

INDOCANADA PROFESSIONALS

NEWCOMER'S GUIDE

CHAPTER 7



HEALTH CARD FOR
NEWCOMERS IN CANADA





IndoCanada Professional Network is a registered non-profit organization dedicated to supporting immigrants from India in Canada.

It offers a robust platform for networking, encouraging members to connect with new individuals and expand their professional networks through various community events.

This inclusive environment fosters professional mentoring, providing specialized support for Internationally Educated Professionals to enhance their employment opportunities and career advancement.

Additionally, the network organizes educational workshops that cover a broad range of subjects pertinent to employment, education, taxes, and everyday life in Canada, equipping members with essential knowledge and skills for successful integration and growth.



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HEALTH CARD FOR NEWCOMERS IN CANADA



A lot of newcomers may not know that they require a health card in Canada. Health cards which are commonly known as Care Cards are a provincial responsibility. This means that there would be a particular health card for each province. You also need to keep in mind that only Canadian citizens and permanent residents are covered under the government health insurance plan. So, as a newcomer, if you have your permanent resident card, you would require your health card as well. When you have this card, it shows that you are eligible for free medical care in the corresponding province.

Let's focus on health card for Ontario in this section.

ELIGIBILITY

To be eligible for the Ontario Health Insurance Plan (OHIP), you have to meet the following criteria –

- You need to be a Canadian citizen, permanent resident or landed immigrant
- You should be a foreign worker with a valid work permit

To make sure that you keep availing the benefits of OHIP coverage, you need to make Ontario your primary residence and need to be physically present here for at least 153 days in any 12-month period.

WHAT IS COVERED AS PART OF “OHIP”?

Here's what is covered as part of the OHIP –

- Visiting your family doctor or any walk-in clinic
- Hospital stays
- One eye examination every 12 months for people under the age of 19 years and above the age of 65 years
- One eye exam for people between the ages of 20 and 64 years (if they have a specific medical condition like - glaucoma or diabetes mellitus)
- Dental surgery at the hospital
- Travel to access healthcare services (applicable if you live in northern Ontario)

Partial cost for the following is also covered –

- Ambulance
- Podiatry services





WHAT'S NOT COVERED AS A PART OF "OHIP"?

Generally, OHIP covers basic medical needs like visiting a hospital or a doctor. But there are a few categories that are not covered as part of the OHIP and they are –

- Cost of prescription drugs for people under the age of 65 years
- Dental treatments
- Missed appointment with doctor
- Crutches or cast
- Alternate treatments like - chiropractor, physiotherapy, massage, acupuncture, or reflexology
- Psychotherapy or counselling
- Eye examination for anyone between the ages of 20 – and 64 years
- Cost of prescription glasses
- Vaccinations for travel
- Medical examination for permanent residency application

DOCUMENTS NEEDED

These are the documents that would be required for you to apply for a health card in Ontario –

- Proof of immigration or Canadian citizenship (Permanent Resident Card or work permit)
- Proof of identity (passport, credit card, etc.)
- Completed application form
- Proof of residence in Ontario
- Additional documents for dependents (like proof of identity, immigration status, etc.)

USEFUL LINKS

- <https://www.canada.ca/en/health-canada/services/health-cards.html>
- <https://arrivein.com/healthcare/how-to-apply-for-a-health-card-in-ontario/>





CHECKLIST

Follow this checklist and you'll be able to get your health card easily.

- Download the form online. You can get the form [here](#).
- Fill the form with all the details and attach all documents required.
- Visit a ServiceOntario Centre in person with your completed form and your original documents.
- Your application will be processed and a photo will be taken.
- You don't have to pay any fees.
- Once the processing is complete, your health card will be mailed to you at your address (it takes about 1-2 weeks of time).

CONTACT INFORMATION

You can get in touch with our team and we'll help you narrow down the best broadcast TV providers in Canada.

Contact us – (416) 732-6889 | info@indocanada.org | indocanadaprofessionals.org



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