

What is Primary Health Care?



Teams

Information

Access

Healthy Living



Primary Health Care

Provincial and territorial governments and Health Canada are working to improve Primary Health Care: basic, everyday health care for every Canadian.

Primary Health Care has the potential to keep waiting lists down, lessen the pressure on emergency rooms and make the system more sustainable.

A strong primary health care system is built on four key pillars.

■ Teams

Primary Health Care is about health care providers working in teams to improve the continuity of care, reduce duplication and ensure you have access to appropriate health professionals. You are an important member of your health care team and are involved in decisions about your own health.

■ Information

Primary Health Care is about improved coordination of information between health care providers and expanded access to information for Canadians using the health system or seeking health advice. It's about using tools like electronic health records and diagnostic instruments to improve the quality, access and coordination of health information.

Primary Health Care also encourages greater sharing of information with you so you can make better decisions about your health and health care.



■ Access

Primary Health Care is about improving access, and ensuring that you have greater access to the right services when and where you need them. It recognizes that you need advice, information and care outside of regular office hours.

Primary Health Care stresses providing greater access for more Canadians to health services.

■ Healthy Living

Healthy living focuses on prevention, the management of chronic conditions, encouraging support for self-care and the understanding that factors outside of the health system can influence individual and community health. It is about keeping you well, rather than just treating you after you have become sick.

Visit our website:

www.primaryhealthcare.ca

Primary Health Care

