

## TOP TEN WEB RESOURCES RELATED TO HEALTH CARE FOR CF FAMILIES

### 1) [Doctor Search: Find a Family Doctor or Naturopath in Canada](#)

This site is your guide to **finding health care providers** by province. This site provides contact information for **provincial health departments, health insurance programs**, regional health authorities, and related resources including **tele-health, wait-time strategies** and ancillary health services.

### 2) [Health Canada Website](#)

Health Canada is your **one stop shopping guide for all Canadian health matters**. Read about everything from how to get your **health card** to health care system information and the **latest health headlines**. You can search the **A-Z index** of health information, and view useful resources and links on **healthy living** initiatives.

### 3) [Healthy Canadians: Your Source for a Healthier Lifestyle](#)

This site offers insightful **family-related health information**. Access information on **pregnancy, food labelling, child safety and much more**. This site offers **great tools for families** such as “Create my Food Guide”, “Calculate the Real Cost of Smoking”, and “Take the Healthy Pregnancy Quiz”.

### 4) [Healthy Living: Just For You - Youth](#)

This site is geared just for **youth** and offers insightful information and resources to make informed decisions about your health. The site covers everything from **alcohol, smoking and drugs; body image, depression**; diseases; family issues; HIV, AIDS and STDs; medication; mental health; **sexuality and relationships; risky behaviours**; violence and abuse; and much more.

### 5) [Healthy Living: Just For You: Women](#)

This site is designed to address the specific and unique **health issues and concerns of women**. It covers the emotional, spiritual, social, cultural and physical well-being of women. Access everything from health concerns for Aboriginal women, **breast health**, diseases and conditions, **family violence and sexual abuse**, medications, mental health, **pregnancy and maternal health, sexual health**, smoking and substance abuse, vision care, work-life balance and much more.

## **6) Healthy Living: Just For You - Parents**

Find **information** on everything related to family health, including resources on healthy relationships, **educational programs**, prevention and awareness. The site offers information on **parenting tips, child abuse**, child diseases and illnesses, **injury prevention, alcohol**, smoking and drugs, infants, and much more.

## **7) Health Concerns**

This site offers information on how to decrease the impact certain risks can have on your health and lifestyle. Access links and resources regarding **alcohol, controlled substances**, diseases and conditions, **drug prevention and treatment, emergencies and disasters**, tobacco, violence and abuse, and much more.

## **8) CF Health Services - Spectrum of Care**

This site provides guidelines for the medical and dental **health care benefits and services** that are available and publicly funded **for CF members and eligible persons**. The site provides a convenient “Quick Links” section for families to access specific health care information such as **coverage, eligibility**, management, supplemental health care, preventative medicine, **medical care limitations**, and much more.

## **9) CF Health Information Line**

This site offers information on the 1-877-MED-DENT, the **CF Health Information Line**. The call centre provides CF members with **24/7 telephone access to health care advice**, general health information, and **guidance on where and how to access health care services**.

## **10) CF Health Info Guide**

This site provides detailed information on understanding and accessing **CF health care benefits**. You will find useful links to sections of the guide and also get information on how to receive a printed copy.