

# What is Primary Health Care?



**Governments across Canada are working to improve Primary Health Care: basic, everyday health care for every Canadian. A strong primary health care system is built on four key pillars.**

**■ Teams**

A team of health care providers works with you to improve care.

**■ Access**

You have access to the right care at the right time.

**■ Information**

Information is coordinated between health care providers.

**■ Healthy Living**

A focus on prevention and self-care helps keep you well.

Visit our website:

[www.primaryhealthcare.ca](http://www.primaryhealthcare.ca)

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