

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.

Put your name on the waitlist:

- 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 or call Health Link BC (8-1-1) if you have questions or need help registering. 8-1-1 is available 7 days a week, 24 hours a day, and interpreters are available.
 - **Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra, or New Westminster**, you can use [this](#) to join a waitlist to find a family doctor.
 - **Ladner or Tsawwassen**, you can use [this](#) to join a waitlist to find a family doctor
 - **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.
 - **Surrey or North Delta**, you can use [this](#) to join the waitlist.
 - **Burnaby**, you can use [this](#) to join a waitlist to find a family doctor in your area.
 - **Langley or Aldergrove**, you can fill out [this](#) form to join the waitlist, call 604 510 5081 or visit the Langley Division of Family Practice (#105-5171 221A Street, Langley BC, V2Y 0A2).
 - **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.
 - **Mission**, you can use [this](#) to join a waitlist to find a family doctor.
 - **Abbotsford**, you can fill out [this](#) form or call 604-746-3302 and the people at Abbotsford Care Connector will help to match you with a family doctor.
 - **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.

Other options to consider:

(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.*

Information provided by:

South Asian Health Institute | Fraser Health

www.fraserhealth.ca/southasian | southasianhealth@fraserhealth.ca

- [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.
- [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 Ontario, Quebec, Alberta and British Columbia with a valid Health Card. \$40 for all Canadians who do not have valid BC MSP, Alberta AHCIP, Quebec RAMQ or Ontario OHIP coverage.

(4) Over the phone

- [Fraser Health Virtual Care](#) (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 web chat function on the website linked above.
- [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.