

## YOUR HEALTH CARE CHOICES

Participant's copy

### 811

- **phone information services**
- 24/7, press 1 for information, press 2 for a nurse advice
- Say 'Dietician' for questions about food
- Free, say 'I speak \_\_\_\_' for an interpreter

### Family Doctor

- A family doctor (general practitioner) can help you take care of your and your family's health.

#### To find a family doctor:

- Call 811
- Register at [albertafindadoctor.ca](http://albertafindadoctor.ca)
- Or look for one on the College of Physicians and Surgeons of Alberta Website [www.cpsa.ca](http://www.cpsa.ca)

### Walk-In Clinic

- Walk in, first come, first serve basis
- Only use when your doctor is not available

#### To find a Walk-In Clinic you can:

- Call 811
- Search 'Walk in Clinic' online

### Pharmacist

- Go to the same pharmacy
- Renew, check and help with medications

### Urgent Care Centre

- No appointment
- Sickest people are seen first
- Minor emergency : broken bones, stitches, infections
- See all ages

#### Urgent cares in Calgary:

- **Sheldon M. Chumir Health Centre**
  - 1213, 4 Street SW, Calgary, Alberta, T2R 0X7
  - 403-955-6200. Open 24 hours a day, 7 days a week
- **South Calgary Health Centre**
  - 31 Sunpark Plaza SE, Calgary, Alberta, T2X 3W5
  - 403-943-9300. Open from 8 am to 10 pm 7 days a week

### **Emergency Department Services In Hospitals**

- Life-threatening conditions
- Call 911 for ambulance
- 24/7
- Sickest people are seen first
- No appointment
- DO NOT GO IF IT IS NOT AN EMERGENCY

### **Emergency Departments in Calgary:**

- **Alberta Children's Hospital**
  - 2888 Shaganappi Trail NW, Calgary, Alberta, T3B 6A8
  - 403-955-7211
  - For children from birth to 18 years old
- **Foothills Medical Centre**
  - 1403 29 Street NW, Calgary, Alberta, T2N 2T9
  - 403-944-1110
- **Peter Lougheed Centre**
  - 3500 26 Avenue NE, Calgary, Alberta, T1Y 6J4
  - 403-943-4555
- **Rockyview General Hospital**
  - 7007 14 Street SW, Calgary, Alberta, T2V 1P9
  - 403-943-3000
- **South Health Campus**
  - 4448 Front Street SE, Calgary, Alberta, T3M 1M4
  - 403-956-1111

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

- At AHS hospitals/Urgent Care centres
- 24/7
- Let staff know by saying 'I speak \_\_\_\_'
- Free