



# Free Health Services for Richmond Patients

Eligible Richmond residents can access many **FREE** health services such as physiotherapy, counselling, and more.

## How do I access these services?

Book an appointment with your Family Physician (FP) or Nurse Practitioner (NP) and ask for a referral to the PCN services that meet your needs.

*See inside for information about all available services*

### **What is a Primary Care Network (PCN)?**

In a **Primary Care Network (PCN)**, many health care professionals work together with you to achieve your health goals.



**Richmond**  
Primary Care Network

LEARN MORE ABOUT

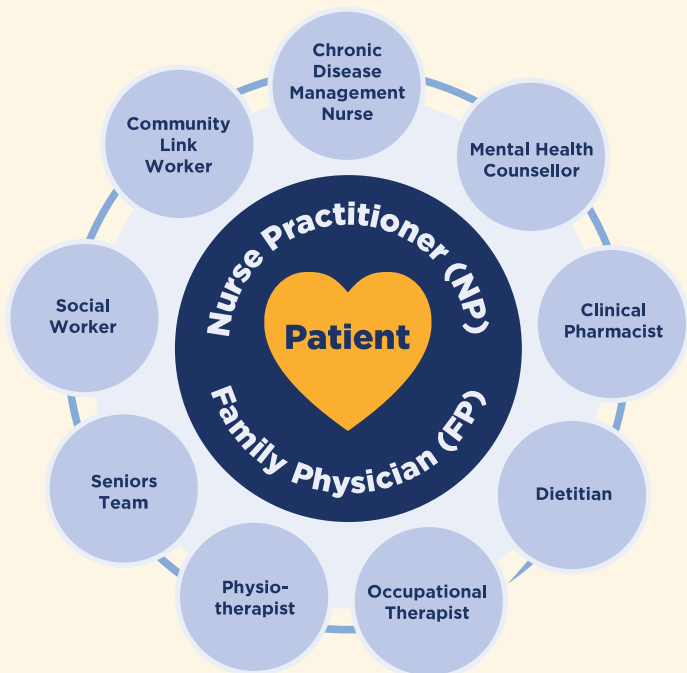
# Free Richmond Patient Services

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## YOUR CARE TEAM



## You are the **Heart** of your Care Team

Based on your health goals, your FP/NP can connect you to any member of your Care Team.

Your Care Team can share observations and recommendations with each other.

You are involved in and informed about the aspects of your care.

**Ask your Family Physician (FP) or Nurse Practitioner (NP) for a referral to PCN Services.**

LEARN MORE ABOUT

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### Dietitian

- receive nutrition assessment/consultation
- develop healthy eating habits
- prevent/manage chronic conditions
- learn about your nutrition needs
- make sustainable lifestyle changes



### Occupational Therapist

- maintain skills for daily activities (personal care/home management)
- explore cognitive support strategies
- learn adaptive energy conservation skills
- develop stress management strategies



### Chronic Disease Management Nurse (RN)

- get support to manage chronic diseases (diabetes, heart disease, high blood pressure, high cholesterol, and more)
- understand and develop self-management strategies



### Mental Health Counsellor

- get support for anxiety, depression, life changes/adjustments, grief/loss
- develop tools to cope with personal issues
- gain new perspectives



### Physiotherapist

- treat musculoskeletal/neurological conditions
- receive a personalized home exercise program
- prevent falls
- get advice on gait aids



### Clinical Pharmacist

- speak to a pharmacist to review your medications
- address barriers to taking your medications optimally
- improve your understanding of medications and their role in your care plan



### Social Worker

- address factors that impact your health (finances, housing, social supports)
- support care planning
- get referred to community programs



### Seniors Team

- receive timely, appropriate senior care with mild to moderate health needs
- improve overall health
- increase independence
- enhance safety



## OTHER SERVICES

### Community Link Worker

- get help to set and meet your health and wellness goals
- connect with social and physical activities
- improve your mental wellness
- be informed about local community services



### Chronic Disease Group Education

- learn knowledge and skills to better self-manage chronic diseases

Workshops offered throughout the year based on need



## More information



Visit [richmonddivision.ca/patients](https://richmonddivision.ca/patients)

to learn more about the care available to patients in Richmond

## AM I ELIGIBLE?

To access the Care Team, you must meet **ALL FIVE** criteria:

- 1** Be a Richmond resident **and/or** the patient of a Richmond Family Physician (FP) or Nurse Practitioner (NP)
- 2** Have a Most Responsible Provider who you visit regularly (i.e. not a walk-in physician)
- 3** Have valid B.C. Medical Service Plan (MSP) coverage
- 4** Not have an active insurance claim related to the referral (ICBC, WorkSafe)  
*Referrals unrelated to active claims are eligible*
- 5** Not be in hospital or long-term care

## ACCESS FREE SERVICES

- ✓ If you meet **ALL FIVE** criteria, talk to your FP/NP about being connected with any member of the Care Team (see inside for details).
- ✓ If you do not have a primary care provider, visit the **Richmond Health Connect Registry** online to join the waitlist for a Richmond Family Physician or Nurse Practitioner.



[richmonddivision.ca/  
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