



University
of Regina
International 

Go far, together.

SASKATCHEWAN HEALTH CARD APPLICATION GUIDE



HEALTH CARD OVERVIEW



WHAT IS THE SASKATCHEWAN HEALTH CARD?

The Saskatchewan Health Card is a free and valuable personal identification card which is presented to health professionals when receiving health services; it permits access to the Saskatchewan health care system.

WHY IS IT IMPORTANT?

Residents in Saskatchewan need a health card in order to see a doctor or receive emergency medical services without paying a fee. Your medical information and history may also be recorded using your health card.

WHO CAN APPLY?

Anyone residing in Saskatchewan may apply for a Saskatchewan Health Card. International students who are studying on a study permit may apply once they are studying full-time and have the necessary documents.

NOTICE

Although some medical costs may be covered, the Saskatchewan Health Card is NOT a form of health insurance. When travelling to Canada, it is recommended that students and their dependents to arrange for health insurance from their home country that will cover at least the first four months that they are in Canada. It takes approximately six to eight weeks to receive your health card from the time of application.

DOCUMENT CHECKLIST



1. LEGAL ENTITLEMENT TO BE IN CANADA

- Study Permit

2. SUPPORT OF IDENTITY

- Passport or other government-issued photo ID

3. PROOF OF SASKATCHEWAN RESIDENCY

- Lease Agreement for Off-Campus Residence (if lease agreement is in your name)
 - Must state your full name and address
- Housing Services Proof of Residence Letter (if you are living on campus)
 - Email Housing.Services@uregina.ca
- Proof of Residence Letter for Off-Campus Residence (if the lease or contract is NOT in your name)
 - Email International.StudentServices@uregina.ca to request a form

4. CONFIRMATION OF ENROLMENT

- Undergraduate and Graduate students can obtain this letter through UR Self-Service
 - UR Self-Service > Student Menu > Document Request
 - Confirmation of Enrolment Request Instruction Guide: <https://www.uregina.ca/registrar/student-records/confirmation-of-enrolment.html>
- ESL students will request this document from the ESL Office
 - Email ESL@uregina.ca to request your Confirmation of Enrolment

5. STUDENT CERTIFICATION FORM (IF REQUIRED)

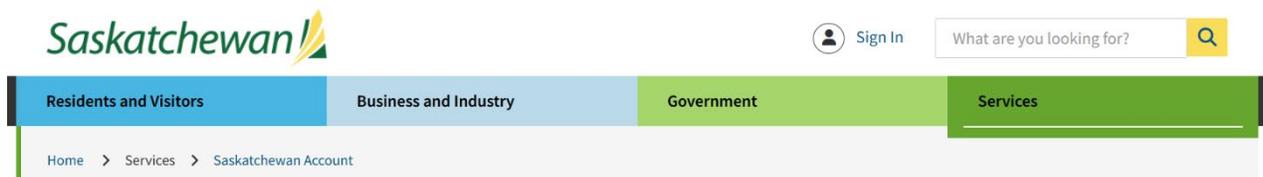
- Students may be asked to provide a Student Certification Form
 - Obtain a copy of the form here: https://www.ehealthsask.ca/residents/health-cards/Documents/Saskatchewan_Student_Certification.pdf#search=student%20certification
 - Complete the form (leaving the “Health Services Number” box blank)
 - Take the completed form to the Registrar’s Office in the Administration-Humanities Building, Room 210, to have it signed and stamped

PART ONE: CREATE A SASKATCHEWAN ACCOUNT



VISIT THE SASKATCHEWAN ACCOUNT HOMEPAGE

1. Open a web browser and go to: <https://services.saskatchewan.ca/#/login>
2. Select **“Create Account”**



Saskatchewan Account Login

Email or Username

Password

 [Show](#)

[Forgot Password?](#)

[Sign In](#)

Or

[Create Account](#)

A Saskatchewan Account provides simple and secure access to government online services.



Simple

Use one login and password to log in to participating services.

