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PRIMARY HEALTHCARE GUIDE CANADA

[November 2020]

Provincial health coverage

If you have an emergency, go to the nearest hospital

Overview

Canada's universal, publicly funded health care system, also known as Medicare, is a national public health insurance administered by Public Health Canada. Instead of a single national plan, each provinces/territories, operate their own plans.

Under this system, all Canadian residents have reasonable access to medically necessary hospital and physician services without paying out-of-pocket.

NOTE: Ontario, British Columbia, Manitoba and Quebec impose up to a **3 month wait period** pending eligibility for provincial health insurance for permanent residents, during which time they are **not covered** by provincial insurance.

Provincial healthcare plans

Province	Program	Coverage	How to apply?
Ontario	Ontario Health Insurance Plan (OHIP)	<ul style="list-style-type: none">• Appointments with your family doctor• Visits to walk-in clinics and some other health care providers• Visits to an emergency room• Medical tests and surgeries	<ol style="list-style-type: none">1. Collect your documents2. Complete an application3. Submit in-person or by mail (dependent on provincial requirements)
Alberta	Alberta Health Care Insurance Plan (AHCIP)	<ul style="list-style-type: none">• medically required services provided by a physician• psychiatrist visits• medically required diagnostic services including laboratory, radiological and other diagnostic procedures• oral and maxillofacial surgery services	
British Columbia	Medical Services Plan (MSP)	<ul style="list-style-type: none">• MSP pays for regular medically necessary services provided by physicians and midwives, dental and oral surgery performed in a hospital, eye examinations if medically required and some orthodontic services. Other services that may be covered by MSP include supplementary benefits provided by other health care practitioners.	
Other provinces and territories			
Quebec	New Brunswick	Northwest Territories	
Nova Scotia	Prince Edward Island	Manitoba	
Newfoundland and Labrador	Saskatchewan		

Provincial primary health care services

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Where can I find primary healthcare services?

Residents with Provincial healthcare coverage

Ontario specific information	
Family doctors	Walk-in clinics
In Ontario, Family Health Teams are primary health care organizations that include a team of family physicians, nurse practitioners, registered nurses, social workers, dietitians, and other professionals who work together to provide primary health care for their community.	<p>There are times due to long wait lists and catchment area requirements, that some may find it difficult to find a Family Doctor.</p> <p>Walk-in clinics provide medical care for people who do not have a family doctor or have one and are unable to reach them. You do not need a referral to use this service.</p> <p>You usually do not need an appointment but phone in advance to confirm. There is no fee for this service so long as you have an active OHIP card.</p> <p>Typically, you can see a nurse or doctor, often without an appointment at a walk-in clinic, and get advice, assessment and treatment for minor illnesses and injuries such as cuts, bruises, minor infections, sprains and skin complaints.</p>

Find family doctor in your location	Find a walk-in clinic in your location
Ontario	Toronto
Alberta	Ottawa
British Columbia	British Columbia
Manitoba	Montreal
Nova Scotia	Calgary
Saskatchewan	Edmonton
Quebec	Regina
New Brunswick	Saskatoon
Newfoundland and Labrador	Nova Scotia
	St Johns

To help you locate a Walk-in clinic with updated wait times, online resource **Medimap** is the largest online resource for connecting patients with same-day access to care. Check out the nearest walk-in clinic near you here <https://medimap.ca/>



Residents with no coverage and are uninsured

Community Health Centres (CHCs)

British Columbia:

In British Columbia, CHCs offer health services through combined-health disciplines in a non-profit or coop organization, with direct input from the local community [Find out the location and services offered by each centre](#)

Alberta:

In Alberta, CHCs are front-line healthcare and social support centres that integrate team-based care with health promotion, social services, and community programs that address social barriers to health. Community Health Centres serve vulnerable communities such as immigrants, through a collaborative team approach. Fees may apply to health services offered and clients are advised of fees when calling the Community Health Centre.

[Find out the location and services offered by each centre](#)

Toronto:

If your provincial health insurance has run out, or for any reason you are uninsured, CHCs exist throughout the city of Toronto and operate **free of charge**. Each centre offer various programs, doctor or nurse visits, testing, and referrals to specialist services where needed. Please note, clinics operate within specific neighbourhood limits and you must live within this area to access services. Below are a list of CHCs in Toronto:

Organisation	Address	Phone
Access Alliance Multicultural Community Health Centre	340 College St, Suite: 500 Toronto, ON M5T 3A9	416-324-8677
Access Alliance Multicultural Community Health Centre – Access Point on Danforth	3079 Danforth Ave Toronto, ON M1L 1A9	416-693-8677
Access Alliance Multicultural Health & Community Services – Access Point on Jane	761 Jane Street, 2nd floor, Toronto, M6N 4C4	416-760-8677
Vibrant Health Care	2398 Yonge St, Toronto, ON M4P 2H4	416-486-8666
Davenport-Perth Neighbourhood and Community Health Centre	1900 Davenport Rd Toronto, ON M6N 1B7	416-658-6812
East End Community Health Centre	1619 Queen St E Toronto, ON M4L 1G4	416-778-5858
The Four Villages Community Health Centre – Bloor Site	1700 Bloor St W Toronto, ON M6P 4C3	416-604-0640
Parkdale Community Health Centre	1229 Queen St W Toronto, ON M6K 1L2	416-537-2455
Parkdale Queen West Community Health Centre	168 Bathurst St Toronto, ON M5V 2R4	416-703-8480 Ext. 2100
Regent Park Community Health Centre	465 Dundas St E Toronto, ON M5A 2B2	416-364-2261 Health Services: 416-203-4505
South Riverdale Community Health Centre	955 Queen St E Toronto, ON M4M 3P3	416-461-2493
Cover Health – virtual clinic	Virtual	1-855-943-3255

Virtual healthcare appointments provided through the Ontario Telemedicine Network (OTN). Your virtual visit is covered by OHIP. Currently they are also serving those who are uninsured.