQUENTLY ASKED QUESTIONS

WHAT IS HEALTH MYSELF?

Health Myself is a new **online** booking tool that allows you to book flu shot appointments up to 30 days in advance.

CAN I BOOK AN IMMUNIZATION APPOINTMENT ONLINE WITHOUT AN EMAIL ADDRESS?

No. An email address is required in order to complete the appointment booking in Health Myself and to ensure you receive important appointment confirmation and reminder emails. However, it is possible to enter the email address of a family member, if consent is provided, in order to complete the booking in Health Myself. In this case, the appointment confirmation and reminder emails will go to the family member's email address. Those unable to book an appointment online can also schedule an appointment by calling the Provincial Flu Clinic Line at 1-833-951-3904 (toll-free).

IS IT POSSIBLE TO BOOK MORE THAN ONE FLU SHOT APPOINTMENT USING THE SAME EMAIL ADDRESS?

Yes. The same email address can be used to book more than one appointment with the Health Myself guesting booking process. Please note that important appointment confirmation and reminder emails will be sent to the email address that is used to book the appointment in Health Myself.

CAN I BOOK A FLU SHOT APPOINTMENT FOR A FAMILY MEMBER?

Yes. You can complete a 'guest booking' to book a flu shot appointment for another person, such as a family member. [Click here](#) to watch a brief video about how to book an immunization appointment for yourself or for someone else.

HOW FAR IN ADVANCE DO I NEED TO BOOK AN APPOINTMENT?

All appointments should be scheduled at least one day in advance. Please note that same day appointments will not be facilitated.

HOW DO I SELECT AN APPOINTMENT DATE AND TIME IN HEALTH MYSELF?

During the online booking process, you will be able to select the appointment date and time that is most convenient for your schedule. [Click here](#) to watch a short video about how to book flu shot appointments using Health Myself. Please note that Health Myself may only display appointment availability for 30 days in advance.

HOW DO I CANCEL A FLU SHOT APPOINTMENT?

If you have registered for a Health Myself account, [click here](#) to view a brief video about how to cancel a flu shot appointment in the Health Myself portal. If you have booked the appointment using the 'guest booking' process and **do not** have a Health Myself account, please contact the Provincial Flu Clinic Line at 1-833-951-3904 (toll-free) to cancel the appointment.

HOW DO I FIND A FLU CLINIC IN MY AREA?

[Click here](#) to find a clinic in your area using an interactive map.

CAN I CALL TO BOOK A FLU SHOT APPOINTMENT?

Yes. Those unable to book an appointment online can schedule an appointment by calling the Provincial Flu Clinic Line at 1-833-951-3904 (toll-free).

WHAT SHOULD I DO IF I CALL BUT AM UNABLE TO REACH THE PROVINCIAL FLU CLINIC LINE?

Thank-you for your patience. If you are unable to reach the Provincial Flu Clinic Line, please call back at a later time or visit www.timefortheshot.ca to book your flu shot appointment online using Health Myself.

WHERE DO I CALL IF I HAVE A CLINICAL QUESTION ABOUT THE FLU SHOT?

For clinical questions related to your flu shot appointment, such as questions about side effects or allergies, please call 811.