

# Trusted Online Medical Resources



for Chronic Disease Management

# Arthritis



## Arthritis Society

[www.arthritis.ca](http://www.arthritis.ca)

Arthritis Society is a national health charity with a vision to live in a world where people are free from the devastating effects that arthritis has on lives.

## ArthritisBC+ME

### ArthritisBC+ME

[www.arthritisbcandme.info](http://www.arthritisbcandme.info)

ArthritisBC+Me portal is designed to help BC patients learn about the arthritis programs and resources in the province and make connections with others in the BC arthritis community.



HealthLinkBC

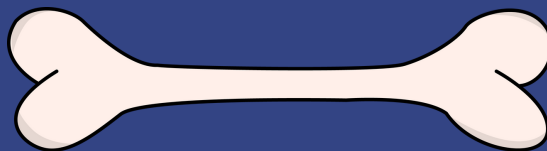
## Healthlink BC

[www.healthlinkbc.ca/search?kw=arthritis](http://www.healthlinkbc.ca/search?kw=arthritis)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

The 8-1-1 phone line is a free-of-charge provincial health information service available in BC. By calling 8-1-1, you can be connected with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Translation services are available in 130 languages.

# Osteoporosis (Bone Disease)



## **Osteoporosis Canada** [www.osteoporosis.ca](http://www.osteoporosis.ca)

Osteoporosis Canada is an organization that works to educate, empower and support individuals and communities in the risk-reduction and treatment of osteoporosis.



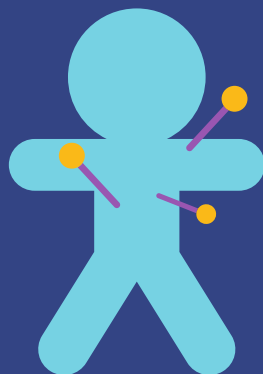
HealthLinkBC

## **Healthlink BC – Osteoporosis** [www.healthlinkbc.ca/illnesses-conditions/joints-and-spinal-conditions/osteoporosis](http://www.healthlinkbc.ca/illnesses-conditions/joints-and-spinal-conditions/osteoporosis)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

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# Chronic Pain



## Pain BC



[www.painbc.ca/find-help/self-management](http://www.painbc.ca/find-help/self-management)

Pain BC aims to enhance the well-being of people living with pain through empowerment, care, education and innovation. Pain BC offers a variety of tools, resources, and support groups.

## Self-Management British Columbia



[www.selfmanagementbc.ca/chronicpainprogram](http://www.selfmanagementbc.ca/chronicpainprogram)

Self-Management BC is supported by the BC Ministry of Health and provides free health programs for adults living with ongoing health conditions.



HealthLinkBC

## Healthlink BC – Chronic Pain

[www.healthlinkbc.ca/health-topics/chronic-pain](http://www.healthlinkbc.ca/health-topics/chronic-pain)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

# Dementia



**Alzheimer Society**  
CANADA

**Alzheimer Society Canada**  
[www.alzheimer.ca](http://www.alzheimer.ca)

Alzheimer Society is the leading not-for-profit health organization working nationwide to improve the quality of life for Canadians affected by Alzheimer's disease and other dementias.

**Alzheimer Society**  
CANADA

**Alzheimer Society BC: First Link Dementia Helpline**  
[www.alzheimer.ca/en/bc/We-can-help/Resources/First-Link-dementia-helpline](http://www.alzheimer.ca/en/bc/We-can-help/Resources/First-Link-dementia-helpline)

The First Link® Dementia Helpline is for anyone affected by dementia, whether professionally or personally. Helpline staff and volunteers give people the support they need, when they need it.



HealthLinkBC

**Healthlink BC – Dementia**  
[www.healthlinkbc.ca/illnesses-conditions/dementia/dementia](http://www.healthlinkbc.ca/illnesses-conditions/dementia/dementia)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

**iCON**  
interCultural Online  
Health Network

**interCultural Online health Network (iCON)**  
[www.iconproject.org/healthinformation/dementia/](http://www.iconproject.org/healthinformation/dementia/)

iCON is a community-driven source of information, resources and networks to support patients, families and community members in chronic disease education, prevention and management.

# Diabetes



## Diabetes Canada

[www.diabetes.ca](http://www.diabetes.ca)

Diabetes Canada is a registered national charity whose mission includes serving the 11 million Canadians living with diabetes or prediabetes.



HealthLinkBC

## Healthlink BC – Diabetes

[www.healthlinkbc.ca/illnesses-conditions/diabetes/diabetes](http://www.healthlinkbc.ca/illnesses-conditions/diabetes/diabetes)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

## Self-Management British Columbia

[www.selfmanagementbc.ca/diabetesselfmanagement](http://www.selfmanagementbc.ca/diabetesselfmanagement)

Self-Management BC is supported by the BC Ministry of Health and provides free health programs for adults living with ongoing health conditions.



## interCultural Online health Network (iCON)

[www.iconproject.org/healthinformation/diabetes/](http://www.iconproject.org/healthinformation/diabetes/)

iCON is a community-driven source of information, resources and networks to support patients, families and community members in chronic disease education, prevention and management.

