

## Health Services

Most information can be found at [manitoba4ukraine.ca](https://www.manitoba4ukraine.ca) or by calling 2-1-1.

### Manitoba Health Card

- Basic health care and medical services are free with Manitoba health care coverage <https://www.gov.mb.ca/health/mhsip/>
- Registration information [https://manitoba4ukraine.ca/wp-content/uploads/2022/05/MB\\_Health\\_Card\\_-\\_22-05-16\\_EN.pdf](https://manitoba4ukraine.ca/wp-content/uploads/2022/05/MB_Health_Card_-_22-05-16_EN.pdf)
- Services that are covered for **free** include:
  - o Going to the hospital, seeing a health care provider (doctor, nurse, etc), X-rays and laboratory services (blood tests) ordered by a doctor or nurse practitioner, most surgery and treatment provided by medical specialists, routine immunizations, eye exams every 2 years for those who are <19 years old and who are 65 years of age and older, and up to 7 chiropractor appointments per calendar year.
- Services that are **not** included for free:
  - o Emergency ambulance services, dental work, eye exams (people between 19-64 years), prescription medications, doctor's notes or Driver Fitness Exams, private counseling, physiotherapy, massage therapy, osteopath, travel immunizations, cosmetic procedures.



### Immigration Medical Exams (IME) Appointments

- Immigration Medical Exams (IME) are currently being provided at no cost under Manitoba Health.
- The Immigration medical exam includes a physical exam, chest x-ray and bloodwork.
  - o Children under the age of 12 do **not** need bloodwork or chest x-rays.
- Book your IME appointment by contacting a panel physician directly [https://manitoba4ukraine.ca/wp-content/uploads/2022/08/Panel\\_Physicians\\_in\\_Manitoba\\_Listing.pdf](https://manitoba4ukraine.ca/wp-content/uploads/2022/08/Panel_Physicians_in_Manitoba_Listing.pdf)
  - o Assiniboine Medical Clinic <https://www.assiniboineclinic.com/immigration/>
  - o Bison Family Medical Clinic <https://bisonfamilymedical.com/ime/>
  - o Southend Medical Clinic <https://www.southendmedicalclinic.com/immigration-medical-exam/>
  - o Sterling Lyon Medical <https://www.sterlinglyonmedical.com/>
- Check status of Immigration application <https://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html>

## Family Doctor or Nurse Practitioner

- The process to find a family doctor or nurse practitioner may take 6-8 weeks.  
[https://manitoba4ukraine.ca/wp-content/uploads/2022/11/Tips\\_for\\_FDF\\_Final\\_Bilingual.pdf](https://manitoba4ukraine.ca/wp-content/uploads/2022/11/Tips_for_FDF_Final_Bilingual.pdf)
  - o Call 204-786-7111, 1-866-690-8260
  - o Register online at <https://www.gov.mb.ca/health/familydoctorfinder/register.html>
- If needed, ask for an interpreter to communicate in your preferred language.
- Important to identify if you have a newborn baby so your request will be prioritized

## Prenatal Care

- During pregnancy, your medical care is free. You may choose to see a doctor or a midwife on a regular basis.
- Healthy Start and Healthy Baby offer free pregnancy and parent & baby programs available at various locations in Winnipeg
  - o <https://www.hsम्म.ca/>
  - o [https://www.gov.mb.ca/healthychild/healthybaby/list\\_winnipeg.pdf](https://www.gov.mb.ca/healthychild/healthybaby/list_winnipeg.pdf)
- Completing the Healthy Baby Benefits Package will enable you to receive additional financial support and education about staying healthy during your pregnancy.  
<https://www.gov.mb.ca/healthychild/healthybaby/mpb.html>
- Referral to a Public Health Nurse for extra support is also free under Manitoba Health. Contact a Public Health office <https://www.gov.mb.ca/health/publichealth/offices.html>

## Health Links

- Health Links is a free service staffed by nurses offering free health information by phone.
  - o Will help direct you to care or services you may require (Urgent care, Emergency Department, or Walk-In Connected Care, Family Doctor)
- Call 204-788-8200, toll free 1-888-315-9257, or 2-1-1
  - o Phone interpreters are available in more than 100 languages.  
<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>

## Where to go for Health Care

[Where to go - Shared Health \(sharedhealthmb.ca\)](https://www.sharedhealthmb.ca/)

## Walk-In Connected Care

- You do **not** need an appointment. Call before you go as they may be full for the day and may not be able to see you. Bring your health card or health number with you.  
<https://wrha.mb.ca/wait-times/walk-in-connected-care/>

## Walk in Clinics

- You do **not** need an appointment to see a health care provider at a walk-in clinic, but availability depends on how busy the clinic is and is on a first come, first served basis.
- Doctors & nurses work at the clinic. They provide health care, prescribe medication or refer you to a specialist (cardiologist, nephrologist, etc.) Referrals are free. Bring your health card or health number with you.

