



About Primary Care



What is primary care?

Primary care is your first stop for healthcare, no matter your age or stage of life. It includes checkups, treatment when you're sick, and advice to help keep you healthy. Primary care providers can help with a wide range of health care issues, connect you to specialists (like a heart doctor) and diagnostic tests (like blood tests) and can help prevent, identify and treat illness.

Who provides primary care?

- **Family doctors (or general practitioners):** They diagnose and treat most health issues. If you need a specialist (like a heart doctor or skin doctor), your family doctor will refer you. They also order diagnostic tests, like blood tests or X-rays.
- **Nurse Practitioners:** These are nurses with advanced training who can do many of the same things as doctors, like diagnosing and treating illnesses or prescribing medicine.



Why is it important to have a family doctor or nurse practitioner?

People who are connected to a family doctor or nurse practitioner are more likely to have better health outcomes. Primary care providers can help with earlier and faster diagnosis and treatment of health conditions. They are also the way to access specialists (like surgeons or heart doctors).

There is also more consistent care and support for managing you and your family's health that can be personalized for all members of your family, from babies to seniors.



How to find a primary care provider (family doctor/nurse practitioner)

Contact our North York Primary Care Community Connect team and they can help you find a primary care provider in North York.

Call 416-443-7995, scan the QR code on the right or visit www.northyorktorontohealthpartners.ca.

We can help you and your family receive the right care and support you need, where and when you need it.



Scan this QR code with your phone camera to access an online version of this resource.