

## Tips to find a family doctor in BC

Having a regular family doctor can help keep you healthier. Over time, your doctor gets to know you and your medical history. This knowledge makes it easier to diagnose concerns, order the right tests or refer you to the most appropriate health professional to help you with your health needs. Your doctor is your main partner in your health care.

### (1) Apps:

- [MediMap](#)
  - Three easy steps to accessing care in your community:
    - (1) Search for care: *Enter your location and search for in-person or virtual care appointments.*
    - (2) Compare providers: *See a list and map of providers in your area. Compare their services and availability to find the best option for you.*
    - (3) Book an appointment: *Once you have selected a provider, you can immediately make a booking. Access the care you need in minutes.*
- [HelpSeeker](#)
  - HelpSeeker is a free network offering over 18071 BC-based community and social services, programs, resources, helplines, and benefits across BC in areas including shelter and housing, domestic violence, food services, and others. Find over 1966 housing resources, 2867 mental health resources, 1378 food support services, 2288 recreational services, 5261 education programs, and more in BC

### (2) In-person

- [Urgent Primary Care Centres](#)
  - Based on your location and the nearest UPCC to you
  - who does not have a family practitioner and you have complex medical needs such as frailty, mental health, substance use or multiple medical issues, you can receive primary care services at the UPCC by calling for an appointment.
- Ask family and friends if their family doctor's office is accepting new patients.

### (3) Virtually

- [Find a Doctor BC – Find doctors accepting new patients now](#)
  - Based on your city, a list of clinic locations will be generated who might be accepting new patients. You can call the offices to get confirmation and book an appointment to see if the family doctor is a good fit for you.
- The different Divisions of Family Practice in BC can help you find a family doctor. Each division has its own way to help. Visit [this website](#) for more information.
  1. If you are a resident of Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra, or New Westminster, you can use [this](#) to join a waitlist to find a family doctor.
  2. If you are a resident of Ladner or Tsawwassen, you can use [this](#) to join a waitlist to find a family doctor
  3. If you are a resident of White Rock or South Surrey, choose from the other 3 options (apps, in-person, over the phone) listed to find a family a doctor accepting new patients. You can also visit [this](#) page for more information.

Information provided by:

Sehat Program | South Asian Health Institute | Fraser Health  
[www.fraserhealth.ca/southasian](http://www.fraserhealth.ca/southasian) | [southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca)

4. If you are a resident of Surrey or North Delta, you can use [this](#) to filter out family doctors accepting new patients in your area.
5. If you are a resident of Burnaby, you can use [this](#) to join a waitlist to find a family doctor. Note that this division will restart taking names on their waitlist in April 2022.
6. If you are a resident in Langley, you can call 604 510 5081, email [ellen.peterson@ldfp.org](mailto:ellen.peterson@ldfp.org), or visit the Langley Division of Family Practice (#105-5171 221A Street, Langley BC, V2Y 0A2).
7. If you are a resident of Albion, Hammond, Haney, Maple Ridge, Pitt Meadows, Ruskin, Whonnock and Katzie First Nations, visit [this](#) page to find a list of physicians and nurse practitioners offering primary care services.
8. If you are a resident of Mission, you can use [this](#) to join a waitlist to find a family doctor.
9. If you are a resident of Abbotsford, you can fill out [this](#) form and the people at Abbotsford Care Connector will help to match you with a family doctor.
10. If you are a resident of Chilliwack, Agassiz-Harrison, Hope and the Fraser Canyon, visit [this](#) page to learn how you can register yourself and/or your family members for a family doctor.

#### (4) Over the phone

- [Healthlink BC](#) (8-1-1)
  - By calling **8-1-1**, you can speak to a health services navigator, who can help you to find health information and services. This service is available 24/7.
  - You can be connected directly to a registered nurse, registered dietitian, a qualified exercise profession, and/or a pharmacist. Hours of operation may vary.
- Ask family and friends if their family doctor's office is accepting new patients.

**Note:** Nurse Practitioners are also able to provide primary care services, similar to doctors.