<https://wrha.mb.ca/wait-times/walk-in-clinics/>

## Hospital or Emergency Department Visits

- Attending Emergency Departments or Urgent Care Centre and required hospital admissions (including for childbirth) are covered under Manitoba Health for free. Bring your health card or health number with you.

## Dental Service

- Dental care is **not** covered under Manitoba health for free.
- You can access Low Cost / Free Dental Health Resources by contacting:
  - o Health Links / Info Santé: 788-8200 in Winnipeg 1-888-315-9257, or call 2-1-1
  - o Smile plus Children's Dental Program: <https://wrha.mb.ca/oral-health/smile-plus/>
  - o University of Manitoba Dental Program: <https://umanitoba.ca/dentistry/general-clinic>
- Winnipeg Regional Health Authority has a compiled list of dental care locations <https://wrha.mb.ca/wp-content/site-documents/prog/oralhealth/files/WhereToGo-QuickRef.pdf>

## Eye Care

- Eye exams are free and covered by Manitoba Health every 2 years for people younger than 19 years of age & older than 65 years of age.
- People 19-64 years of age will need to pay for an eye exam by an eye doctor (optometrist). Prices will vary depending on the optometrist. Some provide discounted pricing for UA war evacuees.
- Eye specialists (ophthalmologists) are covered under Manitoba Health for those of any age who may have an eye condition. A referral from a health care provider is required to see an ophthalmologist.
- The cost of corrective lenses (glasses or contact lenses) is not covered by Manitoba Health.

## Prescription Drugs

- Manitoba Pharmacare is available to cover some prescription drugs.
- Apply here <https://www.gov.mb.ca/health/pharmacare/index.html>

## Language Access

- You can ask for a trained interpreter to be present during your appointments with health care providers.
- Interpreter services are free of charge.
  - o Services are free for patients in publicly funded health services such as hospitals, community health services and Cancer Care Manitoba.
  - o Services are free for patients seeing their family doctor in Winnipeg.
  - o Interpreter services are also available for seeking Manitoba government and health services in other Manitoba health regions
    - Invoice for interpreter services is sent to the service provider

 <p>Winnipeg Regional Health Authority Office régional de la santé de Winnipeg Caring for Health À l'écoute de notre santé</p> <p>I speak: _____</p> <p>Please arrange for a trained interpreter (see reverse side)</p>	 <p>Winnipeg Regional Health Authority Office régional de la santé de Winnipeg Caring for Health À l'écoute de notre santé</p> <p>Language Access Interpreter Services (204) 788-8585 24/7/365</p> <p> No cost to healthcare provider or patient/client/resident (some conditions may apply)  For multiple languages, including some Indigenous languages, and American Sign Language (ASL)  Professional, accurate, confidential, impartial interpreters</p>
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## Ambulance

- Emergency ambulance services are **not** covered under Manitoba Health for free.
- Ambulance service will be provided to anyone who needs it, but you will receive a bill after receiving services and will have to pay later.
  - o you can work with Manitoba Health to pay after the service has been provided.
- If you need an ambulance, please call 9-1-1

## Vaccinations or Immunizations

- Vaccinations can be added to your Manitoba Health records:
  - o call 1-844-626-822
  - o online <https://forms.gov.mb.ca/covid-immunization-record-request/index.html>; or
  - o contact your local public health office and the immunization clerk can add your vaccine record (including from another province or another country) to the Manitoba system <https://www.gov.mb.ca/health/publichealth/offices.html>

## Disability Supports

- People with disabilities are encouraged to connect with Manitoba Possible <https://www.manitobapossible.ca/newcomer-navigation-and-support-unit>

## Manitoba Public Insurance (MPI) Driver Fitness Exams:

- MPI Driver Fitness exam can be done at walk-in clinic or health care provider but are not free under Manitoba Health.
- Contact MPI at 204-985-1900 or <https://www.mpi.mb.ca/Pages/driver-fitness.aspx>
- To get information about finding a clinic that provides this service visit: <https://www.mpi.mb.ca/Pages/new-to-manitoba.aspx>