

HEALTH GUIDE

2026



CRFM
Valcartier
MFRC

We all know how important our health is to our lives. The Quebec health system can seem complex for newcomers. In response to a growing demand for help and support in this process, we have created this guide. It will be useful whether you are posted or releasing from the Canadian Armed Forces.

Access to a family physician may be quite limited. This guide provides you with information on how to find a family physician, as well as other gateways to the health care system (emergency rooms, CLSCs, drop-in clinics). We recommend that you check the information as it is subject to change.

Valcartier Military Family Resource Centre

Building 93

PO Box 1000, Station Forces
Courcellette, Quebec, G0A 4Z0

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Toll Free: 1 877 844-6060

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www.crfmv.com/en

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Canada 

RAMQ (RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC)

It is responsible for issuing **health insurance cards**, which allow access to public health care services.

How to get a health insurance card

Here is a link describing how to obtain a health insurance card:

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance>

Go to the “Register for health insurance” section, click on «register» or «re-register» and follow the steps.

By phone:

Québec City: **418-646-4636**

Elsewhere in Quebec: **1-800-561-9749**

Quebec reception Desk
787, boulevard Lebourgneuf
Québec (Québec) G2J 1C3

Termination of the RAMQ waiting period for members of military families who are posted

Please note that when a member is assigned to another Canadian province or territory, his or her family members (spouse and children) who have settlement status will become eligible for public health care upon their arrival in their host province as they are now exempt from the 90-day waiting period planned in the regulations for the entire population. To demonstrate this situation, the family must **add the posting message in the designated section when submitting the online application. Afterwards, you will receive your card by mail. Processing times may vary.**

If you require health care in the meantime, you can use the health care services covered

by RAMQ by requesting a registration confirmation. This can be done in person at a RAMQ office or by phone.



REGISTER WITH A FAMILY DOCTOR

To facilitate access to a family physician, there is a centralized waiting list: Québec Family Doctor Finder. Simply complete the form online or by phone. Afterwards, your application will be evaluated and you will be contacted when a family doctor is assigned to you.

It should be noted that the waiting period for the award of a family doctor can be considerable. Family physicians are not allocated on a first come, first served basis, but rather on the basis of the level of vulnerability of patients.

To register online and to learn more about the different ways to find a family doctor in Quebec, consult the following link:

<https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor>

To register for the Family Doctor Finder, call **1-844-666-2727**

FIND A CLINIC NEAR YOU

Here are some resources that can help you find a medical clinic:

<https://sante.gouv.qc.ca/en/repertoire-ressources/consultations-medicales-sans-rendez-vous>

<http://www.indexsante.ca/>

(Website in French only. Certain health resources are not covered.)

<https://www.bonjour-sante.ca/LandingPage/en.html>

(Note that this service may be charged)

CONSULTING THE EMERGENCY ROOM

Do you need to go to the emergency room? For help finding the emergency room with the shortest wait times, consult the following link: <https://www.indexsante.ca/urgences/#Capitale-Nationale> (Website in French only)

Did you know? The cost of transport by ambulance is not covered by the Régie de l'assurance maladie du Québec. Please contact Urgences santé for more information. Also check with your insurer, you may be reimbursed for ambulance costs.

Minor Emergency Clinic – Jeffery Hale Hospital

Walk-in (no appointment required)
Open 7 days a week, 8:00 a.m. – 8:00 p.m.
418-684-5333 ext. 0

COMPLEMENTARY RESOURCES

24/7 Resources

Info-Santé 8-1-1

You can contact Info-Santé by calling 8-1-1. A nurse will be able to answer your questions, tell you if you need to see a doctor and refer you to the nearest point of service for you.

<https://www.quebec.ca/en/health/finding-a-resource/primary-care-access-point>

Info-Social 8-1-1

Psychosocial consultation available 24/7 by phone. This service is available to anyone needing information, intervention, guidance, a referral to appropriate resources a professional opinion or advice regarding social services.

Centralised information and referral service 2-1-1

If you want to know what community resources are available to you in relation to your physical or psychological condition, you can contact 2-1-1. A facilitator can direct you to the right resource. You can also consult the online search tool.

