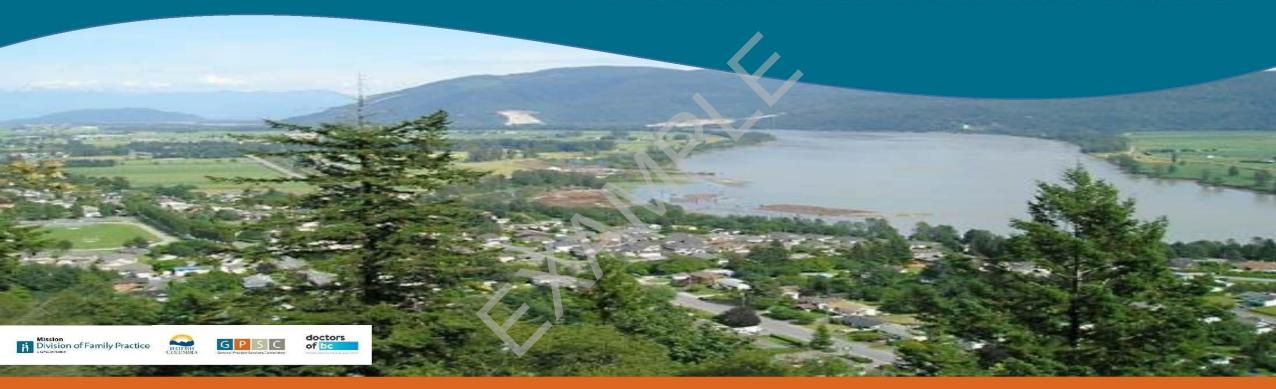
Welcome to the

Mission Attachment Clinic



#105-7343 Hurd Street Mission BC V2V 3H7

604.820.1021 www.divisionsbc.ca/mission



Please be advised:



- we are not a pain management clinic
- we will wean all patients off these medications
- physicians here are not under obligation to provide triplicate prescriptions under any circumstance



If you have several concerns you would like to share with your Family Doctor

 Prioritize them into a list and start with the one that's most important to you



Take care of your body it's the only place you have to live in



Keep a list of on-going symptoms ready for your next appointment – writing the details can help you remember things you may forget in the moment



A GP for Me

A GP for Me is a province-wide initiative funded jointly by the Government of BC and the Doctors of BC to:

- Enable patients to find a family doctor
- Increase the capacity of the primary health care system
- Confirm and strengthen the continuous doctor-patient relationship









Mission Out-of-Hours Service

Do you have an immediate health concern that can't wait until tomorrow?

Call 604.820.1021

Mon-Fri 6pm-11pm

For our urgent advice and treatment centre run by family doctors of Mission



#myhealthmission





Has your weight, appetite or sleeping habits changed since your last visit? – We suggest sharing changes at the beginning of your appointment



Love yourself enough to live a healthy lifestyle



If you have had any changes in medication since your last visit or noticed any new side-effects make a note to share with your doctor



- Schedule an appointment to see a family doctor We do not offer walk-in services
- Continue to see a family doctor at our clinic until you are attached to your own

This may not be achieved immediately but we will be working hard until it is

• You may not see the same doctor each time you come Many doctors in our community do shifts at our clinic. Your medical record stays at our clinic until you are attached



#myhealthmission





Bring a list of all the vitamins and supplements you take and share the list with your doctor



Every accomplishment starts with the decision to try



Bring in copies of any important records or information your doctor doesn't already have





www.mission.fetchbc.ca

For Everything That's Community Health

Mission

Find

- Health Services
- Community Programs
- Youth Services
- Seniors Supports
- Employment Services
- Government Services

And much more!



#myhealthmission





Make sure you can hear as well as possible – if you use a hearing aid, wear it to your next visit







Recognizing the signs of stroke and acting quickly can mean the difference between life and death, or a full recovery and lasting disability.

That's why the Heart & Stroke Foundation is

launching FAST, a new campaign to help
Canadians recognize the signs of stroke and learn
what to do if one happens to them or
their loved ones.

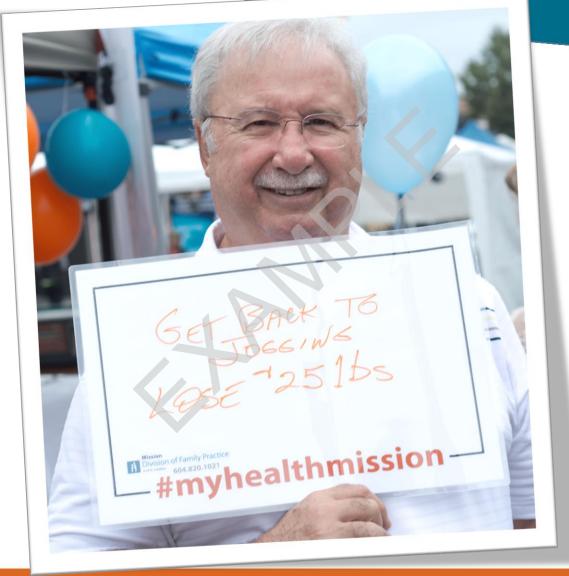
ACT FAST BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.



Make sure you can see as well as possible – if you use eyeglasses, wear them to your next visit



#myhealthmission





What's Your #myhealthmission?

What one thing could you do for a happier and healthier you?

To eat more leafy greens and smile more

#retire
eat more veggies! Get back to jogging and lose 25lbs more!

To be more active in the community. Run more
take more naps so I have energy to play with my grandchildren

Grow a veggie garden Have a break - have a kit kat bar

run marathons in other countries **to cut out gluten**eat my vegetables
eat more tomatos

eat more fruits and vegetables more massages!

do more sports
more soccer ride bike more

To be more healthy + exercise more ease off the coffee.



Share your mission with us on facebook, twitter and pinterest with the hashtag #myhealthmission.

#myhealthmission



Consider bringing a family member or friend to your appointment – tell them in advance what you want to get from your visit.

They can help: remind you take notes



FOLLOW US!



/MissionDivisionFamilyPractice





@MDoFP/missiondivision



Plan to bring an interpreter to your next visit if you know you might need one – make sure they completely understand your symptoms or condition to best share with your doctor









If you don't understand a diagnosis or treatment instructions, let your doctor know and seek more information