



YOUR HEALTH IN QUEBEC

Welcome to Quebec!

You are entitled to **health insurance** during your stay, which gives you access to free healthcare and social services.

HOW TO REGISTER?



You can also make an appointment for a **health check-up** for you and your family.

**WHY AND HOW TO MAKE AN
APPOINTMENT?**



This document will guide you through all the steps.



HEALTH INSURANCE

The **Régie de l'assurance maladie du Québec (RAMQ)** covers medical services for all registered persons. Here are the three steps of the registration process.

1.

CALL THE RAMQ AT **1 (855) 232-7267**

- Call 1 (855) 232-7267 to speak to an agent: this phone line is for Ukrainian nationals only
- An agent will ask you your last and first name, date of birth, postal address, and telephone number
- You will then receive a registration form by post at the address provided

PLEASE NOTE: The service is in French or English only. Ask for help from a trusted person if you do not understand either of these two languages: they can open a file for you. You cannot submit your application online.

2.

COMPLETE AND MAIL THE REGISTRATION FORM

- ☐ Once received, fill in the registration form: if you have changed your postal address, cross out the old address and indicate your new address next to it
- ☐ Insert a photocopy of the document issued by the Canadian immigration authorities (and Quebec authorities for permanent residents), either:
 - Study permit
 - Work permit
 - Visitor visa
 - Confirmation of permanent residence and Quebec selection certificate (CSQ)
- ☐ Once you have gathered the documents, place them in the pre-addressed return envelope with a postage stamp and post.

3.

RECEIVE YOUR RAMQ CARD

Once your request has been processed, you will receive your RAMQ card by mail.

PLEASE NOTE: It is essential to inform the RAMQ of any postal address change to receive your card. Call 1 (855) 232-7267. If a third party makes the call for you, you must complete the Power of Attorney form to authorize them to represent you: <https://www.ramq.gouv.qc.ca/fr/media/2881>.

HEALTH CHECK-UP



While waiting for your RAMQ card, you can make an appointment for a health check-up for yourself and your family. *Be careful not to confuse it with the Medical Diagnostic Test required by the Government of Canada.* The health check-up consists of:

WHAT IS IT?



It is a **free** meeting with health professionals to check your health state and needs and refer you to the appropriate services.

This first meeting will **facilitate your access** to health and social services during your stay in Quebec.

WHO DOES THE HEALTH CHECK-UP?



A **nursing professional** will assess your state of physical health:

- Complete examination (weight, height, blood pressure, illnesses, injuries, etc.)
- Vaccination update
- Screening tests
- Renewal of prescriptions

If necessary, they can refer you to a physician.

A **social work professional** will assess your well-being:

