



## Interim Federal Health Program (IFHP) – Covered Care

**As an asylum seeker, you have the right to health insurance called the Interim Federal Health Program (IFHP).** This insurance is different from the Régie de l'assurance maladie du Québec (RAMQ), Quebec's health insurance.

The validity of your IFHP can be checked using your **UCI number**, which appears on your brown paper or your acknowledgment of claim of your asylum application. Your insurance is valid throughout your asylum application, until:

- If your asylum application is accepted: Your IFHP remains valid for a maximum of 90 days, while you register to obtain the RAMQ.
- If your asylum application is rejected: Your IFHP remains valid until the date of your removal order. If you remain in Canada after this removal date, your IFHP will no longer be valid, even if you take other steps to regularize your status (e.g.: application for permanent residence for humanitarian reasons).

### ***How do I make an appointment with my IFHP?***

Only certain health professionals accept IFHP medical coverage.

- Fill in the questionnaire of the Primary Care Access Point: <https://gap.soinsvirtuels.gouv.qc.ca/en> Fill in the questionnaire, and an agent will call you to make an appointment. Specify that you have an IFHP!
- **Call 811 and choose option 3** (only in French or English): you will be asked for your UCI number to make an appointment at the clinic closest to you depending on your health problem.
- View the information on the [Welcome Guide of the Welcome Collective under Health Care](#), especially the page "[Finding a Doctor](#)", to find out which health professionals accept the IFHP. (Scan the QR code with your phone camera to access the website)






Never pay a health professional registered with the IFHP in advance, you will no longer be able to be reimbursed later. You should not receive an invoice. ALWAYS ask if the healthcare professional accepts the IFHP; otherwise, you will have to pay.



Certain health care services require a pre-authorization from Medavie Blue Cross for you to be covered by your IFHP. This pre-authorization must be requested by your general practitioner. (e.g.: to have psychotherapy sessions, your doctor will need to write you a prescription and make a pre-authorization request for you).





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Type	Care covered by the IFHP	Resources
<b>BASIC COVERAGE</b>		
<b>Medical care</b>	<p><b>The same as the RAMQ coverage</b> (all medical care, diagnostic tests, hospital care)</p> <ul style="list-style-type: none"> <li>Services offered to inpatients and outpatients</li> <li>Physician services. However, surgeries performed for cosmetic or religious purposes, elective surgeries and gender affirmation surgeries are not covered. As for orthopedic surgeries, they are limited to short-term care or when the timing of the surgery will affect a child's development.</li> <li>Laboratory, diagnostic services</li> </ul> <p>To see the list of covered treatments: <a href="https://www.gouv.qc.ca/quebec-health/medical-services">Medical Services   Quebec Health Insurance Board (RAMQ) (gouv.qc.ca)</a></p>	<p><b>Make an appointment:</b></p> <ul style="list-style-type: none"> <li>Call 811 option 3 (French/English)</li> <li>Consult the <a href="#">list of doctors accepting the IFHP</a></li> </ul>  <ul style="list-style-type: none"> <li>Call PRAIDA and leave a message at: 514-484-7878 ext. 64517</li> </ul>
<b>Pregnant women</b>	<p>Services for eligible pregnant women include:</p> <ul style="list-style-type: none"> <li>Hospital services</li> <li>Services provided by a physician</li> <li>Diagnostic and screening tests that are usually part of prenatal care</li> <li>Pregnancy-related healthcare from delivery to post-natal care</li> <li>Abortion</li> </ul> <p>Asylum seekers are also entitled to a maximum of \$3,042 for midwifery services during their pregnancy.</p>	<p><a href="#">Pregnancy Resources</a></p>  <p><a href="#">Midwives and Birthing Centres resources</a></p> 
<b>Ambulance</b>	Ambulance transportation costs up to \$350	
<b>ADDITIONAL COVERAGE</b>		
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Mental health services offered by doctors, including psychiatrists;</li> </ul>	<a href="#">Mental health resources</a>




