

Health Insurance System in Alberta

Alberta Health Care Insurance

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

- Visit a registry to apply: [Where to apply for Alberta Health Care Insurance Plan \(AHCIP\) | Alberta.ca](#)
- Toll-free 403-310-0000 then 780-427-1432
- [Health | Alberta.ca](#)

Alberta Blue Cross **Non-Group** Coverage

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

- Call 1-800-661-6995
- [Non-Group Coverage | 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.

[Public Health Dental Clinics | Alberta Health Services](#)

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.birthingandbabies.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 to have a midwife for your pregnancy and birthing, please contact the Alberta Association of Midwives and enrol.

- [Alberta Association of Midwives](http://www.aam.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.