

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 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 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](#)