



Dr. Kim Wilmot

1600 90 Ave SW | Calgary, ON | T2V 5A8

Notice of Practice Change

Dear Patients:

It is with truly mixed emotions that I am announcing my retirement after 40 years of family practice in Calgary. **My last day of patient care is May 30th, 2026.** It has been a privilege and an honour to have helped you with your medical needs over the years. I am relieved to announce that there is a new practitioner who is willing to take on the care of my patients who wish to register with her.

New Practitioner Joining and Assuming Patient Care

Sarah Henings is a Nurse Practitioner with six years of advanced practice and more than a decade of prior experience as a Registered Nurse. She worked in the healthcare system since 2002, and has a Master's degree in both Health Administration and Nursing, combining clinical expertise with a strong foundation in leadership and health systems management. Her career has led her to gain experience and connections within orthopedics, seniors' care, and mental health. She also has a clinical focus on hormone replacement therapy with lifestyle optimization and chronic disease management. She genuinely strives to understand the root cause of health issues while empowering patients to achieve balance in their physical, emotional, and mental well-being.

NP Henings will be working out of the newly formed clinic named **Integrity Medical & Wellness**. The phone number will be the same - **403-252-8855**. You will also be able to book online at www.integritymedicalclinic.ca. In time, the clinic is hoping to bring on other NPs, a registered dietitian, health coaches, and mental health support. She is also recruiting for a doctor (or 2) and the search is going well, so stay tuned for updates. **N.B. You will need your medical record for this new clinic (see below).**

Your Medical Record

Your medical record from my practice is a **paper** one. NP Henings will be running a fully **digitized** practice and will be using an Electronic Medical Records System (EMR). **In order to enter the Integrity Medical & Wellness clinic you will need to have your paper record from my practice scanned and converted to digital.** In this way, the clinic will have easy and immediate access to all of your vital medical information including current and past tests, investigations, consultation letters and reports. Integrity Medical & Wellness uses a system called Medeo where direct messaging between provider and patient is possible as well as online booking and virtual video appointments.

I am required by the College of Physicians and Surgeons to store all original patient records from my practice for a period before they can be destroyed. I have chosen RSRS, a physician-managed facility, to safely and securely store all of my records and to assist my patients in obtaining a certified scanned copy (for themselves, for NP Henings or for the next health practitioner of their own choosing). Remember that your record does not automatically follow you to your next health provider. You must arrange for it. Also remember that while there is a provincial system that carries some of your information, there is still a lot in your record from my practice that I have accumulated and that is not reflected in that system.

Please contact RSRS at your first opportunity for help with the next steps in your care and with your medical record digitization following my closure. My office will NOT be involved in the record transfer process. RSRS might also reach out to you to ensure that this notification has been properly received and to assist your further. You can contact RSRS in one of the following ways at:

www.recordsolutions.ca/DrKWilmot

Tel: 1-888-563-3732

Fax: 1-877-398-5932

Email: info@rsrs.com

(Please note: Arranging for your record can take place immediately by contacting RSRS. However, unless it's an emergency, the actual delivery of your requested medical record will take place only after my practice closes. There is a fee for the copy/transfer of your medical record in accordance with guidelines, but it is not prohibitive.)

It has been a pleasure to assist you with your health care needs. I wish you good health for the future.

Sincerely,

Dr. Kim Wilmot

*RSRS is a physician-managed medical records storage facility. They are fully compliant with the guidelines set by the College of Physicians and Surgeons of Alberta and the relevant privacy regulations.