Quick

Use participating government online services when it suits you.

Secure

Saskatchewan Account uses secure technology to enable authorized access to information. Read our [Privacy Policy](#).

Need help? Find answers at [Saskatchewan Account Help](#).



PART ONE: CREATE A SASKATCHEWAN ACCOUNT



CHOOSE YOUR ACCOUNT TYPE

1. Select “Create Individual Account”



Choose a type of Saskatchewan Account

There are two types of accounts.

 **Individual Saskatchewan Account** [Create Individual Account](#) 

Use an Individual Saskatchewan Account to access services in a personal capacity.
Some government services may need you to verify your identity before you can use it.

 **Organization Saskatchewan Account** [Create Organization Account](#)

Use an Organization Saskatchewan Account to access government services for your business or organization.

This account type is best for the following legal entities:

- Sole proprietorships, including individuals with a GST number
- Partnerships, including limited partnership (LP) and limited liability partnership (LLP)
- Corporations, including those that end in Ltd, Inc, Limited, Corporation, or Corp.
- Trusts, including Family Trusts, Pension Plans, RRSPs, RRIFs, Account Trusts, Employer Sponsored Plans
- Extra-Provincially Registered Companies
- Saskatchewan Municipalities

Before you create an Organization Saskatchewan Account:

- You must be an authorized representative of your organization
- You may need to verify your identity with a SGI-issued Driver's Licence or non-driver photo ID
- You may need to provide documentation to prove your business or organization's identity

The registration process is started online. Your organization type will determine how it's completed – online, by mail, or with assistance from the Government of Saskatchewan.

[Back](#)

PART ONE: CREATE A SASKATCHEWAN ACCOUNT



CHOOSE YOUR ACCOUNT DETAILS

1. Fill in the required fields, ensuring to note any special requirements
2. Complete the “**Terms of Use**” by selecting the check box and declaring you are not a robot
3. Click “**Continue**”

Use a unique username and your email address to identify your Saskatchewan Account.

First Name

Middle Name

Last Name

Email Address

Username

Password

Password must be between 8 and 39 characters long and may not contain your first name, last name, username or email address.

It must contain at least three of the following:

- Uppercase (A-Z)
- Lowercase (a-z)
- Numbers (0-9)
- Special characters (such as # \$! @ ^ & * % etc)

Show

Saskatchewan Support Code

Choose a 4 digit code. Saskatchewan support codes are a helpful way for customer service to locate and verify your account when you contact us.

Show

Terms of Use

I hereby accept and acknowledge:

- The Saskatchewan [Terms of Use and Privacy Policy](#)
- I am providing my personal information to the Government of Saskatchewan's Ministry of Central Services ("Central Services") to create a Saskatchewan Account
- I consent to Central Services releasing this personal information to other Government of Saskatchewan entities/agencies if I request to use services offered by those entities/agencies.
- This consent remains valid unless I revoke it through written instruction to onlineservices@gov.sk.ca.
 - If I revoke my consent, I understand that I may not be able to access my Saskatchewan Account and the connected online services until I provide the required consent.
 - I authorize the Ministry of Central Services to notify other Government of Saskatchewan Ministries/Agencies of such revocation.
- It is my responsibility to keep my Saskatchewan Account up to date with my latest and most relevant profile information (e.g. name, address, phone number, email).
- If I am using a Saskatchewan Account assigned to me by an account administrator in the case of a business profile, different or additional terms may apply and the account administrator may access, modify or limit my ability to access that business profile.
- In connection with my use of the Saskatchewan Account, the Government of Saskatchewan may send me messages and other information from time to time. I may opt out of some of these communications.

