

## How to register for a Health Card



1. Bar code
2. Health Insurance Number
3. Identity
4. Date of birth and sex
5. Year and month of expiry
6. Photo and signature
7. Consent to organ donation

Upon arriving in Québec, you may register with the Health Insurance Plan if you meet the eligibility conditions. This way you will avoid delaying your coverage start date. You may **register only after you have arrived** in Québec. Only military dependents need to register. **The military member does not apply with the Health Insurance Plan.**

### Step 1 – Fill out the registration form

Call us (1 800 561-9749) to obtain a registration form. This first contact enables us to pre-register you and produce your **personalized registration form**. Thereafter, you will receive this form in the mail. Once you do, check the information and sign the form.

You cannot complete and send the form online. You will have to come in person to a RAMQ location to have your identity checked.

### Step 2 – Gather the required documents

In addition to the form, you will have to provide other documents to complete your registration. If an original document is required, you may replace it with a certified true copy (*a copy of an original document that is certified true by a competent authority (i.e. the organization that issued the original document)*). Please attach the following documents, depending on your situation:

- Canadian citizen
- Permanent resident
- Indian recognized by the Crown-Indigenous Relations and Northern Affairs Canada
- Recipient of a study or training scholarship
- Spouse accompanying a worker or scholar
- Dependant accompanying a worker or scholar

### Proof of residence in Québec

If you have taken up residence in Québec after arriving from another country or province, in addition to the proof-of-identity documents, you must attach proof of residence in Québec to your registration application form. A single proof of residence can be used for a family, if all family members living at

the same address register simultaneously. If you are **staying in Québec temporarily**, you don't have to submit proof of residence.

### Agreements with other countries

If you are arriving from another country that has signed a social security agreement with Québec, you could be registered for the Health Insurance Plan under that agreement. For details about how to register for the Health Insurance Plan, consult the webpage Agreements with other countries (Visit: [ramq.gouv.qc.ca/en/citizens/health-insurance/registration/Pages/agreements-other-countries.aspx](http://ramq.gouv.qc.ca/en/citizens/health-insurance/registration/Pages/agreements-other-countries.aspx))

### Documents that have to be translated

You must have any document in a language **other than French and English** translated at your cost. We accept translations made by members or the following organizations:

- Members of the Ordre des traducteurs, terminologues et interprètes agréés du Québec
- Companies and organizations recognized by the Canadian Translators, Terminologists and Interpreters Council
- Staff from the embassy or consulate of a foreign state

### Step 3: Send in the documents and have your photo taken

Go to one of our service points to have your identity checked. Bring your documents along with 2 identity documents, including one with a photo. Depending on the service point, you will have to provide a photo or have one taken on the premises. A fee applies, which is not reimbursable.

<b>RAMQ service point (CLSC)</b>	<b>Required documents</b> <ul style="list-style-type: none"><li>• Registration form</li><li>• Originals of the requested forms</li><li>• Legible photocopies of both sides of the requested documents</li></ul> <b>Photo to be provided</b> <ul style="list-style-type: none"><li>• You must get a photo taken at a pharmacy or by a photographer (like when you apply for a passport). Fees vary.</li></ul>
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If you are exempted from providing your photo and signature, you may mail us the requested documents. In this case, please send originals of the documents. We will return them to you within 30 days. To find out more, refer to the page Photo and signature.

Examples of exemptions:

- Children under age 14
- Persons age 75 and over  
They can choose to provide their photo and signature or not on their card. If they do wish to have a card displaying their photo and their signature, they have to go to a service point.
- Persons who, because of their state of health, are unable to provide their photo, their signature or both. A medical certificate is required to justify the exemption.

### Step 4 – Receiving a letter and your card

After we have processed your application for registration, you will receive a letter specifying the date on which you will become eligible for the Québec Health Insurance Plan, if applicable. You will receive your Health Insurance Card in the next 14 days.