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	<ul style="list-style-type: none"> <li>Services provided by psychiatric hospitals.</li> </ul> <p><b>Psychotherapy:</b> with a doctor's prescription and pre-authorization. Up to 10 psychotherapy sessions lasting one hour, with the possibility of renewal for 10 additional sessions: <b>a maximum of 20 sessions</b> with a member of l'Ordre des psychologues (Order of Psychologists).</p> <p>The IFHP reimburses \$28.95 per hour for interpretation services required for mental health services only. Interpreters must be registered with the IFHP. (pre-authorization)</p>	
Dental care	<p><b>Covered - Without pre-authorization</b></p> <ul style="list-style-type: none"> <li>Exam</li> <li>Extractions (simple, uncomplicated)</li> <li>Denture relining and repair</li> <li>Trauma and pain control</li> <li>Emergency medications</li> <li>X-rays</li> </ul> <p><b>Covered - With pre-authorization</b></p> <ul style="list-style-type: none"> <li>Complex extractions</li> <li>Restorations (severely affected teeth only)</li> <li>General anaesthesia</li> <li>Partial and complete dentures</li> </ul> <p>To consult the list of covered dental treatments:  <a href="https://docs.medaviebc.ca/providers/benefit_grids/2022/Grille-de-soins-dentaires-du-IFHP-Qu%C3%A9bec.pdf">https://docs.medaviebc.ca/providers/benefit_grids/2022/Grille-de-soins-dentaires-du-IFHP-Qu%C3%A9bec.pdf</a></p> <p><b>Not covered:</b></p> <ul style="list-style-type: none"> <li>Root canal treatments</li> <li>Orthodontics</li> <li>Prophylaxis and fluoride</li> <li>Facility fees</li> <li>Scaling and root planing</li> </ul>	<p><u><a href="#">Dental Resources</a></u></p> 



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<b>Eye Care</b>	<ul style="list-style-type: none"> <li>• A pair of glasses (frames and/or lenses) every 24 months</li> <li>• An eye exam every 12 months</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Refugee Program at the Jewish General Hospital</a></li> <li>• <a href="#">Vision 770</a></li> <li>• <a href="#">Bonhomme à lunettes</a></li> </ul> 
<b>Hearing Care</b>	<ul style="list-style-type: none"> <li>• Hearing exam: once every 5 years</li> <li>• Hearing aid: once every 5 years</li> </ul>	
<b>Others (with pre-authorization)</b>	Certain treatments/services that require pre-authorization: Physiotherapy, occupational therapy, home care, long-term care, prosthetics, orthotics, mobility aids, diabetic supplies, respiratory aids, assistive devices, medical equipment, speech therapy, etc.	To check if authorization is required: <a href="https://docs.medaviebc.ca/providers/benefit_grids/2022/Au-Canada-Tableau-des-avantages-Couverture-suppl%C3%A9mentaire-Expiration-31-mars-2022.pdf">https://docs.medaviebc.ca/providers/benefit_grids/2022/Au-Canada-Tableau-des-avantages-Couverture-suppl%C3%A9mentaire-Expiration-31-mars-2022.pdf</a>
<b>DRUG COVERAGE</b>		
<b>Prescriptions</b>	<b>All medications that are on the list of the Régime d'assurance médicaments du Québec (Quebec prescription drug insurance) are covered</b> ( <i>similar for coverage for social assistance recipients</i> ). Support is only valid for <b>generic medications</b> .	To check if a medication is covered: <a href="https://www.ramq.gouv.qc.ca/en/citizens/prescription-drug-insurance/find-out-whether-a-drug-covered">https://www.ramq.gouv.qc.ca/en/citizens/prescription-drug-insurance/find-out-whether-a-drug-covered</a>
<b>MEDICAL EXAMINATION FOR IMMIGRATION PURPOSES</b>		
<b>Immigration Medical Examination (IME)</b>	An IME and associated diagnostic tests carried out by a doctor designated by the IRCC (Immigration Canada) are covered by the IFHP. The medical examination must be carried out within 30 days of the asylum seeker's arrival.	To find a designated doctor: <a href="https://secure.cic.gc.ca/PanelPhysicianMedecinDesigne/en/Home">https://secure.cic.gc.ca/PanelPhysicianMedecinDesigne/en/Home</a>

### CHILDREN :

- **If the child is an asylum seeker:** A child who is an asylum seeker is covered by the Interim Federal Health Plan (IFHP).
- **If the child was born in Quebec to an asylum seeker:** Babies born in Canada to asylum-seeking parents are eligible to be covered by the RAMQ. To register your child with the RAMQ: <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/register> For more information on the registration : [https://perinat.social/wp-content/uploads/2024/03/2024\\_03\\_19-LMB\\_SAJ\\_RAMQenfant.pdf](https://perinat.social/wp-content/uploads/2024/03/2024_03_19-LMB_SAJ_RAMQenfant.pdf)

# PRAIDA

## Regional Program for the Settlement of Asylum Seekers

PRAIDA offers services to asylum seekers, to people in regularization of status.

