



ACCÉSSS

Alliance des Communautés Culturelles pour l'Égalité dans la Santé et les Services Sociaux

Version en anglais du dépliant «ÊTRE PRÉSENT AU QUÉBEC POUR AVOIR DROIT À L'ASSURANCE MALADIE»

PRESENCE IN QUÉBEC FOR ENTITLEMENT TO HEALTH INSURANCE

In Québec, the Health Insurance Card allows the holder to benefit from various health services and care without having to pay. Did you know that to maintain that entitlement, you need to comply with certain conditions? Not only must you have established your domicile in Québec, but you must also be present here. The Régie de l'assurance maladie du Québec is conducting checks in that regard.

THE RULE THAT MUST BE OBSERVED

During your first 12 months of coverage, you must total fewer than 183 days of absence from Québec.

Thereafter, the period used for calculation purposes is the calendar year, which means that you must total fewer than 183 days of absence between January 1 and December 31 of each year.

In both cases, stays outside Québec of 21 days or less do not count.

EXAMPLE OF HOW DAYS OF ABSENCE ARE CALCULATED

Let's say that you have been covered by health insurance for the last four years. Between January 1 and December 31 of a given year, you were away from Québec on three occasions:

- Departure for Spain on March 4 and return on August 7: the Régie would calculate 155 of absence, i.e. from March 5 to August 6 inclusive.
- Departure for Alberta on September 1 and return on November 4: the Régie would calculate 63 days of absence, i.e. from September 2 to November 3 inclusive.
- Departure for Mexico on December 20 and return on December 27: the Régie would calculate 0 days of absence because absences of 21 days or less do not count.

Your stays outside Québec	The number of days taken into account for your coverage under the Health Insurance Plan
155 days in Spain	155 days
63 days in Alberta	63 days
6 days in Mexico	0 days
	Total: 224 days

For that year, the Régie would consider you absent from Québec a total of 224 days. As a result, you would lose, for that entire year, your coverage under the Health Insurance Plan and would have to repay the Régie for the cost of healthcare services received during the year.

EXCEPTIONS

Once the first 12 months of coverage have passed, exceptions to the above rule may apply. For example, despite an absence of 183 days or more, you could remain entitled to health insurance if the reason for leaving Québec temporarily was to study, take training or work. In addition, once every seven years, you can be absent 183 days or more in a given calendar year and still maintain your entitlement to health insurance.

For more information on these exceptional situations, visit our website or call us.

YOUR OBLIGATIONS

- You must notify the Régie if your stays outside Québec total 183 days or more in a given year. (Ideally, you should contact the Régie before leaving—that way, you will know whether you remain covered by the Health Insurance Plan.)
- You must also notify the Régie if you change your address, whether or not you are leaving Québec.

FOR FURTHER INFORMATION

Go to our website at www.ramq.gouv.qc.ca

You may also obtain information by calling.

In Québec
418 646-4636

In Montréal
514 864-3411

Elsewhere in Québec
1 800 561-9749

By TDD (telecommunication device for the deaf)
418 682-3939 (in Québec)
1 800 361-3939 (elsewhere in Québec)

By mail
Régie de l'assurance maladie du Québec
Case postale 6600
Québec (Québec) G1K 7T3

Opening hours
Monday, Tuesday, Thursday and Friday: **8:30 a.m. to 4:30 p.m.**
Wednesday: **10:00 a.m. to 4:30 p.m.**

Outside our opening hours, our office phone numbers connect you to an automated information system.