

Primary Care & Walk-in Clinic Resources: Ottawa

Family medicine in Canada and Ontario is in trouble. Right now, 2.5 million people in Ontario don't have a family doctor. By 2026, about 1 out of every 4 people might not have one. We know it's frustrating to find the care you need, and our emergency department is doing everything we can to help.

You can also help by speaking to your local and provincial leaders and asking for better family doctor services in your area.

To help you now, we have listed some community resources and steps you can take to get care in Ottawa. This is not the same as having your own family doctor, who knows you and your health over time, but we hope it will help you get the follow-up care you need after your visit to the emergency department today.

How do I find a family doctor?

As an emergency department, it's very hard for us to keep track of which family doctors are accepting new patients. There is no single system for this, and the hours, locations, and doctors often change because of things like moving clinics or closing practices. Still, here are some steps you can take:

- 1. Register on **HealthCare Connect**
 - o Option # 1: Healthcare Connect at 1-800-445-1822, Monday to Friday, 9am-5pm.
 - o Option #2: Register online:
<https://hcc3.hcc.moh.gov.on.ca/HCCWeb/faces/layoutHCCHomePage.jsp>
- 2. Joint **waitlists** of family doctors in your area, usually by calling the clinic or registering online. These clinics are often looking for new doctors and will add people to their waitlists when they find one.
- 3. Use the website **www.iamsick.ca** – filter by “Family doctors accepting by new patients”. However, we recommend checking the clinic's website (if available) or calling them to get the most current information, as this can change often.
- 4. Join the Facebook group “**Ottawa Doctors Search**” and your local community neighborhood Facebook groups. These groups are where people share information about family doctors who are accepting new patients. They are often the first to know about openings. You can also find posts about available urgent care or walk-in clinics and get help with how to find care.

For follow-up of issues from emergency department, or for non-urgent concerns in the future, you can use these available resources:

Walk-in Clinics

If you have a family doctor, please contact them first before visiting or making an appointment with a walk-in doctor. Your family doctor knows your health history best and can give you the right care.

Before booking an appointment or going to a clinic, we recommend checking the walk-in clinic's policies to make sure they can help with your specific needs (for example, some clinics may not cover women's health, referrals to specialists, or chronic issues, depending on the clinic/provider). Also, be sure to check the most up-to-date hours. "Google" hours are often not correct, so it's better to look on the clinic's website for the right information.

If you are new to Canada or don't have OHIP, we recommend calling the walk-in clinic before you go to make sure they accept interim federal health funding and/or RAMQ.

Please note, any information listed below is subject to change based on clinic and provider availability.

Walk-In Services

AppleTree Medical: Appointment-based and regular walk-in clinics with various locations across Ottawa. Please ensure you check the clinic availability and timeline each day, as there are occasional exclusions of services offered. [There are also virtual clinic options.](#)

*Be mindful when rostering to this clinic – you will be removed from HealthCare Connect, and you may not get longitudinal care with the same physician. Contact AppleTree for more information about their rostering process.

Precision Medical Centre

Unit 104-613, Longfields Drive, Ottawa ON K2J 6J2

+1 613 440 7762

info@precisionmedic.ca

<https://precisionmedic.ca/>

Walk-In Information

- **Daytime Walk-In Clinic (9:00 AM - 5:00 PM):** This is primarily first-come, first-serve. There is an option to pre-book, but it only reserves a spot in line, not a specific appointment time. Patients who pre-book should still expect some waiting time.
- **After-Hours Clinic:** Pre-booking for the after-hours clinic guarantees an appointment time.

PulsePoint Medical

2730 Iris Street, Unit 5 (Inside Iris Pharmacy), Ottawa, ON K2C 3C9

343-801-5323

admin@pulsepointmedicalcenter.ca

Primary speciality-based clinic with internal medicine physicians & obstetrics/gynecology.

Walk-in services for adult patients (18+) on Mondays, Tuesdays, Thursdays, and alternating Fridays.

Offer “walk-ins” (no appointments), however it is recommended patients book appointments in advance to guarantee (website or calling the office). Virtual appointments are also available.

With Appointments	Without Appointments
Greely Walk-In Unit 205, 6045 Bank Street 613 821 4126 greelywalkin@gmail.com https://greelywalkin.ca/ Appointment booking 3 days in advance. Online booking available.	Orleans Urgent Care 1220 Promenade Place d’Orleans, Orleans 613-841-5389 https://urgentcare.ca/ contact@urgentcare.ca
Restore Medical Clinic Tel. (613) 416-1000 1221 Wellington Street West reception@restoremedicalclinics.ca https://www.restoremedicalclinics.ca/walk-in-clinic Email & phone to schedule appointments *Walk-in (non-appointment also available)	Centrum Pharmacy 210 Centrum Blvd, Suite 107, Orleans (613) 837-4995 https://centrumpharmacy.com/walkin-clinic/
WellHealth Shoppers Drug Mart Multiple locations: Bank & Heron // Westgate https://wellclinics.ca/ontario/ottawa/bank-heron-w hmc/ https://wellclinics.ca/ontario/ottawa/westgate-whm c/ Online booking available.	College Medical Square Centre 1980 Baseline Rd 613-224-6606 https://www.collegesquaremedicalcentre.ca/
Greenstreet Medical Centre 16 Green Street, Nepean (613) 825-9799 greenstreetmc@gmail.com https://www.greenstreetmedicalcentre.ca/ Call (preferred) to book appointments.	Med-Team Clinic 99 Kakulu Rd, Kanata https://www.medteam.ca/ 613-592-1448
Dr. Ghanim Clinic 2500 St. Laurent Blvd Unit 108 info@ghanim.ca (613) 366-7789	Kanata Mews https://www.kanatamewsclinic.ca/ 329 March Road, Kanata 613-435-7730

