

Tips to finding a primary care provider

Put your name on the Health Connect Registry:

Register to get a doctor or nurse practitioner

When you register, you are added to a list of people in need of a primary care provider in your community. Family doctors and nurse practitioners will use this list when they are available to accept new patients. You can register yourself and your family members. If you are a healthcare provider or social worker, you can also register on behalf of a person in your care.

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

Register at the Health Connect Registry, it takes less than 5 minutes

- Go to healthlinkbc.ca/registry

You'll need to provide:

- Personal Health Number (PHN), found on your BC Services Card
- Home address and postal code
- An email address and phone number

Need support registering in your own language?

- Call 8-1-1 to register for the Health Connect Registry in languages other than English.
- Translation services are available in over 130 languages.
- After dialing 8-1-1, you will be connected with an English-speaking health service navigator. To get service in another language, simply state the language you need support in (for example, say "Punjabi"), and an interpreter who speaks that language will join the call.

Other options to consider:

In-person

- Walk in Clinics
 - Use [MediMap](#) to find health clinics near you. You can compare wait times and book appointments.
- Urgent and Primary Care Centre (UPCC) – Fraser Health Authority
 - Find a UPCC location nearest to you (note: UPCCs require that you call ahead to confirm hours and availability).
 - UPCC's provide care for urgent, non-life-threatening medical concerns when you are unable to see your family practitioner or access a walk-in clinic in a timely manner. Areas of concern can include minor injuries, sprains and strains, less serious child illness and injury, infections, and cuts, wounds or skin conditions.

- [Pharmacists](#): Visit your local pharmacist for the following:
 - Assess and treat 21 [minor ailments](#) like urinary tract infections (UTIs), allergies, pink eye, dermatitis, and nicotine dependence
 - [Prescribe and dispense contraceptives](#) (birth control)
 - [Renew or change some prescriptions](#) or provide you with an emergency supply
 - Administer [immunizations and drugs](#) by injection
 - Help you [understand and manage](#) your medications as well as other over-the-counter products
 - Make recommendations for you to see another health care professional for further assessment

Virtually

- [Tia health](#)
 - Tia Health offers online doctor appointments with a network of family doctors, specialists, dieticians, naturopaths, counselors, nurse practitioners, ophthalmologists, physiotherapists, and more.
 - Free in British Columbia, Alberta, Quebec, and Ontario with a valid Health Card. There is a starting fee of \$50 for all Canadians who do not have valid BC MSP, Alberta AHCIP, Quebec RAMQ or Ontario OHIP coverage.
- [TELUS Health MyCare™ app](#)
 - Have access to healthcare at your fingertips, download the app on your phone and book virtual appointments with a doctor, psychologist, counsellor or dietitian.

Over the phone

- [Fraser Health Virtual Care](#) (FHVC) (1-800-314-0999)
 - Health concern? Connect with Fraser Health Virtual Care to speak with a registered nurse, 10 am to 10 pm, seven-days-a-week, by calling 1-800-314-0999 or using the chat function on the website linked above.
- [HealthLink BC](#) (8-1-1)
 - Call 8-1-1 to speak to a health services navigator, who can help you find health information and services. This service is available 24/7.
 - Speak to registered nurse who can help you with non-emergency health concerns, to discuss symptoms and procedures, and to recommend whether you should see a health care provider in person. This service is available 24/7.
 - You can be also be connected to a registered dietitian, a qualified exercise profession, and/or a pharmacist. See hours of operation below.
 - Registered dietitian and a qualified exercise profession: Monday to Friday from 9am to 5pm.
 - Pharmacist: 7 days a week from 5pm to 9am.

Need support in your own language?

When contacting FHVC or HealthLink BC, you will be connected with an English-speaking operator. To receive service in another language, state the language you need support in (for example, say “Punjabi”), and an interpreter who speaks that language will join the call.