I'm not a robot

Back **Continue**

PART ONE: CREATE A SASKATCHEWAN ACCOUNT



CHECK AND VERIFY YOUR EMAIL

1. Go to the inbox for the email address used for your account details
2. Click the verification link

The screenshot shows the Saskatchewan Account website. At the top, there is a navigation bar with the Saskatchewan logo on the left, a 'Sign In' button, and a search bar. Below the navigation bar are four tabs: 'Residents and Visitors', 'Business and Industry', 'Government', and 'Services'. The 'Services' tab is selected. Below the tabs is a breadcrumb trail: 'Home > Services > Saskatchewan Account'. The main content area has the heading 'Check Your Email'. Below the heading, there is a paragraph: 'We've sent you an email to verify your Saskatchewan Account. Click the link in the email and sign in to activate your Saskatchewan Account. If you don't see the email, check your junk or spam folders. Return to Saskatchewan Account login.' At the bottom of the page, there is a footer with the text 'Need help? Find answers at Saskatchewan Account Help.' and the Saskatchewan Account logo.

SAMPLE EMAIL

1. The below image is a sample of what the verification email could look like

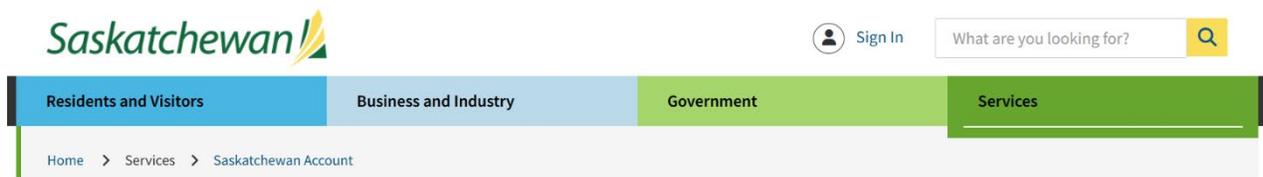
The screenshot shows a sample verification email. The email is titled 'Activate Your Saskatchewan Account' and is from 'no-reply@saskatchewan.ca' to 'UR International Student Services'. The email body contains the following text: 'Hi International, You recently created a Saskatchewan Account. Click this link to sign in and activate your Saskatchewan Account. If the above link is not clickable, copy and paste this link into your web browser's address bar: https://services.saskatchewan.ca/#/activate/oe7evapp0jpebg3nsg99qqvegrbvk7gajhle8b7ho41gds9i3uj Regards, Government of Saskatchewan This message including attachments was sent to international.studentservices@uregina.ca for a specific recipient. If you are not the intended recipient, any redistribution or copying of this message is prohibited. If you have received this email in error, please let us know immediately, and delete this email.' The email also includes a 'Reply' button and a 'Forward' button.

PART TWO: SASKATCHEWAN ACCOUNT OVERVIEW



RETURN TO THE SASKATCHEWAN ACCOUNT HOME PAGE

1. Open a web browser and go to: <https://services.saskatchewan.ca/#/login>
2. Enter your account login details and select “Sign In”



Saskatchewan Account Login

Email or Username

Password

 Show

[Forgot Password?](#)

Sign In

Or

Create Account

A Saskatchewan Account provides simple and secure access to government online services.



Simple

Use one login and password to log in to participating services.

Quick

Use participating government online services when it suits you.

Secure

Saskatchewan Account uses secure technology to enable authorized access to information. Read our [Privacy Policy](#).

Need help? Find answers at [Saskatchewan Account Help](#).