<https://www.211quebecregions.ca/en/>

Centre de crise

418 688-4240 (Québec)

1 866 411-4240 (Portneuf et Charlevoix)

<http://centredecrise.com/>

(Website in French only)

Centre de prévention du suicide de Québec / Suicide Prevention Centre

1 866 APPELLE (277-3553)

<http://www.cpsquebec.ca/>

(Website in French only)

SOS Domestic Violence

1-800-363-9010 – Available 24/7

Sosviolenceconjugale.ca

Direction de la protection de la jeunesse – Centre jeunesse de Québec / Youth protection services

418 661-3700 or 1 800 463-4834

(to report a situation)

Centre antipoison / Poison control centre

1 800 463-5060

Canadian Forces Member Assistance Program / Veterans Affairs Canada Assistance Service

1 800 268-7708

Family Information Line (for the military community)

1 800-866-4546

Telemedecine (Maple)

Free consultation for families of active military members. You must have a CF One card number.

<https://cfmws.ca/support-services/health-wellness/health-care/military-family-virtual-healthcare-program>



PROFESSIONAL SERVICES

You can consult the directories of each of the professional orders to obtain the contact information of qualified professionals.

You can check with your insurance company, some consultation fees from health professionals can be refunded!

Ordre des psychologues du Québec

(Quebec Psychologists Association)

1 800 561-1223

Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec

(Quebec Social Workers and Family and Couple's Therapists Association)

1 888 731-9420

Ordre des dentistes du Québec

(Quebec Dentists Association)

1 800 361-4887

Association des orthodontistes du Québec

(Quebec Orthodontists Association)

514 282-2756

Ordre des optométristes du Québec

(Quebec Optometrists Association)

1 888 499-0524

Association des médecins psychiatres du Québec

(Quebec Psychiatrists Association)

514 350-5128

Ordre des orthophonistes et audiologistes du Québec

(Quebec Speech Therapists and Audiologists Association)

1 888 232-9123

Association des pédiatres du Québec

(Quebec Pediatricians Association)

514 350-5127

Ordre des psychoéducateurs et psychoéducatrices du Québec (Quebec Psychoeducators Association)

1 877 913-6601

Ordre des chiropraticiens du Québec (Quebec Chiropractors Association)

1 888 655-8540

INSURANCE

Companie for the Public Service Health Care Plan:

Canada Life

1 855 415-4414

<https://www.welcome.canadalife.com/pshcp>

We recommend that you consult your insurer for eligible expenses before committing to a health professional.

*The VMFRC does not conduct any professional evaluations.

YOU ARE EXPECTING A CHILD? YOU PLAN ON HAVING A CHILD?

Hospitals specialised in obstetrics:

Centre hospitalier de l'Université Laval (CHUL)

2705, boulevard Laurier
Québec (Québec) G1V 4G2
418 525-4444

Hôpital Saint-François d'Assise

10, rue de l'Espinau
Québec (Québec) G1L 3L5
418 525-4444

CLINICS OFFERING PREGNANCY FOLLOW-UP

We suggest you check with clinics in your area even if you don't have a family doctor. Some doctors offer pregnancy follow-ups. In addition, you can contact the CHUL for more information and access to a doctor to monitor your pregnancy. The following is a list of clinics that offer pregnancy follow-up.

Ma grossesse service

The "Ma grossesse" service allows pregnant women living in Quebec to access the information and professionals they need during their pregnancy.

<https://www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/ma-grossesse-service>

Centre d'obstétrique et de gynécologie de la Cité

4250, 1re Avenue, Galeries de Charlesbourg
Québec (Québec) G1H 2S5
418 654-0555

MAclinique Médicale Lebourgneuf

725, Boulevard Lebourgneuf
Québec, QC, G2J 0C4
418 626-1313

Clinique prénatale du Jeffery Hale - Saint Brigid's*

1250, chemin Sainte-Foy
Québec (Québec) G1S 2M6
418 684-5333
* for English-speaking parents

BIRTH CENTRES (FOLLOW-UP AND DELIVERY WITH A MIDWIFE)

Maison de naissance de la Capitale-Nationale

Centre de santé et services sociaux de la Vieille-Capitale
1280, 1re Avenue
Québec (Québec) G1L 3K9
418 651-7453

Maison de naissance Mimosa

Centre intégré de santé et de services sociaux Chaudière-Appalaches
182, rue Saint-Romuald
Lévis (Québec) G6W 3G9
418 839-0205

Download the guide From Tiny Tot to Toddler:

<https://www.inspq.qc.ca/en/tiny-tot>

QUÉBEC PARENTAL INSURANCE PLAN (QPIP)

What is the Québec Parental Insurance Plan?