### Private insurance during the waiting period pending eligibility



Apart from certain exceptions, RAMQ does not reimburse the cost of the healthcare received during the waiting period. During this period, to save you from having to pay for any healthcare services that you or your family members may need, we strongly recommend that you take out private insurance

within 5 days following your arrival in Québec. Thereafter, coverage is more difficult to obtain. For information about private insurance, contact the OmbudService for Life - Health Insurance (OLHI)

### Service points

#### CLSC de Chicoutimi

411, rue de l'Hôtel-Dieu  
Chicoutimi (Québec)  
G7H 7Z5



	418 543-2221
	418 543-2291

#### Office hours

- Monday to Friday 8:00 AM to 4:30 PM

#### CLSC de Jonquière

3667, boulevard Harvey  
Jonquière (Québec)  
G7X 3A9



	418 695-2572
	418 695-3327

#### Office hours

- Monday to Friday 8:00 AM to 5:00 PM

#### CLSC du Fjord - La Baie

800, rue Aimé-Gravel  
La Baie (Québec)  
G7B 2M4



	418 544-3381 poste 5200
	418 544-0052

#### Office hours

- Monday, Wednesday to Friday 8:00 AM to 12:00 PM and 1:00 PM to 4:00 PM
- Tuesday 8:00 AM to 12:00 PM and 1:00 PM to 7:00 PM

#### CLSC d'Alma

100, avenue Saint-Joseph Sud  
Alma (Québec)  
G8B 7A6


	418 669-2000
	418 668-5782

#### Office hours

- Monday to Friday 8:00 AM to 4:00 PM

### CLSC Secteur-Nord

3815, 3e Avenue Ouest  
L'Ascension (Québec)  
G0W 1Y0



	418 669-2000
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#### Office hours

- Monday to Friday 8:00 AM to 12:00 PM and 1:00 PM to 4:00 PM

### Centre d'hébergement Métabetchouan et CLSC Secteur-Sud

1895, route 169  
Métabetchouan-Lac-à-la-Croix (Québec)  
G8G 1B4



	418 669-2000
	418 349-3491

#### Office hours

- Monday to Friday 8:00 AM to 12:00 PM and 1:00 PM to 4:00 PM

### CLSC du Fjord – L'Anse-Saint-Jean

29, rue Saint-Jean-Baptiste  
L'Anse-Saint-Jean (Québec)  
G0V 1J0



	418 272-2275
	418 272-3028

#### Office hours

- Monday to Friday 8:00 AM to 12:00 PM and 1:00 PM to 4:00 PM

### CLSC de Sacré-Cœur

50, rue Mayrand  
Case postale 277  
Sacré-Cœur (Québec)  
G0T 1Y0



	418 236-4637
	418 236-9344

#### Office hours

- Tuesday to Thursday 7:30 AM to 12:00 PM and 13:00 PM to 15:30 PM

## CLSC de Saint-Siméon

371, rue Saint-Laurent  
Saint-Siméon (Québec)  
G0T 1X0



	418 638-2369
	418 638-2470

### Office hours

- Wednesday 8:00 AM to 4:00 PM
- Thursday 8:00 AM to 12:00 PM

## CLSC de Baie-Sainte-Catherine

309, rue Leclerc  
Baie-Sainte-Catherine (Québec)  
G0T 1A0



	418 237-4272
	418 237-4051

### Office hours

- Tuesday 8:00 AM to 4:00 PM

## CLSC et CHSLD des Bergeronnes

450, rue de la Mer  
Case postale 68  
Bergeronnes (Québec)  
G0T 1G0



	418 232-6224
	418 232-6771

### Office hours

- Monday to Friday 8:00 AM to 12:00 PM and 1:30 PM to 4:00 PM

## CLSC de Roberval

400, avenue Bergeron  
Aile A  
Roberval (Québec)  
G8H 1K8



	418 275-0634
	418 275-0423

### Office hours

- Monday to Friday 8:00 AM to 12:00 PM and 1:00 PM to 4:00 PM

## CLSC Saint-Félicien

1228, boulevard Sacré-Cœur  
Saint-Félicien (Québec)  
G8K 2P8



	418 679-5270
	418 679-1748

### Office hours

- Monday to Friday 8:00 AM to 4:00 PM

## CLSC et Centre d'hébergement de Normandin

1205, rue Saint-Cyrille  
Normandin (Québec)  
G8M 4K1



	418 274-1234
	418 274-6970

### Office hours

- Monday to Friday 8:30 AM to 4:30 PM

## CLSC Les Jardins du Monastère

201, boul. des Pères  
Dolbeau-Mistassini (Québec)  
G8L 5K6

	418 276-1234
	418 276-8589

### Office hours

- Monday to Friday 8:00 AM to 12:00 AM and 1:00 PM to 4:00 PM