

I am trying to stay healthy

KNOW
YOUR
OPTIONS



Managing your health can be complex.
For non-urgent concerns, the emergency department
is **not** the best place to go.

We can **help you** get the care that's right for you.

Dial 811 for Health Link: to talk to a Nurse
Visit a: Family Doctor, Pharmacist or Family Care Clinic
Find health information at: [MyHealth.Alberta.ca](https://myhealth.alberta.ca)

For more options: albertahealthservices.ca/options

Emergency is here for you if you need it. Use it wisely.