PART TWO: SASKATCHEWAN ACCOUNT OVERVIEW

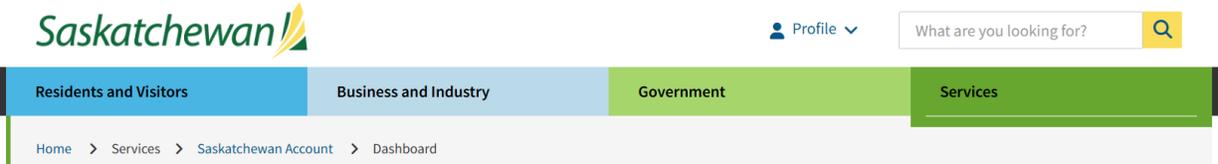


UNDERSTANDING THE USER DASHBOARD

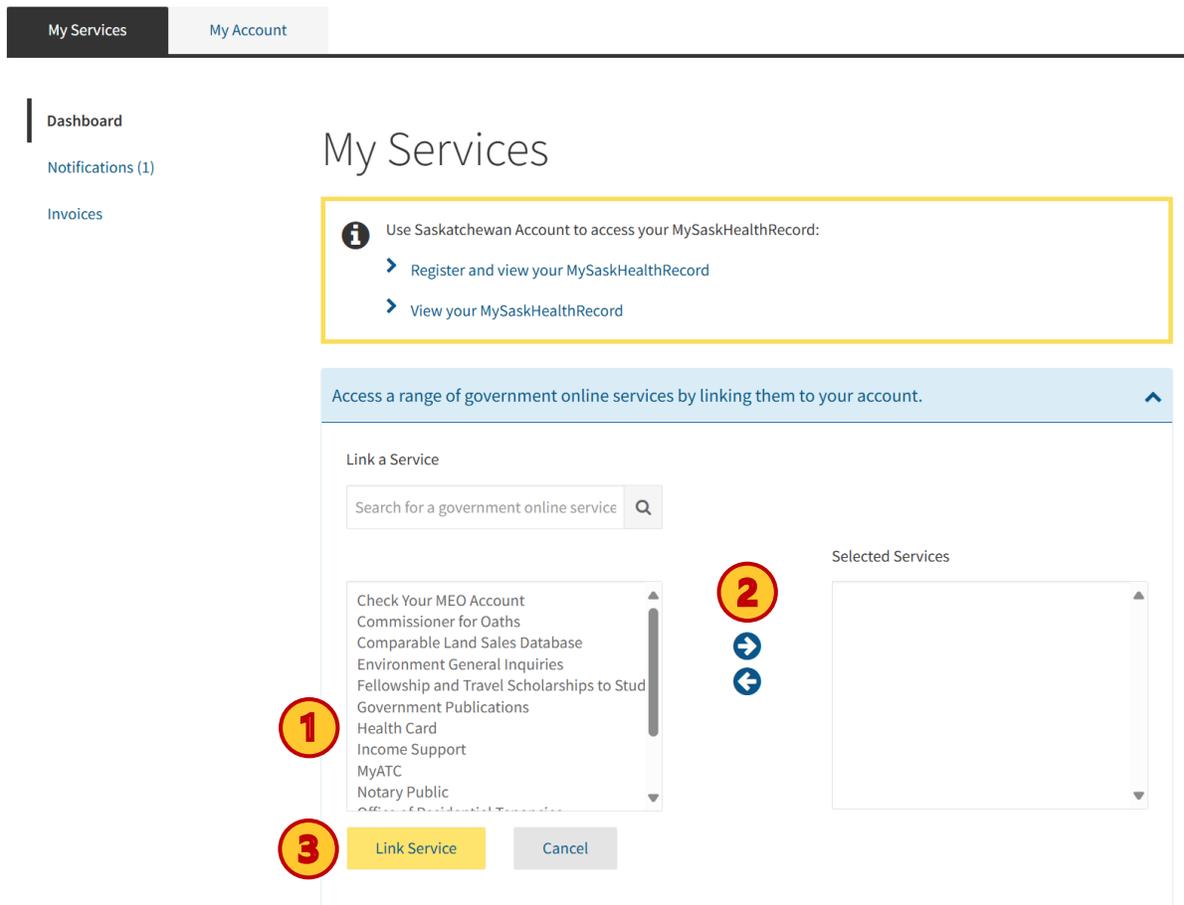
1. The dashboard seen upon logging in will include details related to your Saskatchewan Account
2. To apply for your Saskatchewan Health Card, you will need to “**Link a Service**”

LINK A SERVICE

1. Select “Health Card” from the options in the “Link a Service” menu
2. Once selected, **click the blue and white arrow pointing to the right**
3. Click “**Link Service**”



International Student Services



Need help? Find answers at [Saskatchewan Account Help](#).



