

# Welcome to the Mission Attachment Clinic



Mission  
Division of Family Practice  
a GPSC affiliate

BRITISH  
COLUMBIA

GPSC  
General Practice Services Committee

doctors  
of bc  
British Columbia Medical Association

#105-7343 Hurd Street Mission BC V2V 3H7

**604.820.1021**

**[www.divisionsbc.ca/mission](http://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

 **Mission**  
Division of Family Practice  
A GPCP initiative



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



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



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

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](http://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!

Please take a card from the desk 😊



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

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



**F**ACE is it drooping?  
**A**RRMS can you raise both?  
**S**PEECH is it slurred or jumbled?  
**T**IME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,  
THE MORE OF THE PERSON YOU SAVE.

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.

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



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

# What's Your #myhealthmission?

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

To eat more leafy greens and smile more Laugh more!  
#retire Get back to jogging and lose 25lbs  
eat more veggies!

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 more fruits and vegetables more massages!  
eat my vegetables Exercise to play do more sports  
eat more tomatos more soccer ride bike more

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

# #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





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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



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

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