

HealthLinkBC is access to non-emergency health information and services in British Columbia. It's a phone number, it's a website and it's print resources that put services and health know-how into the hands and homes of B.C. residents.

Whether you need to talk to a nurse, a pharmacist or a dietitian, or want to look up symptoms or services on the web, HealthLinkBC has the information to help you to manage your health concerns or those of your family.

Together we can make right and healthy decisions.

HealthLinkBC is your 24/7 resource for non-emergency health information and referral.

- Dial **8-1-1** to talk to a nurse, a pharmacist or a dietitian
- Dial **8-1-1** or visit HealthLinkBC.ca to learn about staying healthy and preventing illness
- Dial **8-1-1** or visit HealthLinkBC.ca to learn about health conditions and medications, check your symptoms and find health services and resources in your area

#### Is it an emergency?

Call 9-1-1 (or a local emergency number) in the event of a medical emergency when immediate action is required.

Together we can make  
healthier decisions for you  
and your family.



Call 8-1-1

HealthLinkBC.ca

BCHealthGuide



HealthLinkBC



HealthLinkBC

Health advice  
you can trust  
24/7



Call **8-1-1**  
or online at: [HealthLinkBC.ca](http://HealthLinkBC.ca)

British Columbians have trusted health information at their fingertips and just a phone call or click away with HealthLinkBC.

Just three numbers: **8-1-1** on the phone or at HealthLinkBC.ca means easy access to non-emergency health information.

Consult with a nurse about your symptoms or health conditions, talk to a pharmacist about medications, get information about healthy eating from a dietitian or find health services closest to you.

Any time of day or night, every day of the year, HealthLinkBC is as close as your phone or the web. 24/7.

### BY PHONE: 8-1-1

#### Speak to a Nurse

- Your baby has spiked a high fever and you're worried
- Your elderly mom has osteoporosis and has sudden and severe back pain
- You've felt unwell since getting your flu shot and wonder if you should go to emergency

When something ails you or someone you love, or you have a health-related question, information and advice are as near as dialing **8-1-1**.

Registered nurses are available 24/7 to help you with non-emergency health concerns, to discuss symptoms and procedures or recommend seeing a doctor or going to a hospital.

#### Speak to a Pharmacist

- Perhaps you're wondering if you can take over-the-counter cold medications with the new prescription your doctor has given you
- Or you want information about the side effects of prescriptions drugs

Pharmacists are on call at **8-1-1** every night from 5pm to 9am, when your community pharmacist may be unavailable, to help with your medication questions.

#### Speak to a Dietitian

- You're striving to maintain a healthy diet and need advice
- Or you're wondering about the best diets for certain health conditions

Dietitians are available every weekday at **8-1-1** to discuss your dietary concerns and share nutrition advice.

#### Find Services

We'll help you find your way in the health system too. The health navigation team at HealthLinkBC will direct you to the services you need, closest to where you live. You'll find this service with its mapping function to help you further locate resources and facilities on the web at HealthLinkBC.ca

Translation services are available in over 130 languages upon request.

#### ONLINE: HealthLinkBC.ca

- Learn about health conditions
- Check your symptoms
- Find the resources and services you need

HealthLinkBC.ca has medically-approved information on over 4,000 health topics and 2,500 services in our searchable database. You will also find reliable information on prescription and over-the-counter drugs in our comprehensive medication library. The integrated search and mapping function of our new Health Navigation Service helps you find the health services you need, closest to where you live.

#### IN PRINT: BCHealthGuide Handbook

We've written a book on how to recognize and cope with common health concerns. Preventing illness, home treatment and when to see a health professional – it's all in the free BCHealthGuide Handbook.

On the web and in print, HealthLinkBC has information to help you prevent illness, assess your systems and find the resources you need to manage your health.

The BCHealthGuide Handbook and BCHealthFile fact sheets are available in English, French, Chinese and Punjabi.

Call **8-1-1** Anywhere in BC

TTY Deaf and hearing-impaired **7-1-1**



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