PART TWO: SASKATCHEWAN ACCOUNT OVERVIEW



USE SERVICE

1. Once the Health Card service is linked, it will show as a module on your dashboard
2. Click **“Use Service”** to begin applying for your Saskatchewan Health Card

The screenshot shows the Saskatchewan Account dashboard. At the top, there is a navigation bar with the Saskatchewan logo, a profile dropdown, and a search bar. Below this is a menu with four categories: Residents and Visitors, Business and Industry, Government, and Services. The Services category is selected. The breadcrumb trail reads: Home > Services > Saskatchewan Account > Dashboard. The main heading is 'International Student Services'. Below this are two tabs: 'My Services' (selected) and 'My Account'. On the left, there is a sidebar with 'Dashboard', 'Notifications (1)', and 'Invoices'. The main content area is titled 'My Services' and contains an information box with the text: 'Use Saskatchewan Account to access your MySaskHealthRecord:'. Below this are two links: 'Register and view your MySaskHealthRecord' and 'View your MySaskHealthRecord'. A blue banner below the links says: 'Access a range of government online services by linking them to your account.' Below this is a 'Health Card' module with a bell icon. The text in the module reads: 'Apply for, replace or update your Health Card. Present your Health Card whenever you need health services.' At the bottom of the module is a yellow 'Use Service' button, which is highlighted by a red arrow pointing from the left. At the bottom of the dashboard, there is a footer with the text: 'Need help? Find answers at Saskatchewan Account Help.' and the Saskatchewan Account logo.

PART THREE: HEALTH CARD PREWORK



TERMS OF USE AND NOTIFICATION SETTINGS

1. Select **“I Agree”** to move on to the next section
2. Select your notification preferences (email is the simplest)

The screenshot shows the Saskatchewan Health Card prework interface. The top navigation bar includes 'Residents and Visitors', 'Business and Industry', 'Government', and 'Services'. The 'Services' tab is active. The main heading is 'Health Card'. Below it, there are instructions: 'Apply for, replace or update your Health Card. Present your Health Card whenever you need health services. View Service Overview. Linked on: April 8, 2025'. A sidebar on the left lists 'Tasks', 'Notifications', and 'Terms of Use'. The main content area shows a progress indicator with three steps: 1. Accept Terms of Use (highlighted), 2. Notification Settings, and 3. Start Application. Under step 1, there is a 'Terms of Use' section with text explaining the collection of personal health information under HIPA. Below this text is a yellow 'I Agree' button, which is highlighted by a red arrow. At the bottom of the main content area, there is a 'Unlink Service' link. A footer bar contains the text 'Need help? Find answers at Saskatchewan Account Help.' and the 'Saskatchewan Account' logo.

PART THREE: HEALTH CARD PREWORK



START APPLICATION

1. Select **“Apply”** to proceed to the next steps

The screenshot shows the Saskatchewan Account Services interface. At the top, there is a navigation bar with the Saskatchewan logo, a profile dropdown, and a search bar. Below this is a menu with categories: Residents and Visitors, Business and Industry, Government, and Services. The Services category is selected, and the breadcrumb trail reads: Home > Services > Saskatchewan Account > Service Tasks.

Health Card

Apply for, replace or update your Health Card. Present your Health Card whenever you need health services.
[View Service Overview](#)

Linked on: April 8, 2025

Tasks

- Notifications
- Terms of Use

✓ Accept Terms of Use

✓ Notification Settings

3 Start Application

Back Apply ←

Unlink Service
Unlink this service from your account.

Need help? Find answers at [Saskatchewan Account Help](#).

