

How Can I Find a Primary Care Provider?

If you have an urgent concern or emergency, call 911 or go to your nearest Emergency Department

Resource	Information	Contact
Health Care Connect	Refers Ontarians who don't have a physician to a family health care provider who may be accepting new patients.	1-800-445-1822 www.ontario.ca/healthcareconnect
Babylon by Telus	Lets you see a doctor, mental health counsellor, or dietitian from your phone	www.telus.com/en/on/health/personal/babylon?INTCMP=VAN_babylon
See a Doctor Virtually		
CouchMD	Speak with a Canadian doctor about your mental health. Book now and chat with a doctor by phone. There is no cost to you. Visits are fully covered by the Ontario Health Insurance Plan (OHIP)	www.couchmd.ca
Ontario Virtual Care Clinic	Connect to an on-call doctor today by video or audio during the COVID-19 pandemic. The Ontario Virtual Care Clinic is available from 8am-12am for non-urgent health concerns. If you have a family doctor, please seek care from them first. This service does not replace usual care	https://seethedoctor.ca/en/

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.