



VANCOUVER ISLAND MEDICAL RESOURCES

In an Emergency CALL 911 or go to nearest Emergency Room.

Health Link BC: [8-1-1](https://www.healthlinkbc.ca) is a free-of-charge provincial health information and advice phone line available in British Columbia. The [8-1-1](https://www.healthlinkbc.ca) phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling [8-1-1](https://www.healthlinkbc.ca), you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

First Nation Virtual Doctor of the Day: <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day> The First Nations Virtual Doctor of the Day program enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments. If you do not have access to a doctor, or have lost access because of the COVID-19 pandemic, call 1.855.344.3800 to book an appointment with the Virtual Doctor of the Day in your region. All First Nations people who live in BC are eligible for this service.

Pharmacist: [Expanded pharmacy services - Province of British Columbia \(gov.bc.ca\)](https://www.gov.bc.ca/expanded-pharmacy-services) You can get assessed by a pharmacist for 21 minor ailments. These services are free of charge to British Columbians when provided in person, in a pharmacy. <https://bookapharmacist.gov.bc.ca/s/>

Allergies (allergic rhinitis), Cold sores, Fungal infections (ring worm), Heartburn (acid reflux), Hemorrhoids, Headaches, Impetigo, Indigestion (upset stomach), Itching, including from bug bites, Menstrual pain, Mild acne, Nicotine dependence, Oral fungal infections (thrush), Oral ulcers (canker sores), Pink eye (conjunctivitis), Shingles, Sprains and strains, Skin rash (dermatitis), Threadworms or pinworms, Uncomplicated urinary tract infection, Vaginal candidiasis (yeast infection) AND Contraception.

Telus Health: TELUS Health Virtual Care is a service that provides virtual consultations with Canadian-licensed physicians, mental health counsellors, and dietitians. It also offers in-person public clinics, advanced digital health tools, and access to a variety of health and wellbeing services. [TELUS Health MyCare | TELUS](https://www.telushealth.com)

Pathways Medical Care Directory: [Pathways Medical Care Directory - PathwaysMedicalCare.ca](https://www.pathwaysmedicalcare.ca) If you have no doctor you can use this directory by entering your city and a list of medical clinics in that city will come up. You can also register for a Primary Care Provider on the website, you can also register your family members or a person in your care.

Medi Map - Medimap is a **digital healthcare website** that helps Canadians find and book healthcare appointments. [Medimap: Find Doctors near me and Book Appointment Online](https://www.medimap.ca)