

Manitoba Health Card

You are eligible for a Manitoba Health Card if you:

- are a Canadian Citizen or have landed immigrant/permanent resident status
- have a permanent residence in Manitoba
- live in Manitoba for at least six months in a calendar year

You can register for or update your health card in Winnipeg at:

Client Services, Manitoba Health

300 Carlton Street

Winnipeg MB

R3B 3M9

Tel. 204-786-7101

Your Manitoba Health card allows you to see a doctor, get a prescription, visit a hospital emergency room, and use a hospital for many other services at no cost.

Discuss with your facilitator what is covered under MB Health and what is not.

Traveling:

If you are going to be traveling out of the country Manitoba Health covers emergency medical care at the same rates that are paid in Manitoba. However the costs in other countries is often a lot more than the cost in Canada, so it is a good idea to get extra health insurance. One example of this is Blue Cross.

If you take an extended vacation but are still a permanent resident of Manitoba you may continue your coverage as long as you are in Manitoba for at least 183 days (6 months) of the year.

Family Doctor

A family doctor is very important for you and your family. Your family doctor will provide you access to other services in the health care system.

You can find out which family doctors in your neighborhood are accepting new patients and how to reach them by calling the Family Doctor Connection line at 204-786-7111. This service is offered Monday - Friday, 8:30 - 4:30. (Outside of those hours you can leave a message.)

Specialist Referrals

Your family doctor is probably a GP (General Practitioner), a doctor trained in overall health. However, sometimes your doctor will want you to see a specialist to get special care for an illness or other condition.

A specialist is a doctor who focuses on a particular area of medicine and who has extra training and expertise in that area. For example, some doctors might specialize in cancer or heart disease.

Usually a referral from your family doctor is the only way to see a specialist. Manitoba Health pays for a specialist if you need to see one.

Discuss other types of specialists with your facilitator. What are their names and what do they specialize in?

Homecare

Sometimes people need ongoing health services or help with their daily activities, but don't require care in a personal care home or hospital. The Manitoba Home Care Program is designed to help you live with dignity in your own home for as long as possible.

You are eligible if you:

- are a Manitoba resident or have a Manitoba Health Card
- need health services or help with day-to-day living
- require more help than family and friends can give.

There are other services your family doctor can help you access if needed.

Here are some examples of what is not covered:

- Private nursing
- Psychologist or dietician or psychologist in a private practice
- Certain drugs, vaccines, and medication
- Private nursing
- Extra cost for a private or semi-private hospital room, television or phone or other non-standard room services
- Elective cosmetic or plastic surgery
- Routine eye exams for anyone who is 19 - 64 years of age
- Most alternative medicine services
- Services not medically necessary