Ontario and Toronto fatty liver resources

Health811, coverage pathways and Canadian liver education.

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Start with Health811

Ontario Health811 offers nurse advice and service navigation by calling 811 or using Ontario's online service. It is not a replacement for 911 during an emergency.

Coverage questions

- Ask whether the physician or hospital service is medically necessary and OHIP-insured.
- Ask whether dietitian, allied-health or elastography services are public, program-dependent or private.
- Ask a pharmacist whether a medication is listed under ODB, OHIP+, Trillium or an Exceptional Access pathway.
- Confirm eligibility, wait times, referral requirements and fees directly before travelling.

Toronto and Ontario supports

The Canadian Liver Foundation provides education and support. Toronto hospitals and community health centres may have different referral and access rules. ConnexOntario can help locate mental-health or substance-use supports when relevant.

Sources and limitations

Canadian sources are listed first. U.S., U.K., European and academic sources supplement them. Links were verified on 20 November 2026. Source content is copyrighted and is summarized in original wording.

CASL 2026 guidance: https://doi.org/10.3138/canlivj-2026-9-3-guidelines

Canadian Liver Foundation: https://liver.ca/fatty-liver-disease/

Diabetes Canada MASLD guideline: https://pubmed.ncbi.nlm.nih.gov/40783292/

Obesity Canada adult guideline: https://obesitycanada.ca/healthcare-professionals/adult-clinical-practice-guideline/

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Health811 Ontario: https://www.ontario.ca/page/your-health

HealthLink BC fatty liver: https://www.healthlinkbc.ca/healthwise/non-alcoholic-fatty-liver-nafl

AASLD MASLD guidance: https://www.aasld.org/practice-guidelines/clinical-assessment-and-management-metabolic-dysfunction-associated-steatotic

NIDDK NAFLD/NASH: https://www.niddk.nih.gov/health-information/liver-disease/nafld-nash

AGA non-invasive biomarkers: https://gastro.org/clinical-guidance/role-of-noninvasive-biomarkers-in-nafld-masld/

EASL-EASD-EASO guideline: https://easlcampus.eu/sites/default/files/2024-08/EASL_CPGs_management_of_MASLD.pdf

NICE NG49: https://www.nice.org.uk/guidance/ng49/resources/nonalcoholic-fatty-liver-disease-nafldassessment-and-management-pdf-1837461227461

CADTH MASH health-systems report: https://www.ncbi.nlm.nih.gov/books/NBK623684/pdf/Bookshelf_NBK623684.pdf

American Family Physician 2026 review: https://pubmed.ncbi.nlm.nih.gov/42301877/