



## Finding a Family Doctor

### Urgent and Primary Care Centres (UPCCs)

These clinics are available to all residents, including patients who do not have a family Physician. UPCCs can provide care options for patients with a regular family doctor or nurse practitioner who are unable to make same-day or next day appointments, and are designed to ensure continuity of care by communicating the relevant information back to a patient's regular primary care provider. UPCCs provide better access to same-day, urgent, non-emergency health care, including in the evening and on weekends.

They provide an alternative to visiting emergency departments for issues that do not need to be seen in a hospital. For example, patients who require medical attention within 12 to 24 hours for something like a sprain, minor cut or burn can visit a UPCC.

- Call 811 for contact information
- <https://www.healthlinkbc.ca/services-and-resources/upcc>

### Health Connect Registry

Some communities are part of the Health Connect Registry managed by Health Link BC 811, where people can register to be added to a local waitlist for a primary health care provider. People can call 811 or use the link below to see if their community participates in the Health Connect Registry and to register themselves, a family member, or someone in their care.

- <https://www.healthlinkbc.ca/health-connect-registry#section-options>

### Pathways Medical Care Directory

You can search by region for care that day and First Nations virtual doctor of the day. For participating communities, the website will also direct people to their local Division of Family Practice website, where they can then register for a waitlist to be attached to a local care provider. If this service is available in your area, once you select your region, that link will automatically pop-up.

- <https://pathwaysmedicalcare.ca/>

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The contents above are directly from the [Community and Financial Aid Resources in BC](#) guide page 23.

A full copy of this resource guide is available at <https://www.mefm.bc.ca/additional-resources>.



Complex Chronic Diseases Program