

# Health Care



## The Manitoba Health Services Insurance Plan (MHSIP)

MHSIP provides health care coverage to eligible residents of Manitoba. You should apply as soon as you have the documents you need. To apply, you need to show these original documents:

- citizenship or immigration card or paper
- proof of your residence in Manitoba
- identification with a photo and signature

You can sign up for coverage on the date you arrived in Manitoba, but you must show proof of your permanent resident status. Or, if you received your permanent resident status after you arrived, you can join on that date.

■ More information:

<https://www.gov.mb.ca/health/mhsip/>

■ Find out if you can join the Manitoba Health Service Insurance Plan:

<https://www.gov.mb.ca/health/mhsip/#Q1>

You can apply for MHSIP at a Service Manitoba office. Find a location near you at Manitoba Health, Seniors and Active living:

Call 1-800-392-1207

■ <https://www.gov.mb.ca/health/mhsip/index.html#top>

■ Learn which health care expenses MHSIP covers:

<https://www.gov.mb.ca/health/mhsip/index.html#Q5>

## Health Care Services

It is important to have a family doctor. All the doctors who will accept new patients are on the Doctor Finder list. You can also ask your settlement counsellor, family and friends about finding a doctor.

■ Find a family doctor with Doctor Finder:

<https://www.gov.mb.ca/health/familydoctorfinder/>

■ Find a settlement agency near you:

<https://www.ipwinnipeg.org/general-settlement-services>

**Important Note:** In a medical emergency, you do not need a doctor. Dial 911 and ask for an ambulance. 911 services are for emergencies only.



[win.manitobastart.com](http://win.manitobastart.com)



Funded by:

Immigration, Refugees  
and Citizenship Canada

Financé par :

Immigration, Réfugiés  
et Citoyenneté Canada

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## Hospital Emergency Room (ER)

The ER is for serious medical issues that need attention right away. You can go to an emergency room on your own or you can call 911 for an ambulance. You need to pay for the ambulance if the doctor decides it was not an emergency situation.

## Walk-in Medical Centres

For medical issues that need attention right away but are not emergencies, you can go to a walk-in clinic and see a doctor. You do not need to make an appointment at walk-in clinics.

- Find a clinic near you:  
<https://myrightcare.ca/>

## Telehealth Manitoba

MBTelehealth provides Manitobans with access to health services through the use of technologies, to overcome the barriers of distance, time, and expense. Through the use of secure networks, MBTelehealth provides tools that connect people to the information and services they require to manage their health and well-being closer to home.

- <https://mbtelehealth.ca/>

## Mental Health Services

- The Crisis Response Centre:  
<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>

Some insurance companies will cover some mental health services.

- More information at the Canadian Mental Health Association:  
<https://mbwpg.cmha.ca/mental-health-resources-for-winnipeg/>

You can also call the Manitoba mental health crisis helpline at Klinik: 204786-8686

## Dental Care Services

You usually have to pay to go to the dentist. Dental care is not covered under the Health Service Insurance Act. There are some programs that provide dental care to children under the age of 17.

- More information about dental care for children:  
<https://www.gov.mb.ca/health/publichealth/environmentalhealth/dental.html>  
<https://www.cps.ca/en/documents/position/oral-health-care-for-children>
- Find a dentist:  
<https://www.manitobadentist.ca/find-a-professional.cfm>

## Vaccinations

Learn more about Manitoba's vaccination services for adults and children:

- <https://www.gov.mb.ca/health/publichealth/cdc/div/about.html>
- Check Manitoba's vaccine schedule:  
<https://www.gov.mb.ca/health/publichealth/cdc/div/schedules.html>