



UBC Okanagan Relocation Resources

Health Care Resources

1. Medical Services Plan of British Columbia (MSP)

- a. The provincial government's medical insurance plan:
<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp>
 - i. It pays for medically necessary insured physician and surgeon services.
- b. In order to enrol in MSP, you must meet certain eligibility criteria:
<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/are-you-eligible>
- c. Apply directly online: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol#applyonline>
- d. If coming to British Columbia from outside of Canada, please note that MSP has a waiting period which consists of the balance of the month in which residence in BC is established, plus two months. Private medical coverage should be considered during this waiting period. Two **private insurance** companies that UBC presents as options are:
 - i. David Cummings Insurance Services: <http://www.david-cummings.com/services/travellingtocanada/index.htm>
 - ii. Sun Life's Inpatient Plan: <https://hr.ubc.ca/benefits/benefit-plan-details/bc-medical-services-plan/insurance-during-msp-waiting-period>
 - iii. Arrangements can be made with other private insurance agencies found online.

2. Finding Medical, Dental Professionals, and Pharmacies

- a. Doctors
 - i. Physicians and surgeons are registered through the College of Physicians and Surgeons of BC (<https://www.cpsbc.ca/>). Finding a physician may take some time as many doctors have a waiting list.
 - ii. Health Connect Registry: <https://www.healthlinkbc.ca/health-connect-registry>
 1. **Register to get a doctor or nurse practitioner:** <https://hcr.healthlinkbc.ca/>
 - iii. Walk-in clinics where you can drop-in or see a physician virtually
 1. Kelowna Urgent & Primary Care Centre: <https://www.interiorhealth.ca/locations/kelowna-urgent-primary-care-centre>
 2. West Kelowna Urgent & Primary Care Centre: <https://www.healthlinkbc.ca/health-services/search-services-your-area?First=1&country=Canada&sp=BC&county=-1&city=-1&org=53965&agencynum=17648747>
 3. Vernon Urgent & Primary Care Center: <https://www.healthlinkbc.ca/health-services/search-services-your-area?First=1&country=Canada&sp=BC&county=-1&city=Vernon&org=53965&agencynum=65341461>
 4. MediMap/ Walk-in clinic wait times: <https://medimap.ca/Location/Kelowna>



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- b. Hospitals
 - i. Doctors are on call through the Emergency ward at most local hospitals which are open 24 hours/day, 7 days/week.
 - ii. Okanagan-based hospitals are accessed through the Interior Health website (www.interiorhealth.ca) and include:
 - 1. Kelowna General Hospital
 - 2. Vernon Jubilee Hospital
 - 3. Penticton Regional Hospital
- c. Health Link BC: <https://www.healthlinkbc.ca/>
 - i. Call For general health information or symptom advice.
 - 1. 8-1-1 toll free, or call 7-1-1 for the deaf and hard of hearing toll free in BC
 - 2. Available 24 hours/day, 7 days/week
 - ii. You can speak to health service navigator who can connect you with
 - 1. a registered nurse 24/7
 - 2. a registered dietician Monday-Friday, 9am-5pm
 - 3. a qualified exercise professional Monday-Friday, 9am-5pm
 - 4. pharmacist from 5pm-9am, any day of the year
 - iii. Translation services are available in more than 130 languages.
- d. Pharmacies
 - i. Find a Pharmacy in BC: <https://www.bcpharmacists.org/search-pharmacy>
 - ii. Pharmacies can be found within large grocery stores or franchise chains. Examples include:
 - 1. Costco: <https://www.costco.ca/pharmacy-services.html>
 - 2. Pharmasave: <https://pharmasave.com/>
 - 3. London Drugs: <https://www.londondrugs.com/>
 - 4. Shoppers Drug Mart: <https://stores.shoppersdrugmart.ca/>
 - 5. Rexall Drugs: <https://www.rexall.ca/>
- e. Dentists
 - i. There are thousands of general dental practices and specialists across BC. You can find a dentist in your area through the BC Dental Association:
<https://yourdentalhealth.ca/visiting-your-dentist/find-a-dentist/>

If you have an **emergency** while in Canada, dial:

911

**To reach fire, police or emergency services.
Operators will dispatch the appropriate service
to your location as soon as possible.**