



## ABORIGINAL PATIENT NAVIGATOR VIRTUAL SUPPORT

The Aboriginal Patient Navigator (APN) Program is now available to support self-identified Aboriginal patients, clients, families, and community members virtually. Individuals and families can connect to the APN Program through Zoom, a videoconferencing service, 7 days a week, for support.

### What services are APNs able to provide virtually?

APNs are available to:

- offer emotional support to individuals and families;
- connect you to mental health and wellness resources;
- connect you to trusted information sources for COVID-19 and IH health services, and;
- provide guidance on spiritual and cultural wellness.

For more information on the APN Program and its services, find it [here](#).

### What do I need to access an appointment with an APN?

You will need reliable access to the internet. You can join using a desktop/laptop or most iOS and Android mobile devices (newer than 2012). You can join the meeting using the Zoom Web Client from a browser without downloading any plugins or software. Zoom recommends Google Chrome for the best experience.

### When are appointments available?

Appointments are available 7 days a week, between 8:30 a.m. and 4:30 p.m., excluding statutory holidays.

### How do I set up an appointment?

Please email [AboriginalPatientNavigatorProgram@interiorhealth.ca](mailto:AboriginalPatientNavigatorProgram@interiorhealth.ca) to set up an appointment. Please identify your name, phone number, and community in the subject line. You will be contacted within 24 hours by the soonest available APN to schedule a date and time for your appointment. You will receive a link and information on 'how-to-connect' to your email or phone, based on your preference, for the Zoom appointment.

### FOR SPECIFIC INFORMATION ON COVID-19:

The following websites are updated daily and are the best source for current information:

- [Interior Health COVID-19 web page](#)
- [BCCDC COVID-19 web page](#)

For information specific to Aboriginal partners, find it [here](#).