Doctor or walk-in clinic visit checklist

What to bring and ask at a clinic visit. Coverage and fees depend on your province and your insurance; check the official page for your province or your school's health plan.

NAME _____ DATE _____

BEFORE YOU GO

- ☐ Not sure where to go? Call your province's or territory's nurse advice line (811 in most places; Manitoba: 1-888-315-9257); see the facts below and the which-number card
- ☐ Emergency: call 911
- ☐ Clinic hours and whether it takes walk-ins or appointments
- ☐ Whether you will be billed: provincial health card, school or private insurance, or paying yourself

BRING

- ☐ Provincial health card, if you have one (offices, hospitals, walk-in clinics and labs can require it)
- ☐ Student or private insurance card and policy number
- ☐ Photo ID
- ☐ List of medications, doses and allergies
- ☐ Dates and details of your symptoms, written down
- ☐ Earlier test results or records, translated if you have them

ASK

- ☐ What is the diagnosis or what do you think it is?
- ☐ What should I do, and what if it does not improve?
- ☐ Do I need a test, a prescription or a referral, and how will I get results?
- ☐ Can I get a note for my school, and is there a fee for it?

AFTER

- ☐ Prescription filled; ask the pharmacist about side effects
- ☐ Receipts kept for an insurance claim
- ☐ Follow-up date in your calendar

Replace every [bracket] with your own words.

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.healthlinkbc.ca/more/about-healthlink-bc (checked 2026-11-26)
Check current details on the official page. https://www.ipc.on.ca/en/health-individuals/what-you-need-to-know-about-your-health-card (checked 2026-11-26)
Check current details on the official page. https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1001957 (checked 2026-11-26)
Check current details on the official page. https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline (checked 2026-11-26)
Check current details on the official page. https://www.gov.mb.ca/health/access.html (checked 2026-11-26)
Check current details on the official page. https://www.quebec.ca/en/health/finding-a-resource/info-sante-811 (checked 2026-11-26)
Check current details on the official page. https://www.gnb.ca/en/topic/health-wellness/access-health-care/tele-care-811.html (checked 2026-11-26)
Check current details on the official page. https://811.novascotia.ca/ (checked 2026-11-26)
Check current details on the official page. https://www.811healthline.ca/ (checked 2026-11-26)
Check current details on the official page. https://yukon.ca/en/health-and-wellness/care-services/access-24-hour-health-advice-811 (checked 2026-11-26)
Check current details on the official page. https://www.hss.gov.nt.ca/en/services/811 (checked 2026-11-26)