- Support and resources in Quebec
- Settlement process
- Questions, concerns

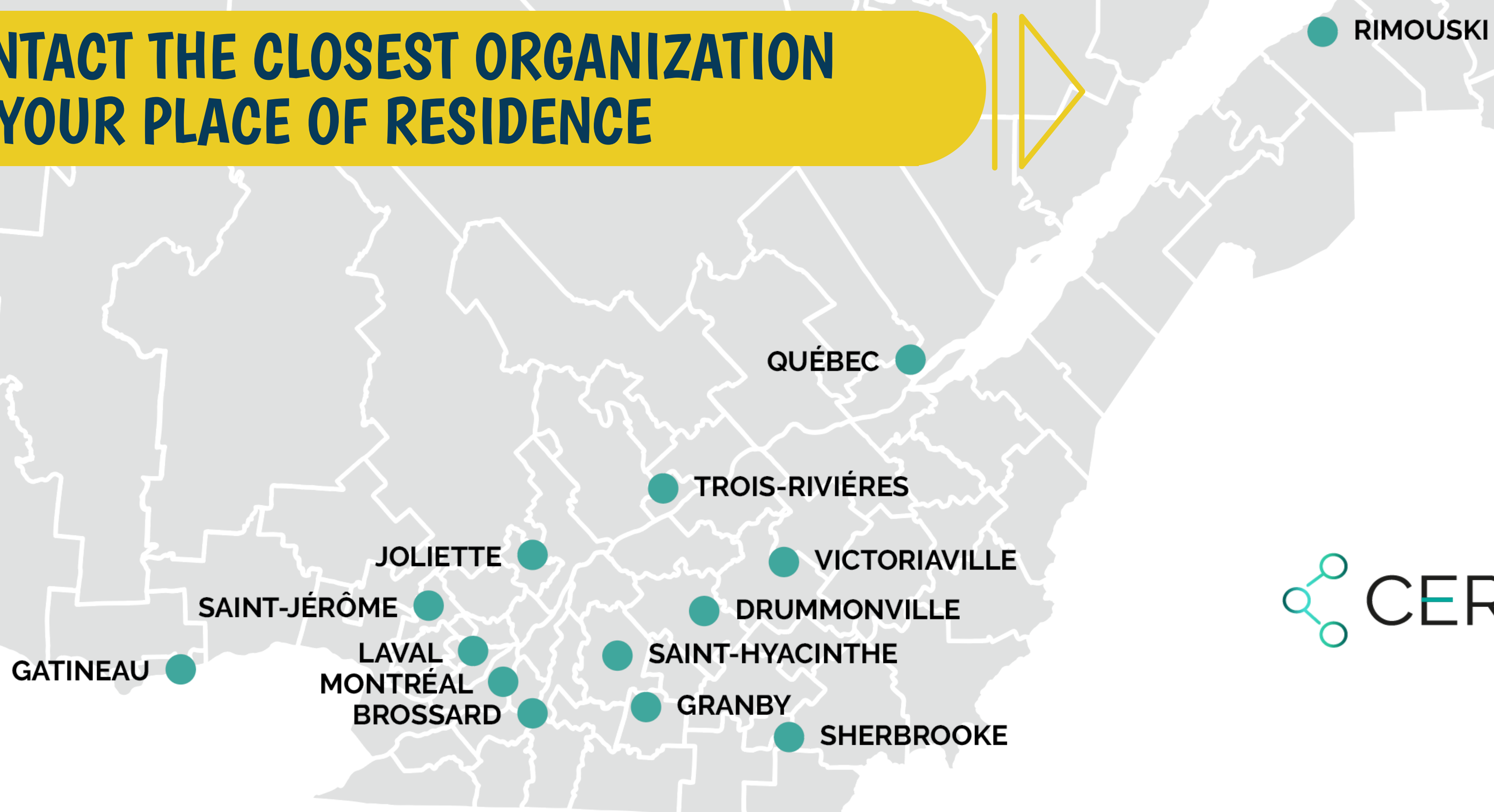
The healthcare and social services are provided in French and English. If you wish, you may request an **interpreter** to be present during the meeting.

It is highly recommended to undergo this health check-up.

MAKE AN APPOINTMENT QUICKLY



CONTACT THE CLOSEST ORGANIZATION TO YOUR PLACE OF RESIDENCE



BROSSARD

South Shore International House (MIRS)

450-445-8777

DRUMMONDVILLE

INTRO Drummondville

819-472-8333

GATINEAU

Outaouais Sponsorship Home (APO)

819-777-2960

GRANBY

Regional ethnic solidarity Yamaska (SERY)

450-777-7213

JOLIETTE

Lanaudière Regional Committee for
International Development Education
(CRÉDIL) | **450-756-0011**

LAVAL

Laval Intercultural Crossroads (CIL)

450-686-0554

MONTREAL

Montreal refugee clinic

514-484-7878 #64545

QUÉBEC

Multiethnic Center of Quebec (CMQ)

418-687-9771

RIMOUSKI

Reception and Integration Bas Saint Laurent
(AIBSL) | **581-824-1662**

SHERBROOKE

The Canadian newcomer support service (SANC)

819-566-5373

SAINT-HYACINTHE

The House of the Maskoutains Family

450-771-4010

SAINT-JÉRÔME

Orientation and Training Centre to Foster
Traditional Ethnic Relations (COFFRET)

450-565-2998

TROIS-RIVIÈRES

Reception Committee for New Arrivals (SANA)

819-375-2196

VICTORIAVILLE

Bois-Francis International Welcome Committee
(CAIBF) | **819-795-3814**