



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>
- b. It pays for medically necessary insured physician and surgeon services.
- c. 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>
- d. Apply directly online: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol#applyonline>
- e. 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.
 - i. Private medical coverage should be considered during this waiting period. Two private insurance companies that UBC presents as options are:
 1. David Cummings Insurance Services: <http://www.david-cummings.com/services/travellingtocanada/index.htm>
 2. Sun Life's Inpatriate Plan:
https://www.sunlife.ca/Canada/sponsor/Group+benefits/Group+benefits+product+s+&+services/International+Benefit+Solutions/Inpatriate+Health+Plan?vgnLocale=en_CA
 3. 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. Central Okanagan 'Find a Family Doctor Program': <https://www.divisionsbc.ca/central-okanagan/our-impact/find-family-doctor>
 1. Complete the fillable form or print out:
https://www.divisionsbc.ca/sites/default/files/62399/CODFP_FamilyDoctorIntake_Form_FillablePDFV3.pdf
 - 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. MediMap/ Walk-in clinic wait times: <https://medimap.ca/Location/Kelowna>
 3. Skip the Waiting Room: <https://bc.skipthewaitingroom.com/city/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. Many independent pharmacy/drug stores exist, to find one nearest you, go to: <https://www.medicalpharmacies.com/about/locations/>
- ii. In addition to the independents, above, there are pharmacies found within large grocery store chains. Examples of large, chain stores with pharmacies 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.