

# Get care now

Speak to a registered nurse or registered dietitian from Fraser Health Virtual Care

1-800-314-0999

10 a.m. to 10 p.m., 7 days a week

## Our team can:



Give health care and nutrition advice



Connect you to a medical interpreter



Review the full history of your Fraser Health medical record



Connect you to an Urgent and Primary Care Centre



Guide you to mental health services



Connect you to other programs and services



[fraserhealth.ca/VirtualCare](https://fraserhealth.ca/VirtualCare)

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To order: [patienteduc.fraserhealth.ca](https://patienteduc.fraserhealth.ca)