Online appointment booking available. Walk-ins (non-appointment) are accepted.	
WebbMD Walkley 1428 Walkley Road book@webbmd.ca https://webbmd.ca/ Online booking available.	Priya Medical Centre 108 - 117 CentrepoinTE Dr (613) 226-2100 https://www.walkinclinicottawa.com/priya-medical-centre
Rideau Friel 68 Charlotte St., Suite 304 613-789-7707 reception.rfmc@gmail.com https://www.rideaufrielmedical.com/ Email booking. <i>Includes PAP test and STI screening.</i>	Clyde Medical Clinic 1366 Clyde Avenue Unit 7-8 (343) 478-1009 Walk-in hours (not readily available online): 8-5pm (Mon-Fri), some weekend availability Non-OHIP patients – \$150
GoodDoctors <i>Hybrid telemedicine (virtual) with on-site nurse doing physical examination.</i> 541 Rideau St (613) 909-6524 https://gooddoctors.ca/site/good-doctors-ottawa-rideau/	Southbank Medical Centre 2430 Bank Street, Unit 1 info@southbankmedicalcentre.com 613-736-6946 ext 1109 https://www.southbankmedicalcentre.com/
Somerset West Community Health Centre https://www.swchc.on.ca/programs/primary-care-walk-in-clinics Eccles & Rosemount Branch Eccles 613-238-1220 ext. 2 Rosemount 613-688-1177 ext. 2 <i>*Only for patients who live in the catchment area, those without OHIP, and/or permanent address. Walk-ins accepted for those who have issues navigating phones/internet.</i> Online booking available.	Wellington Drug Store <i>Hybrid model: Telemedicine (virtual) physician</i> 1221 Wellington St. W, Ottawa wellingtondrugstore@gmail.com 613-680-6789 https://wellingtondrugstore.wixsite.com/website/walk-in-clinic
	Oasis Clinic Sandy Hill Community Health Centre <i>**Only open to vulnerable populations – homelessness/risk of homelessness, mental health/substance use concerns and with no family doctor.</i> 9-4pm Monday-Friday 221 Nelson Street https://www.sandyhillchc.on.ca/primary-care#OASISClinic

Virtual Care: There are also several available telemedicine/virtual clinics available to you. Some of these will charge a fee for service or a monthly payment model, and others are entirely covered by OHIP.

Be mindful when booking virtual visits – there are many presentations that require a physical examination, and other issues that may be more appropriate for virtual services. The services will often outline what they feel they are able to see you for in a virtual setting on their website. Your provider virtually may recommend an in-person visit.

It is important to note that when using virtual services based outside of Ottawa, some providers will not be familiar with available resources in our community (e.g. referrals, pharmacies, laboratories, counselling, etc.).

OHIP-Covered	
Renfrew County Virtual Triage & Assessment Centre https://rcvtac.ca/	Open to all residents in Ontario, including Ottawa with eligible OHIP, however you may be required to go in for an in-person visit, in the Renfrew area.
East Region Virtual Care Clinic https://www.virtualcareontario.ca/	1:00pm - 9:00pm, seven days a week.
Toronto's Virtual Emergency Department https://www.torontovirtualed.ca/ <i>OHIP-covered</i>	Daily appointments approximately 1pm to 9pm Appointment booking opens 7am daily Update Feb 2026: Believe you MUST be in the Toronto region, OHIP-covered and residing in Ontario.
Tia Health Variety of virtual appointment options including counselling/therapy options. Tia is part of the Shopper's Well Health network.	
Telus Health MyCare Mobile application https://www.telus.com/en/health/my-care	
Lyte Medical https://lytemedical.com/	
GoToDoctor.ca OHIP covered patients to request virtual appointments through www.enhancedcare.ca	
Cover Health https://cover.health/	

VirtualMD Canada

<https://www.virtualmdcanada.com/>

Paid Services

Your Doctors

\$ <https://yourdoctors.online/>

Rocket Doctor

\$ (OHIP-covered substance use consults)

<https://rocketdoctor.ca/>

Maple Health

\$ <https://www.getmaple.ca/>

Felix Health

\$ <https://www.felixforyou.ca/>

Focus on prescription refills & delivery services

TeleTest

\$ *Focus on sexually transmitted infection testing services, with other consultations available.*

<https://teletest.ca/>

Cancer Screening

Self-referral (no physician required) for cancer screening for breast, colon, lung and cervical is available for patients without a family doctor through the Champaign LHIN Cancer screening program.

<https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/cancer-program/what-we-offer-our-programs-and-services/champlain-screening-outreach-program/>
OR call 1-833-551-4125

Newcomer Health

In addition to the resources above, we would encourage you to connect with your **local community health centre (CHC)** <https://coalitionottawa.ca/map/>. Although they may not be able to take you on as a patient (for regular primary health care visits), they should be able to help you with system navigation.

Other resources:

- The Catholic Centre for Immigrants (<https://cciottawa.ca/>)
- Ottawa Chinese Community Service Centre – <https://occsc.org/>
- YMCA Newcomer Clinic – <https://www.ymcaottawa-nic.ca/>
- Legal support – <https://www.clsottawa.ca/>
- Ottawa Community Immigrant Services Organization – <https://ociso.org/>

Did you know? The **Interim Federal Health Program** covers services beyond basic medical and includes physiotherapy, dental, optometry, mental health services (including counselling), however only certain providers are registered with this program. Use the IFH Provider Search to find out: <https://ifhp.medaviebc.ca/en/providers-search>

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