Saskatchewan Account

PART THREE: HEALTH CARD PREWORK



TASKS OVERVIEW

1. To route to the application, select “**Go to Health Card Dashboard**”

The screenshot shows the Saskatchewan Account website interface. At the top, there is a navigation bar with the Saskatchewan logo on the left, a user profile dropdown labeled "Profile" with a downward arrow, and a search bar containing the text "What are you looking for?". Below the navigation bar is a horizontal menu with four categories: "Residents and Visitors" (blue), "Business and Industry" (light blue), "Government" (green), and "Services" (dark green). A breadcrumb trail below the menu reads "Home > Services > Saskatchewan Account > Service Tasks".

Health Card

Apply for, replace or update your Health Card. Present your Health Card whenever you need health services.
[View Service Overview](#)

Linked on: April 8, 2025

- Tasks
- Notifications
- Terms of Use

Tasks

- Go to Health Card Dashboard**
Click here to go to the health card dashboard
- View Service Overview**
View the service overview
- Unlink Service**
Unlink this service from your account.

Need help? Find answers at Saskatchewan Account Help.

PART THREE: HEALTH CARD APPLICATION



APPLICATION HOME PAGE

1. The Application Home Page consists of two menus. From this page, you can apply for a new Saskatchewan Health Card or renew a current one.
2. To begin an application for a new Saskatchewan Health Card, select the “**Next**” button in the first section (“Apply for a Saskatchewan Health Services Card”)



Saskatchewan Health Services Card [Edit My Account](#) [Sign out](#)

New or Returning Saskatchewan Resident?

Apply for Saskatchewan Health Services Card

If you or any member of your family are new residents or returning residents to Saskatchewan you must complete an application for yourself, spouse/partner and dependants.

- ▶ Start your application
- ▶ Continue your application
- ▶ Add documents to your application

View Application Status

- ▶ View your application status
- ▶ Print your application

Next >

 **Instructions**

New Saskatchewan residents are people who have relocated to Saskatchewan from another Canadian province/territory, from outside Canada, such as foreign nationals, international students and returning Canadians.

Have a Saskatchewan Health Services Card?

Request Changes

You and your family must be Saskatchewan residents with Saskatchewan health services cards. Your change request will not be processed if we are unable to identify you or your family members in our records.

- ▶ Change to family unit (Marriage, Divorce/Separation, Common-Law, Reconciliation, Addition or Removal of Dependants)
- ▶ Change address
- ▶ Replace a lost, stolen or damaged health card
- ▶ Change of name or correction of name
- ▶ Submit copies of your updated work permit, study permit, visitor's record or permanent resident card
- ▶ Correction to date of birth or sex
- ▶ Report an extended absence
- ▶ Report a return from extended absence

Appointment of Power of Attorney

- ▶ If you have been appointed a power of attorney or if you are appointing someone as your power of attorney

View Change Request Status

- ▶ View the status of your change request
- ▶ Continue your change request
- ▶ Print your change request

Next >

 **Instructions**

Submit a **Change Request** if you and your family are Saskatchewan residents who have Saskatchewan health services cards and want to update your health card registration information.

PART THREE: HEALTH CARD APPLICATION



REQUIRED DOCUMENTATION NOTICE

1. This application requires specific supporting documentation
2. You will receive a “Required Documentation” notice outlining that you must include electronic copies of your documents in your application
3. You can review a list of accepted documents by clicking “**Show Acceptable Document List**”
4. When ready, click “**Start New Application**”

Government of Saskatchewan **eHealth Saskatchewan**

Apply for Saskatchewan Health Services Card [Help](#) [Contact Us](#) [Edit My Account](#) [Sign out](#)

Required Documentation

 To submit an online application you **must** attach electronic copies of your documents. Copies of documents submitted by any other method will not be accepted or processed. For information on how to create and submit electronic copies [click here](#).

Before you begin...obtain and have supporting documents available.

Each **adult** must provide documents proving

- Legal Entitlement to be in Canada
- Saskatchewan Residency

Each **dependant** must provide documents proving

- Legal Entitlement to be in Canada

To efficiently process your application, attach these documents before submitting your application.

