

Your Health Care Choices in Calgary & Area

811 Health Link

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

After Hours Clinic

- 4 clinics in Calgary (NE/NW/SE/SW)
- Must call Health Link 811 first and then get referral
- Talk to a nurse
- *Care determined by the nurse
- Minor pressing health needs (ex. Infection)
- Records sent back to your family doctor

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
 - Search by language spoken on the College of Physicians and Surgeons of Alberta Website <https://cpsa.ca>

Walk-In Clinic

- See a doctor when my family doctor is not available
- First come, first served
- Call 811 to find one
- 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
- In Calgary,

- **Sheldon M. Chumir Health Centre**, 1213, 4 Street SW, Calgary, Opens 24/7
- **South Calgary Health Centre**, 31 Sunpark Plaza SE, Calgary, Opens 8 am to 10 pm, 365 days a year
- Surrounding Calgary,
 - **Airdrie Community Health Centre**, 604 Main Street S. Airdrie, Opens 24/7
 - **Cochrane Community Health Centre**, 60 Grande Boulevard, Cochrane, Opens 8 am to 10 pm, 365 days a year
 - **Okotoks Health and Wellness Centre**, 11 Cimarron Common, Okotoks, Opens 8 am to 10 pm, 365 days a year
- Call 811 to find an urgent care centre near your area.

Emergency Department Services in Hospitals

- Ambulance by calling 911
- Sickest people are seen first
- Life threatening medical problems
- **Alberta Children’s Hospital, 2888** Shaganappi Trail NW, Calgary, 403-955-7211, from birth to 18 yrs
- **Foothills Medical Centre**, 1403 29 Street NW, Calgary, 403-944-1110
- **Peter Lougheed Centre**, 3500 26 Avenue NE, Calgary, 403-943-4555
- **Rockyview General Hospital**, 7007 14 Street SW, Calgary, 403-943-3000
- **South Health Campus**, 4448 Front Street SE, Calgary, 403-956-1111
- 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>

TELUS Health MyCare App

- Can only be used on a mobile phone (Apple or Android)
- Symptom checker
- Video Chat meeting with a medical doctor (virtual walk-in clinic, need to book an appointment)
- Get a prescription or referral
- Free (AHC coverage, AB, BC and ON only), M-F 9 am to 10 pm, Sat 9 am - 7pm
- Can get the record sent to my family doctor
- There are other services that are not free (dietician/counseling, etc.)

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

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