

Succeed Online, Medical Online and Local Resources

How to see a Doctor In BC

Students can connect to a Physician at a community clinic:

<https://medimap.ca/> - If you have MSP (**virtual MD and walk in availability**)

<https://app.getmaple.ca/register> - If you have Guard.me (**virtual MD**)

Free Clinics,(No Insurance needed) Specialize in sexual health and youth concerns:

<http://www.vch.ca/Documents/youth-clinics-LM.pdf> (**Currently closed. Call to see about openings in June**)

Students can connect to a Physician in person by accessing one of the Urgent Care Centres:

<https://www.healthlinkbc.ca/services-and-resources/upcc> - Directory to either

<http://www.vch.ca/your-care/urgent-and-primary-care-centres> - Vancouver

<https://www.fraserhealth.ca/Service-Directory/Services/primary-care-services/urgent-primary-care-centre#.XptOZchKg2x> - Surrey, Burnaby, Maple Ridge

Information about the Coronavirus

For daily updates from Government and the Provincial Health Officer or download the [COVID-19 BC Support App](#) for news and alerts.

All international travelers returning to BC are required by law to self-isolate for 14 days and complete a [self-isolation plan](#). The [Public Health Agency of Canada/ Agence de la santé publique du Canada](#) has information for individuals, health professionals, travel advice as well as the current situation in Canada. A new national toll-free information line is providing up-to-date information on COVID-19. Interpretation service is available in multiple languages, 7 am to 12 am daily. **Coronavirus (COVID-19) Information Service: 1-833-784-4397**

General Wellness

Nutrition:

Start the school year strong by making healthy eating a priority. Consult the [Canada Food Guide](#). Eating well will fuel your mind and body to help you with your schoolwork, maintain a healthy weight, and keep your body strong to fight off germs.

Fitness:

[Canadian Society for Exercise Physiology](#) health benefits from exercise. The [Physical Activity Line \(PAL\)](#) is British Columbia's primary physical activity counselling service and your FREE phone line and online resource to active healthy living. Call 811 with questions about fitness.

Sleep:

It is so important for you to get enough sleep before class. Adequate sleep helps to improve your memory, concentration, and motivation. When you are chronically tired the tasks of the day ahead seem unmanageable. You may find yourself making poorer choices that do not benefit your health and wellness. To figure out how much sleep you need to feel alert and energized in your day try using the [Sleepyti.me bedtime calculator](https://sleepyti.me).

Vision:

It's easy to take our eyesight for granted. But good vision isn't a guarantee. Protect your vision by making smart decisions every day with these quick tips: <https://opto.ca/health-library/six-tips-for-good-eye-health>

Dental Care:

Good preventative oral care such as flossing once and brushing twice a day with a soft bristle toothbrush is very important to maintaining good physical health. Routine dental checkups are not covered under your Medical Services Plan (MSP) or Guard.me plan. If you have questions or concerns about your dental health [find a dentist](#) or see the nurse for a list of lower cost dental clinics in your area. <https://www.yourdentalhealth.ca/>

Immunization:

Staying free of disease and illness is another great way to feel good and stay physically well. Learn more about [immunizations](#) that are recommended in British Columbia.

Sexual and Reproductive Health:

Opt clinics provide non-judgmental birth control counselling and low-cost contraceptives and supplies, sexually transmitted infection (STI) and Pap testing, pregnancy testing, options counselling, and general sexual health information and referrals. Services are offered for all ages, genders, and orientations. Call 604-731-7803 or [visit www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)

Addictions:

<http://www.vch.ca/public-health/children-youth-schools/youth-health/youth-addiction> Our confidential youth addiction counselling services help youth and their families deal with addiction to drugs and alcohol by providing access to treatment, and community services. <http://www.vch.ca/Documents/Reducing-Harms-Associated-with-Vaping-in-School-Setting.PDF>

Emergency Care Plans:

<http://www.vch.ca/public-health/children-youth-schools/school-health/vancouver-school-health-manual/children-with-medical-conditions-in-vancouver-schools>

Students under 19 with medical conditions such as seizures, asthma or diabetes should have a care plan completed and stored at the school.

Medical Insurance

MSP - Apply for MSP here: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol#applyonline>

Once your MSP card arrives send it to Nav or Deborah so they can withdraw you from Guard.me. Many of you will be eligible for a complete refund.

Guard.me – <https://www.guard.me/columbiacollege> Policy information, claims direct bill Canadian clinic

If you need further assistance connecting to medical resources online or in person, please contact us:

Nurse Carolyn: clangley@columbiacollege.ca

Nurse Claire: cgoth@columbiacollege.ca