It aims to financially support new parents, encourage them in their desire to have children and support them in their willingness to devote more time to their children in the first months of their lives.

It **replaces** the Employment insurance benefits offered in the rest of Canada.

1 888 610-7727

<https://www.rqap.gouv.qc.ca/en>

YOU WILL BE POSTED? RELEASED?

Here are some tips to facilitate this milestone:

Ask for a copy of your medical record.

Consider asking for medication prescriptions or referrals to medical specialists you will need before you find a new family physician.

If you do not intend to return to the area, do not forget to tell your family doctor to leave your place to someone who is waiting.

Discuss continuity of care with your current physician.

For released or releasing members, contact your Veterans Affairs Canada clinical care manager to learn about available services or to apply for disability benefits:

1 866 522-2122

Check with your MFRC if there is a health guide or program to facilitate access to health care.



NEED TO CONSULT FAST?

We encourage you to check the possibilities with the clinic of your area. You can visit the following website to search for a clinic by postcode:

<http://sante.gouv.qc.ca/en/repertoire-ressources/consultations-medicales-sans-rendez-vous/>

Network-clinic La Cité Médicale

Clinic offering a walk-in service for people with or without a family physician for the entire Québec City region. (Sainte-Foy only)

www.lacitemedicale.com

(French only)

Sainte-Foy
2600, boul. Laurier, office 295
Québec (Québec) G1V 4T3
418 781-0480

Charlesbourg
8500, boul. Henri-Bourassa,
office 250, Door #3
Québec (Québec) G1G 5X1
418 781-1414

MAclinique Médicale

Lebourgneuf
725, boul. Lebourgneuf
Québec (Québec) G2J 0C4
418-626-1313

Clinique Médicale Val-Bélair

1147, boul. Pie-XI N, local 202
Val-Bélair (Québec) G3K 2P8
418-767-2322

** We recommend that you call or check the clinic website to learn more about their functioning and hours of operation.*

PRIVATE MEDICAL CARE

The following clinics offer private medical care (paid services):

Cliniques médicales Lacroix

418 871-1911

<https://cliniquesmedicaleslacroix.com/en/>

La Cité Médicale

See beside for contact information.

EMERGENCY ROOMS

Hôpital Chauveau

11 999, rue de l'Hôpital
Québec (Québec) G2A 2T7
418 842-3651

** Monday to Sunday from 8 am to 10 pm
* ER closest to the Valcartier Military Base*

Centre hospitalier de l'Université Laval (CHUL)

2705, boulevard Laurier
Québec (Québec) G1V 4G2
418 525-4444

** Specialised in paediatrics*

Hôpital Saint-François d'Assise

10, rue de l'Éspinay
Québec (Québec) G1L 3L5
418 525-4444

Hôtel-Dieu de Québec

11, côte du Palais
Québec (Québec) G1R 2J6
418 525-4444

Hôpital de l'Enfant-Jésus

1401, 18e Rue
Québec (Québec) G1J 1Z4
418 649-0252

Hôpital du Saint-Sacrement

1050, chemin Sainte-Foy
Québec (Québec) G1S 4L8
418 682-7511

Hôpital régional de Portneuf

700, rue Saint-Cyrille
Saint-Raymond (Québec)
G3L 1W1
418 337-4611

Institut universitaire de cardiologie et de pneumologie de Québec

2725, chemin Sainte-Foy
Québec (Québec) G1V 4G5
418 656-4564

Hôtel-Dieu de Lévis

143, rue Wolfe
Lévis (Québec) G6V 3Z1
418 835-7121

MINOR EMERGENCIES

MAclinique Médicale

Lebourgneuf
725, Boulevard Lebourgneuf
Québec, QC, G2J 0C4
418-626-1313

Jeffery Hale - Saint Brigid's

Open from 8 am to 8 pm
7 days a week
1250, chemin Sainte-Foy
Québec (Québec) G1S 2M6
418 684-5333

** Bilingual Health Care*

Some hospitals specialize in specific health areas. Find out more by contacting them.