

Health Insurance System in Alberta

Alberta Health Care Insurance

You need a health care card to get government paid health care services.

- Visit a registry to apply: www.health.alberta.ca/AHCIP/registration-locations.html
- Toll-free 403-310-0000 then 780-427-1432, www.health.alberta.ca
- Will grant one time 3 months extension while waiting for a new visa if called BEFORE current visa expires

Alberta Blue Cross **Non-Group** Coverage

An extended health benefits for individuals or families offering protection against the high cost of unexpected illness, accidents or medical conditions. Government subsidies are available for low income families.

- Call 403-234-9666 in Calgary and area
- www.ab.bluecross.ca
- www.health.alberta.ca (with subsidies)

Health Benefit -- Alberta **Child** Health Benefit

An extended government paid health benefit for **children** in low income families (Immigrants, citizens and refugees only)

- Toll-free: 1-877-469-5437
- <http://humanservices.alberta.ca/financial-support/2076.html>

Health Benefit -- Alberta **Adult** Health Benefit

An extended government paid health benefit for **adults** (pregnant women or people with ongoing prescription drug needs) with low income. (Immigrants, citizens and refugees only)

- Toll-free: 1-877-469-5437
- <http://humanservices.alberta.ca/financial-support/2085.html>

Oral Health Assistance Programs -- **Reduced Fee Dental Program**

Alberta Health Services community dental program to help families who don't have government benefits or private insurances to cover for their dental costs. Cannot have any benefits or insurances (employee/students/personal) and be under their income limit.

- <https://www.albertahealthservices.ca/services/Page13202.aspx>

Canadian Dental Care Plan

- <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>
- Canadian resident, no other insurance, family net income less than \$90,000, file tax return
- After application, will be receiving the member card, only with dentist who are in the program.

Pregnancy Services and Programs -- Perinatal classes by Alberta Health Services

- In-person and virtual sessions available for perinatal classes (pregnancy, baby and birthing, and parenting, etc.)
- www.birthandbabies.com

Pregnancy Services and Programs -- Best Beginning Program (Free)

- Alberta Health Services program for low-income families or teen mothers who are expecting
- Have nurses, social workers, dieticians to help with healthy pregnancy and birthing
- Call 403-228-8221

Pregnancy Services and Programs - Alberta Association of Midwives

If you would prefer having a midwife for your pregnancy and birthing, please contact Alberta Association of Midwives and enrol.

- <https://www.alberta-midwives.ca>

Resources

- <http://diversitycalgary.ca/> translated health information in multiple languages. Plain English health information and resources in one place.
- <http://diversitycalgary.ca/his> for all the contents in this handout.