[Start New Application](#) [Show Acceptable Document List](#)

[Home](#)

PART THREE: HEALTH CARD APPLICATION



FAMILY DETAILS

1. You will be asked a series of questions relating to you and any potential family members or dependents who are living in Saskatchewan with you. It is important to answer all questions accurately, ensuring they are truthful.

Government of Saskatchewan eHealth Saskatchewan

Apply for Saskatchewan Health Services Card Help Contact Us Sign out

* Indicates a required field Reference Number: CM703268

About Family About Me Review

Family Details

1. * Please provide an email that will be used for correspondence regarding this application:
2. * Do you have a spouse/partner? Yes No
3. * How many dependants under 18 reside with you?
4. * Did all members of your family arrive the same date? Yes No
5. * What country are you relocating from?
- 5a. * What province/territory are you relocating from?

Important!
If you did not travel with any family members, then select "Yes" for Question #4.

Progress

Home Save Next >

SAMPLE ANSWERS

1. The below image is a sample of what this completed section may look like

Government of Saskatchewan eHealth Saskatchewan

Apply for Saskatchewan Health Services Card Help Contact Us Sign out

* Indicates a required field Reference Number: CM703268

About Family About Me Review

Family Details

1. * Please provide an email that will be used for correspondence regarding this application:
2. * Do you have a spouse/partner? Yes No
3. * How many dependants under 18 reside with you?
4. * Did all members of your family arrive the same date? Yes No
- 4a. * What date did you establish residence in Saskatchewan?
5. * What country are you relocating from?

Format
Enter date in YYYY-MM-DD format
Example: 2012-01-31

Progress

Home Save Next >

PART THREE: HEALTH CARD APPLICATION



BASIC DETAILS

1. In this section, you will provide further details about yourself and your status in Canada. Ensure to answer all questions accurately and truthfully.

Government of Saskatchewan

Apply for Saskatchewan Health Services Card [Help](#) [Contact Us](#) [Sign out](#)

*indicates a required field **Reference Number: CM703268**

[About Family](#) [About Me](#) [Review](#)

Basic Details

* My Last Name is:

* My First Name is:

My Middle Name(s) is:

* My Birth Date is:

* My Marital Status is: Never Married Common Law Divorced
 Married Separated Widowed

* My Sex at birth: Male Female

Current Gender: (If different than sex assigned at birth)

Health Card Type

* Please select a health card type

Indian Status

* Do you have an Indian Status Registry Number Yes No

Contact Information

* At least one phone number is required.

My Home Phone is:

My Cell Phone is:

My Work Phone is:

My Email is:

Address Details

* My Current Mailing Address is:

* My City/Town is: * My Province is: * My postal code is:

* My current residence is same as above: Yes No

Application Details

* I am a: Canadian Citizen Permanent Resident
or
I have a: Work Permit Study Permit
 Other

* I am applying because I am:
 a new Saskatchewan resident
 a returning Saskatchewan resident
 Royal Canadian Armed Forces or Federal Institution

* I established residence in Saskatchewan on:

* I have relocated from this country:

* I arrived in Canada on:

* I am committed to being physically present in Saskatchewan for at least 6 months in a 12 month period? Yes No

Instructions
Your last, first and middle names must be your legal name as specified on your identification documents.

Format
Enter date in YYYY-MM-DD format
Example: 2012-01-31

Instructions
If you have a PO Box or Rural Route as your mailing address, you must provide a residence address or land location.

Format
Enter date in YYYY-MM-DD format
Example: 2012-01-31

Progress

[Home](#) [Save](#) [< Back](#) [Next >](#)

PART THREE: HEALTH CARD APPLICATION



STUDY PERMIT PROOF OF ENROLLMENT

1. Upon selecting “Study Permit” under the “Application Details” section, you will find a pop-up confirming the requirement to submit your Study Permit and Proof of Full-Time Enrollment.
2. Click “OK” to continue filling out your application

