

Key Points:

- ACCKWA staff will provide support and referrals and are available to accompany you to testing if you would benefit from that support.
- **Rapid, point-of-care HIV self-tests are now available through the Public Health Agency of Canada's HIV self-testing initiative.** You may come to ACCKWA during our business hours to facilitate a test on-site with a staff member present, and have ready access to sexual health supports and services. To book an appointment, please visit www.acckwa.com/hiv-sti-testing/.

If you have a health card, you may refer to:

- **Onyx Urgent Care (www.onyxurgentcare.com)**
 - Visit [580 Lancaster Street West](#) in Kitchener
 - Call [519-896-6699](tel:519-896-6699) between 9 am and 11 pm, 7 days a week
 - Virtual or over the phone appointments can be booked, with walk-in options as necessary
 - Walk-in clinic: Monday – Friday, 5-9 pm and Sundays, 3-7 pm
 - Lab requisitions will be sent electronically to a LifeLabs or Dynacare
 - **If you do not have a health card or do not wish to use it, you can still be seen at a \$50 fee; student health insurance through UHIP is not accepted.**
- **Benton Medical Clinic (www.bentonmedicalclinic.com)**
 - Visit [51 Benton Street](#) in Kitchener (free parking in lot attached to building)
 - Call [1-226-240-3014](tel:1-226-240-3014) or visit website to book an appointment, with walk-ins welcome
 - Open between 8 am – 5 pm, Monday to Friday and between 9 am and 3 pm on Saturdays
 - Staffed with emergency care physicians with on-site pharmacy

If you do not have a health card, you may refer to:

- **Waterloo Region Public Health Sexual Health Clinics**
 - You can request an appointment or speak to a nurse at [519-883-2267](tel:519-883-2267)
 - You should expect a wait time when phoning as you will likely be queued
 - You will be screened by a non-medical professional first and are encouraged to advocate for speaking to a nurse directly, particularly if it is just a question(s)
 - Appointments are by appointment only on Tuesdays through Thursdays
 - Virtual and over-the-phone sessions, with in-person options available at 99 Regina Street in Waterloo and 150 Main Street in Cambridge

Another option you may also refer to:

- **Cover Health, Virtual Walk-In Clinic (<https://cover.health>)**
 - Digital clinic that is free for Ontarians and those residing in Ontario
 - Facilitated by doctors able to diagnose and prescribe
 - Open Monday to Friday, 9 am – 10 pm; Saturday and Sunday, 10 am – 8 pm
- ★ If you have any difficulties or challenges with the information being provided, and could benefit from more in-depth support, please text/call **519-635-2437** or call **519-570-3687** during business hours (Monday to Friday, 9 am - 6 pm [closed 1 – 2 pm for lunch]).

