

## Your Health Care Choices in Edmonton & Area

### 811 Health Link

- Health Information, Programs and Services
- Nurse Advice over the phone
- 24/7, Free & Confidential, Interpretation available

### Family Doctor

- Annual check-up
- Give advice & prevent illnesses, connect you to other doctors
- How to find one:
  - Call 811
  - Search for a doctor near an address on [www.albertafindadoctor.ca](http://www.albertafindadoctor.ca)
  - Search by language spoken on the College of Physicians and Surgeons of Alberta Website <https://cpsa.ca>
- Primary Care Network – Edmonton
  - Edmonton North, Edmonton O-day'min, Edmonton Southside, Edmonton West, Leduc, Beaumont, Devon, Sherwood Park, St. Albert, Sturgeon & Westview

### Medical Tests

- Requisition forms
- Alberta Precision Laboratories <https://www.albertaprecisionlabs.ca/Page13728.aspx>
- MRI, CT and X-ray tests, Ultrasound, Bone density test, Mammogram, Colonoscopy, Gastroscopy
- Lab tests might have special instructions, ask for details when booking over the phone
- Urine tests do not need an appointment
- Lab test
  - Arrive few minutes early
  - Bring your health care card and picture ID
  - Let the clerk know what time you last ate
  - If you are late, you may have to wait in line
  - May take few days for results to be back to your doctor

### Specialist appointments

- Confirm your appointment 2 weeks before
- Ask about policy of canceling/changing appointments
- Make a list of medications you are taking
- Make a list of specialists you have seen
- Tell doctor your health concerns

### Walk-In Clinic

- See a doctor when my family doctor is not available
- First come, first served
- Call 811 to find one or search online to find one
- Walk-in clinic visits cannot replace family doctor's services
- Only use when it is a minor concern (stitches, prescription refill, etc.)

### Pharmacists

- Always go to the same pharmacy
- Renew your prescription for current, ongoing therapy
- Review your dosage
- Assess cold/cough symptoms and offer treatment
- Help you with over-the-counter medications
- Give advice on vitamins/natural health products

### Urgent Care Centre

- Minor emergency services (broken bones, stitches, infections)
- No appointment needed
- Sickest people are seen first
- Call 811 to find an urgent care centre near your area.
- East Edmonton Health Centre, 7910 112 Ave NW, 780-342-4742. M-F 5pm – 10:30pm, Sat & Sun, 3pm-10:30pm

### Emergency Department Services in Hospitals (Edmonton and area)

- Ambulance by calling 911
- Sickest people are seen first
- Life threatening medical problems
- **Devon General Hospital**, 101 Erie Street S, Devon – Open 24/7
- **Fort Sask Community Hospital**, 9401 86 Ave, Fort Saskatchewan – Open 24/7
- **Grey Nuns Community Hospital**, 1100 Youville Dr. NW Edmonton – Open 24/7
- **Leduc Community Hospital**, 4210 48 St, Leduc – Open 24/7
- **Misericordia Community Hospital**, 16940 87 Ave, Edmonton – Open 24/74
- **Northeast Community Health Centre**, 14007 50 St NW Edmonton – Open 24/7
- **Royal Alexandra Hospital**, 10240 Kingsway NW Edmonton – Open 24/7
- **Stollery Children’s Hospital**, 8440 112 St Edmonton – Open 24/7
- **Strathcona Community Hospital**, 9000 Emerald Dr. Sherwood Park - Open 24/7
- **Sturgeon Community Hospital**, 201 Boudreau Road, St. Albert - Open 24/7
- **University of Alberta Hospital**, 8440 112 St NW, Edmonton – Open 24/7
- **Westview Health Centre**, 4405 South Park Dr. Stony Plain – Open 24/7
- To find hospitals/emergencies around your area, please call 811.

### Other Health Resources

#### My Health Records

- Government secure website
- Immunization records, medication list & Lab test results <https://myhealth.alberta.ca/myhealthrecords>

#### Over-The-Phone Health Care Interpreters -- Alberta Health Services

- Over-the-phone/zoom/video-chat interpretation (depends on availability)
- 24/7, in 240+ languages
- Ask a staff, confidential and free

#### Translated / Plain English health information

- All of the information on this handout can be found on <http://DiversityCalgary.ca/yhc>