

# Healthy Immigrant Effect



*Did you know that...*

**NEW IMMIGRANTS ARRIVING TO CANADA TEND TO BE HEALTHIER THAN MANY CANADIANS. HOWEVER, THEIR HEALTH DECREASES AS THEIR TIME IN CANADA INCREASE. THIS IS CALLED THE**

**WHAT CAN YOU DO TO HELP MAINTAIN YOUR HEALTH?**

## TAKE CARE OF YOURSELF

- **HOMEMADE REMEDIES**
- **PAY ATTENTION TO WHAT YOU EAT**
- **EXERCISE**
- **TRY NEW HEALTHY RECIPES**

## KNOW THE CANADIAN HEALTH SYSTEM

**911** EMERGENCY ROOM  
WALK-IN CLINIC FAMILY DOCTOR  
COMMUNITY HEALTH CENTRE

**MAKE SURE TO HAVE YOUR HEALTH CARD**

**REGISTER FOR A FAMILY DOCTOR AND KNOW HIS ROLE AS A COORDINATOR**

## TAKE CHARGE OF YOUR HEALTH

- **FIND THE FAMILY DOCTOR YOU LIKE**
- **DON'T BE AFRAID OF ASKING FOR A SECOND OPINION**
- **ASK FOR A COPY OF YOUR RECORDS**
- **ALWAYS ASK QUESTIONS**
- **WHEN SEEING A DOCTOR, BE PREPARED!**

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