# Heart Disease



## Heart and Stroke Foundation of Canada

[www.heartandstroke.ca](http://www.heartandstroke.ca)

Heart and Stroke Foundation of Canada aims to improve the health of people in Canada by decreasing risk factors for heart disease and stroke.



HealthLinkBC

## Healthlink BC – Heart and Circulation

[www.healthlinkbc.ca/illnesses-conditions/heart-health-and-stroke/heart-and-circulation](http://www.healthlinkbc.ca/illnesses-conditions/heart-health-and-stroke/heart-and-circulation)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.



Cardiac Services BC  
An agency of the Provincial Health Services Authority

## Cardiac Services BC

[www.cardiacbc.ca](http://www.cardiacbc.ca)

Cardiac Services BC plans, coordinates, monitors, funds and evaluates cardiac disease treatment and secondary prevention.

# Stroke



## Heart and Stroke Foundation of Canada

[www.heartandstroke.ca](http://www.heartandstroke.ca)

Heart and Stroke Foundation of Canada aims to improve the health of people in Canada by decreasing risk factors for heart disease and stroke.



HealthLinkBC

## Healthlink BC – Stroke

[www.healthlinkbc.ca/illnesses-conditions/heart-health-and-stroke/stroke](http://www.healthlinkbc.ca/illnesses-conditions/heart-health-and-stroke/stroke)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

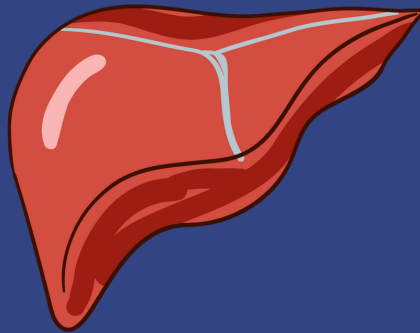


## interCultural Online health Network (iCON)

[www.iconproject.org/healthinformation/stroke/](http://www.iconproject.org/healthinformation/stroke/)

iCON is a community-driven source of information, resources and networks to support patients, families and community members in chronic disease education, prevention and management.

# Liver Disease



Canadian Liver Foundation  
Fondation canadienne du foie

## Canadian Liver Foundation

[www.liver.ca](http://www.liver.ca)

CLF helps Canadians protect their liver health and prevent liver disease by teaching them about the liver's vital functions and how to make liver-healthy lifestyle decisions every day.



HealthLinkBC

## Healthlink BC – Liver

[www.healthlinkbc.ca/search?kw=liver](http://www.healthlinkbc.ca/search?kw=liver)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

# Mental Health



## Here to Help – BC



[www.hereto help.bc.ca/](http://www.hereto help.bc.ca/)

Here to Help is a collaboration of seven agencies that support people in accessing quality information on mental health, mental illness, and substance use problems.



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

## Canadian Mental Health Association – BC

[www.cmha.bc.ca](http://www.cmha.bc.ca)

CMHA is a national charity that helps maintain and improve mental health for all Canadians by providing services and supports in partnership with communities.



## Government of BC – Mental Health and Substance Use Support

[www.gov.bc.ca/mentalhealth](http://www.gov.bc.ca/mentalhealth) &  
[www.healthlinkbc.ca/mental-health-substance-use](http://www.healthlinkbc.ca/mental-health-substance-use)

The Government of BC provides resources to access mental health supports and information about various mental health topics

# Wellness, Prevention and Management (1)



## HealthyFamilies BC



[www.healthlinkbc.ca/more/aging-well](http://www.healthlinkbc.ca/more/aging-well)

HealthyFamilies BC is the Province's health promotion plan to encourage British Columbians to make healthier choices.



## Healthlink BC – Senior's Health

[www.healthlinkbc.ca/health-topics/common-health-concerns/seniors](http://www.healthlinkbc.ca/health-topics/common-health-concerns/seniors) &  
[www2.gov.bc.ca/gov/content/family-social-supports/seniors](http://www2.gov.bc.ca/gov/content/family-social-supports/seniors)

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.

## McMaster

OPTIMAL AGING PORTAL

## McMaster Optimal Aging Portal

[www.mcmasteroptimalaging.org](http://www.mcmasteroptimalaging.org)

The McMaster Optimal Aging Portal is part of the Optimal Aging Knowledge Translation Enterprise at McMaster University and aims to provide reliable healthy aging information.

# Wellness, Prevention and Management (2)



## interCultural Online health Network (iCON)

[www.iconproject.org/health-information/](http://www.iconproject.org/health-information/)

iCON is a community-driven source of information, resources and networks to support patients, families and community members in chronic disease education, prevention and management.

## Self-Management *British Columbia*

## Self-Management British Columbia

[www.selfmanagementbc.ca/CommunityPrograms](http://www.selfmanagementbc.ca/CommunityPrograms)

Self-Management BC is supported by the BC Ministry of Health and provides free health programs for adults living with ongoing health conditions.



## BC Ministry of Health – Patients as Partners

<https://events.gov.bc.ca/patientsaspartners/>

The Ministry of Health Patients as Partners Initiative works in partnership to provide leadership, tools, and resources for including patient and family voice, choice and representation into health care decision making.

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