

# BETTER NOW

**If you are looking for a way to push for change to improve healthcare in Canada, here are some ideas.**

**Call your local hospital and ask if there are any committees you can get involved in that focus on improving quality of care in your community:**

- Ask if they use strategies like centralized intake to improve wait times for patients.
- Ask if they use e-consultation or telemedicine to improve access to care for patients in remote and rural communities.
- Find out what your wait times are provincially and compare them to your local hospital waits by looking at the [report produced each year](#) by the Canadian Institute for Health Information.
  - In Ontario, visit [ontariowaittimes.com](http://ontariowaittimes.com) to find out what the wait for certain procedures are in different regions.

**Join Choosing Wisely Canada's 'More is Not Always Better' campaign:**

- Download their [top 4 questions](#) to ask your doctor to limit unnecessary testing.
  - Share the 4 questions with your local clinic, your family and friends, and on social media with #choosingwisely.
  - Print out the Choosing Wisely posters, which remind us to think twice about overtesting, and ask your family doctor to put them up in their waiting room.

**Get behind the drive to make universal pharmacare a reality across Canada:**

- Join the Canadian Labour Congress Pharmacare campaign called *Pharmacare: A Plan for Everyone*. At [aplanforeveryone.ca](http://aplanforeveryone.ca) you can:
  - [Sign and share the petition](#) on social media to make pharmacare a reality across Canada
  - [Email your local MP](#) using their template
  - Become informed about what has been happening in [your region](#) to build towards Pharmacare
- Call your local MP's office and ask what he or she is doing to put Pharmacare in place for every Canadian.

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## Join the #6BigIdeas campaign by downloading the Toolkit and:

- Use the template to write your local MP
- Join us on social media to get behind one of the big ideas, using our campaign tweets.
  - Recommend the book at your book club and use our discussions questions to get the conversation going.

## Join national healthy advocacy groups like:

- [Canadian Doctors for Medicare](#)
  - Let them know you are interested in their work by [joining CDM](#) & asking how you can help.
- [Upstream](#)
- [Basic Income Canada Network](#)