

HEALTHCARE PROVIDERS CHECKLIST

Finding new healthcare providers may feel like a daunting task. Start with your MFRC, friends in the area, provincial searches and online groups to assist you in finding the services you need.

Listed below are potential healthcare providers you may need. Use this list to guide you so you have the contacts before you need them.

A top priority when you arrive in your new location is to locate the local hospital(s) and urgent care clinics in the event of an emergency. Then, start working your way through the list of other providers you need.

- Find a source for prescription renewals
- Acquire your new health card
- Find a new doctor
- Find a new dentist
- Find a new orthodontist
- Find a new chiropractor
- Find a new massage therapist
- Find a new physiotherapist
- Find a new optometrist/
ophthalmologist
- Find new specialists as required:
 - Allergist*
 - Dermatologist*
 - Obstetrician*
 - Gynecologist*
- Find new mental healthcare providers as required:
 - Psychologist*
 - Psychiatrist*
 - Counsellor*
- Locate special needs supports as required:
 - Occupational Therapist*
 - Speech Language Pathologist*
 - Applied Behaviour Analyst*
 - Developmental Psychologist*
- Other: