

Support for people who do not have a family doctor or nurse practitioner

Patient and Family Information Sheet

Here is a list of in-person and online resources which may be helpful if you do not have a family doctor or nurse practitioner.

Health Care Connect Call 1-800-445-1822 Or register online http://tinyurl.com/healthcareconnectregistration	A program launched by the Ministry of Health and Long-Term Care to help Ontarians without a family health care provider find one. After you've registered with Health Care Connect, a nurse - called a Care Connector - will be assigned to help you find a health care provider in your area.
Call Local Family Doctor and Nurse Practitioner offices	Ask if the family doctor or nurse practitioner is accepting new patients or has a wait list.
Talk to your Local Pharmacist	<p>Pharmacists in Ontario can prescribe medication for 13 minor ailments including:</p> <ul style="list-style-type: none">• Hay fever• Oral thrush• Conjunctivitis• Some skin conditions, like eczema• Acid reflux• Hemorrhoids• Cold sores• Impetigo• Insect bites and hives• Tick bites – treatment after exposure• Muscle and bone sprains and strains• Uncomplicated urinary tract infections• Yeast infections <p>Assessment by a pharmacist is covered with a valid Ontario health card.</p>

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In-person clinics in Kingston and surrounding area	
Clinic Name and Contact Information	Services Offered
Aridia Medical Urgent Care Clinic 714 Front Road, Kingston, K7M 4L5 2392 Princess Street, Kingston, K7M 3G4 AridiaMedical@gmail.com Website: https://www.aridiamedical.ca/ ***There is a cost for this service***	Nurse Practitioners available on site and virtually \$45/visit <ul style="list-style-type: none"> • Episodic/urgent care • Forms completion
CDK Family Medicine and Walk In Clinics 175 Princess Street, Kingston, K7L 1A9 105 Sutherland Drive, Kingston, K7K 5V6 613-766-0318 Website: http://www.cdkmd.com/	Family Doctors and Physician Assistants on site <ul style="list-style-type: none"> • Walk In Clinic for Those Without Medical Access
Good Doctors Medical Clinic – Kingston c/o Pharmasave Milford 728 Milford Drive, Kingston, K7P 1C6 613-777-0951 http://gooddoctors.ca/site/good-doctors-kingston-milford/	Nurse or clinic assistant on site to do physical assessment Physician available through secured videoconference – not on site Visits are covered with a valid Ontario health card <ul style="list-style-type: none"> • Prescription renewals/refills • Lab and diagnostic requisitions • Sexual health testing and contraception • Mental health referral
Green Nurse Practitioner Clinic 945 Gardiners Road, Kingston, K7M 7H4 613-305-8950 Gnpc12@outlook.com www.greennpc.ca	Nurse Practitioner Clinic offering member and non-member services: <ul style="list-style-type: none"> • Urgent Care Clinic \$65/visit for non-members

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<p>***There is a cost for this service***</p>	<ul style="list-style-type: none"> • Comprehensive Health Assessment Plan – monthly or annual fee
<p>Community Health Centres</p>	
<p>Belleville and Quinte West Community Health Centre 161 Bridge Street West, Belleville, K8P 1K2 613-962-0000 69 Catherine Street, Trenton, K8V 5K9 613-965-0698 https://www.bqwchc.com/</p>	<p>Primary health care team includes physicians, nurse practitioners and nurses. Care includes prevention, diagnosis, treatment, and follow up of various health conditions.</p>
<p>Indigenous Interprofessional Primary Care Team 45 Meadow Drive, Tyendinaga Mohawk Territory, K0K 1X0 343-478-0196 730 Front Road, Kingston, K7M 6P7 343-477-0256 https://iipct-tmt.com/</p>	<p>Provides a range of culturally safe primary care services including:</p> <ul style="list-style-type: none"> • Chronic disease prevention, diagnosis and management • Acute care of minor illnesses • Minor surgical procedures • Phlebotomy • Cancer Screening and Assessments
<p>Kingston Community Health Centre 791 Princess Street, Kingston, K7L 1E9 613-542-6793 https://kchc.ca/programs/midtown-kingston-health-home/</p>	<p>Midtown Kingston Health Home – Services include:</p> <ul style="list-style-type: none"> • Primary Care (Physician or Nurse Practitioner) • Sexual Health • Quick Test Clinic • Preventative Care Screening

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Virtual Clinics	
Clinic Name and Contact Information	Services Offered
Cover Health https://cover.health/	Register for a visit to speak with a licensed doctor online. Visit covered a valid Ontario health card Treatment of: <ul style="list-style-type: none">• Cold and/or Flu symptoms• Eye infection, pinkeye, or styes• Sore Throat• Head lice• Cold sores• Urinary Tract Infections• Reproductive Health• Sick notes• Medication renewal
East Region Virtual Care Clinic https://www.virtualcareontario.ca/ or call 1-888-684-1999	Nurse Practitioner-led virtual care clinic <ul style="list-style-type: none">• People with new or cough that does not go away, fever, rash or other similar symptoms• People with imminent concerns but are not life or limb threatening
Gotodoctor.ca By Enhanced Care www.gotodoctor.ca or call 1-833-820-8800	Connect to a doctor through video chat or over the phone. Book appointment online. <ul style="list-style-type: none">• General assessment• Treatment for a wide range of conditions• Prescriptions and renewals• Health and wellness questions• Counselling• Lab requisitions

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	<p>Doctor visits are covered with a valid Ontario health card.</p>
<p>Maple Virtual Care ***must be a Canadian Automobile Association (CAA) member*** https://getmaple.ca/caa</p>	<p>Consult with a doctor on the phone, secure message or video. No appointment needed.</p> <ul style="list-style-type: none"> • Diagnosis • Prescriptions • Medical Notes • Specialist Referrals • Lab requisitions
<p>Rocket Doctor ***There is a cost for this service*** https://rocketdoctor.ca/</p>	<p>Live text chat with a doctor or live video call with a physician assistant.</p> <ul style="list-style-type: none"> • Routine checkups/preventative health • Prescription refills • Specialist referrals • Sick notes • Sexual health consultations • Diabetes and hypertension • Cold & flu, allergies and other illnesses • Depression and anxiety issues
<p>TELUS Health MyCare https://www.telus.com/en/health/my-care</p>	<p>See a doctor, psychologist, counsellor or dietitian from your phone, at your convenience, using the TELUS Health MyCare application.</p> <ul style="list-style-type: none"> • General consultations (for example, pains, illness) • Prescriptions • Orders for lab work or imaging • Specialist referrals <p>Doctor visits covered with a valid Ontario health card. Fee may apply for other providers.</p>

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Tia Health https://tiahealth.com/	<p>Connect directly to the doctor, by phone, video or secure messaging.</p> <ul style="list-style-type: none">• General Healthcare Questions and Concerns• Prescription Renewals• Mental Health Counselling• Specialist Referrals• Lab Requisitions <p>Doctor visits covered with a valid Ontario health card.</p>
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Other Supports	
Health Connect Ontario (Health811) Call 811 www.ontario.ca/health811	<ul style="list-style-type: none">• Get health advice from a registered nurse.• Ask questions about symptoms,• Find local health services• Get trusted health information• Support to quit smoking• Nutrition counselling by a registered dietitian• Colorectal cancer screening information, FIT kits for those eligible <p>Call or access online 24 hours a day, seven days a week</p>
Kingston, Frontenac, Lennox and Addington Public Health Unit Call 1-800-267-7875 www.kflaph.ca	<ul style="list-style-type: none">• Immunization Clinic• Sexual Health Clinic

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