CHECKLIST

Registration with the Québec Health Insurance Plan or extension of eligibility:
Foreign students from a country with which Québec has concluded a reciprocal
social security agreement
(Belgium, Denmark, Finland, France, Greece, Luxembourg, Norway, Portugal, Romania, Sweden)

If you are enrolled for the fall 2021 term in a program of studies, whether as part of an exchange or internship, and are coming from a country with which Québec has concluded a social security agreement, you must use the non-personalized form available on the Régie de l’assurance maladie du Québec (RAMQ) website to register with the Québec Health Insurance Plan or extend your eligibility.

Make sure to:
☐ Complete and print the form
☐ Sign the form
☐ Attach the requested documents
☐ Mail the form and documents to the address indicated on the form:

If you are accompanied by members of your family, you will have to obtain a personalized form by calling RAMQ:

Québec region: 418 646-4636
Montréal region: 514 864-3411
Throughout Québec: 1 800 561-9749

To contact RAMQ:
ramq.gouv.qc.ca/en/contact-us

Subscribing to our Facebook page is a good way to get the latest on registering with the Québec Health Insurance Plan, the conditions required to maintain your eligibility, the steps to extend your eligibility, etc. It’s your gateway to relevant information about your situation!

facebook.com/RAMQuebec