Information will be given to you about:

- steps towards immigration
- contact information for lawyers
- requesting social assistance
- obtaining a work permit
- how to register children in school
- organizations that can help you in your search for housing

You will meet with a social worker, who will evaluate your needs and ensure the appropriate follow-up.

You can also meet with a nurse, if necessary.

PRAIDA's services are also available to people whose request for asylum was denied.

Services are available in French and English. Interpreters may be available to assist in other languages.

*If you move, please provide PRAIDA with your new address as soon as possible.*

**PRAIDA office:**  
35, Port Royal St. East  
Montreal (Quebec) H3L 3T1

Monday to Friday, from 8:00 a.m. to 5:00 p.m.  
T: 514-484-7878, ext. 5  
[www.ciuss-centreouestmtl.gouv.qc.ca/PRAIDA](http://www.ciuss-centreouestmtl.gouv.qc.ca/PRAIDA)



# PRAIDA

## Programme régional d'accueil et d'intégration des demandeurs d'asile

Le Programme régional d'accueil et d'intégration des demandeurs d'asile (PRAIDA) offre des services aux demandeurs d'asile et aux personnes en régularisation de statut.

Des informations vous sont données sur:

- Les démarches d'immigration;
- Le contact avec les avocats;
- La demande d'aide sociale;
- L'obtention du permis de travail;
- L'inscription scolaire pour les enfants;
- Les organismes d'aide à la recherche de logement.

Vous rencontrerez une travailleuse sociale qui évaluera vos besoins et assurera le suivi nécessaire dans vos démarches.

Vous pouvez aussi rencontrer une infirmière, selon le besoin.

PRAIDA offre également les services requis pour les demandeurs d'asile dont la demande a été refusée.

PRAIDA offre des services en français et en anglais. Des interprètes peuvent être disponibles dans plusieurs autres langues.

*Si vous déménagez, veuillez aviser PRAIDA de votre nouvelle adresse le plus rapidement possible au :*

**Bureau PRAIDA :**  
35, rue de Port-Royal Est  
Montréal (Québec) H3L 3T1  
Du lundi au vendredi de 8h à 17h  
T: 514-484-7878, poste 5  
[www.ciuss-centreouestmtl.gouv.qc.ca/PRAIDA](http://www.ciuss-centreouestmtl.gouv.qc.ca/PRAIDA)



## Un besoin en santé?

### **8-1-1 option 1 : Info santé**

Pour l'évaluation d'un enfant avec de la fièvre ou une question concernant votre santé

### **8-1-1 option 3: Guichet d'accès à la première ligne**

Pour obtenir un rendez-vous médical rapidement

### **514-484-7878 poste 64517**

Boîte vocale des infirmières du PRAIDA, si vous avez besoin de plus de soutien.

## ¿Una inquietud o problema de salud?

### **8-1-1 opción 1: Información de salud \***

Para la valoración de un niño con fiebre o una duda sobre su salud

### **8-1-1 opción 3: Acceso a la primera línea de servicios \***

Para obtener una cita médica rápidamente

\*Tenga en cuenta que estos servicios sólo están disponibles en francés e inglés.

### **514-484-7878 extensión 64517**

Buzón de voz de las enfermeras de PRAIDA, si necesita más apoyo.

(Usamos intérpretes si es necesario)

## Health care assistance?

### **8-1-1 option 1: Health care info.**

For the assessment of a child with a fever or a question regarding your health

### **8-1-1 option 3: Acces to first-line care services.**

To get a medical appointment promptly

### **514-484-7878 ext. 64517**

If you need additional support, you can leave a voice message to the PRAIDA nurses

## Sağlık la ilgili bir sorununuzmu var?

### **811 Dahili numaradan sonra 1 tuşlayın \***

Ateşi olan bir çocuğun değerlendirilmesi veya sağlığınıza ilgili bir soru için

### **811 Dahili numaradan sonra 3 tuşlayın \***

Hızlı bir şekilde tıbbi randevu almak için

\*Bu hizmetlerin yalnızca Fransızca ve İngilizce dillerinde sunulduğunu lütfen unutmayın.

Sağlık Konusunda Daha fazla Desteğe

ihtiyacınız varsa PRAIDA hemşirelerinin sesli mesaj kutusuna message

burakabilirsiniz.514-484-7878 dahili numaradan sonra 64517 tuşlayın.

(Biz geri döndüğümüzde Gerekirse tercüman ile sizi ararız)