



# Orientation to Ontario

## HEALTH CARE

### THE ONTARIO HEALTH INSURANCE PLAN (OHIP)

OHIP provides health care coverage to eligible residents of Ontario. You should apply as soon as you have the necessary documents. To apply, you will need to show these original documents:

- Your citizenship/immigration card or paper.
- Proof of your residence in Ontario
- Identification with photo and signature

To get more information, visit [health.gov.on.ca](http://health.gov.on.ca) or [findlink.at/OHIPcover](http://findlink.at/OHIPcover)

To find out if you are eligible for OHIP, visit: [health.gov.on.ca](http://health.gov.on.ca) or [findlink.at/ohip-info](http://findlink.at/ohip-info)

You can apply for OHIP at a Service-Ontario office. To find a location near you, call **1-800-267-8097** or visit [serviceontario.ca](http://serviceontario.ca) or [findlink.at/mto-office](http://findlink.at/mto-office)

You must wait 90 days from the date that you arrived in Ontario for your OHIP coverage to begin. During this waiting period, you may be able to access a community health centre for some limited services.

To find a community health centre near you, visit [health.gov.on.ca](http://health.gov.on.ca) or [findlink.at/healthcare](http://findlink.at/healthcare)

To learn what health care expenses OHIP covers, visit [ontario.ca](http://ontario.ca) or [findlink.at/healthOn](http://findlink.at/healthOn)

### HEALTH CARE SERVICES

To find a family doctor:

- Call the Health Care Connect hotline at **1-800-445-1822** or visit [ontario.ca](http://ontario.ca) or [findlink.at/hc-connect](http://findlink.at/hc-connect)

Use "Doctor Search" at the College of Physicians and Surgeons of Ontario at [cpso.on.ca](http://cpso.on.ca)

- Ask your settlement counsellor, family and friends. To find a settlement agency near you, visit [settlement.org/findhelp](http://settlement.org/findhelp)

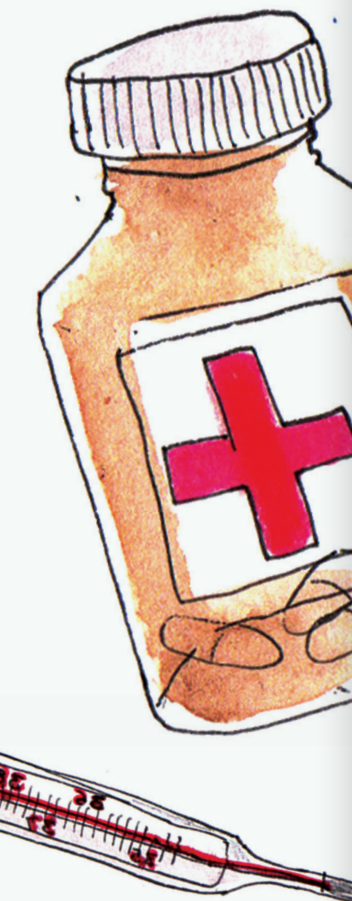
**911** – In a medical emergency, dial 9-1-1 and ask for an ambulance. 911 service is for emergencies only.

**Hospital Emergency Room (ER)** – The ER is for immediate and serious medical issues. You can go to an emergency room on your own or you can call 9-1-1 for an ambulance. There will be a charge if the hospital doctor feels that this was not an emergency case.

### Walk-in Medical Centres

For medical issues that need immediate attention but are not emergencies, you can go to a walk-in clinic and see a doctor without making an appointment. Find a clinic near you at [ontario.ca](http://ontario.ca) or [findlink.at/hcoptions](http://findlink.at/hcoptions)

**1-855-626-0002**  
<https://settlement.org/o2o>



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**Telehealth Ontario** – For medical advice from a nurse, call Telehealth Ontario at **1-866-797-0000**. Telehealth nurses are available 24 hours a day, seven days a week. Advice is provided in English and French, with translation support in other languages.  
TTY: **1-866-797-0007**.

### MENTAL HEALTH SERVICES

OHIP covers some mental health services. Learn more about ConnexOntario at [connexontario.ca](http://connexontario.ca)

You can also call the Ontario Mental Health Helpline at **1-866-531-2600** or visit [mhsio.on.ca](http://mhsio.on.ca)

### DENTAL CARE SERVICES

Dental care is not covered by OHIP, but there are some programs that provide dental care to children under the age of 17:

- For Healthy Smiles Ontario call **1-800-268-1153** or visit [health.gov.on.ca](http://health.gov.on.ca) or [findlink.at/smiles-ont](http://findlink.at/smiles-ont)
- For Children in Need of Treatment visit [mhp.gov.on.ca](http://mhp.gov.on.ca) or [findlink.at/CINOT](http://findlink.at/CINOT)

#### OHIP PLUS - NEW!

Starting on January 1, 2018, more than 4,400 drug products will be free for anyone 24 years of age and under.

There is no need to apply for this. As long as the child or youth has a current OHIP card and an eligible prescription from the doctor, the medication will be given by the pharmacist with no cost for the patient. There will be no dispensing fee.

To find a dentist:

- Use the Ontario Dental Association "Find a Dentist" service at [youroralhealth.ca](http://youroralhealth.ca) or [findlink.at/oralhealth](http://findlink.at/oralhealth)
- Visit [settlement.org](http://settlement.org) or [findlink.at/finddentist](http://findlink.at/finddentist)

### VACCINATIONS

Learn about Ontario's vaccination services for adults and children at [health.gov.on.ca](http://health.gov.on.ca) or [findlink.at/immuneinfo](http://findlink.at/immuneinfo)

To find the location of your local public health unit, call ServiceOntario at **1-866-532-3161** or visit [health.on.gov.ca](http://health.on.gov.ca) or [findlink.at/ph-units](http://findlink.at/ph-units)



#### DID YOU KNOW?

You should always carry your health card with you, in case of an emergency.