The screenshot shows the 'Apply for Saskatchewan Health Services Card' web form. The form is divided into several sections: 'Basic Details', 'Health Card Type', 'Indian Status', 'Contact Information', 'Address Details', and 'Application Details'. A pop-up window titled 'Study Permit Proof Of Enrollment' is overlaid on the 'Contact Information' section. The pop-up contains an information icon and the text: 'In addition to your study permit, you must attach a completed student certification or proof of full-time enrollment from your educational institution.' Below the text is an 'OK' button. The form fields are partially filled with example data: Last Name: Student Services, First Name: International, Birth Date: 2010-02-01, Marital Status: Never Married, Sex at Birth: Female, Health Card Type: I request a Health Card With Sex Designation Displayed, Indian Status: No, Home Phone: (empty), City/Town: Regina, Province: Saskatchewan, Postal Code: S4S 0A2, Current Residence: Yes, I am a: Canadian Citizen, I have a: Study Permit, Established Residence: 2025-04-01, Relocated from: China, Arrived in Canada: (empty), Graduation Date: (empty), Committed to being present: No. The form also includes a progress bar at the bottom and navigation buttons: Home, Save, < Back, Next >. The reference number CM703268 is displayed at the top right.

PART THREE: HEALTH CARD APPLICATION



SAMPLE ANSWERS

1. The below image is a sample of what this completed section may look like




[Help](#) [Contact Us](#) [Sign out](#)

*Indicates a required field
Reference Number: CM703268

About Family ✓
About Me ✓
Review

Basic Details

* My Last Name is:

* My First Name is:

My Middle Name(s) is:

* My Birth Date is:

* My Marital Status is:

Never Married
 Common Law
 Divorced
 Married
 Separated
 Widowed

* My Sex at birth: Male Female

Current Gender: (If different than sex assigned at birth)

Health Card Type

* Please select a health card type

Indian Status

* Do you have an Indian Status Registry Number Yes No

Contact Information

* At least one phone number is required.

My Home Phone is:

My Cell Phone is:

My Work Phone is:

My Email is:

Address Details

* My Current Mailing Address is:

* My City/Town is: * My Province is: * My postal code is:

* My current residence is same as above: Yes No

Application Details

* I am a: Canadian Citizen Permanent Resident
or
I have a: Work Permit Study Permit Other

* I am applying because I am:

a new Saskatchewan resident
 a returning Saskatchewan resident
 Royal Canadian Armed Forces or Federal Institution

* I established residence in Saskatchewan on:

* I have relocated from this country:

* I arrived in Canada on:

* My graduation date is:

* I am committed to being physically present in Saskatchewan for duration of the permit? Yes No

Progress

[Home](#) [Save](#) [< Back](#) [Next >](#)

Important!
You may be asked to reformat your address. If this occurs, enter your address as specified.

Important!
You must estimate your approximate graduation date based on the length of your program.

Instructions
Your last, first and middle names must be your legal name as specified on your identification documents.

Format
Enter date in YYYY-MM-DD format
Example: 2012-01-31

Instructions
If you have a PO Box or Rural Route as your mailing address, you must provide a residence address or land location.

Format
Enter date in YYYY-MM-DD format
Example: 2012-01-31

PART THREE: HEALTH CARD APPLICATION



APPLICATION DETAILS AND DECLARATION

1. Review the information listed to ensure accuracy of details
2. Combine your supporting documents into one (1) PDF
3. Upload the file containing your supporting documents by clicking the “**Attach**” button
4. Once your documents are uploaded, ensure to **click the check box in the “Declaration” section** below
5. Click “Submit My Application”
 - Ensure to write down your Reference Number; this will appear near the top of the screen.

Government of Saskatchewan eHealth Saskatchewan

Apply for Saskatchewan Health Services Card Help Contact Us Sign out

* indicates a required field Reference Number: CM703268

About Family About Me Review

Applicant(s) Details

Instructions

Please review this summary of your application and attach supporting documentation for each person. For details of the required documentation click [here](#). Need help with your documents, click [here](#).

Full Name	Birth Date	Citizenship/Permit	Residence Date	Documents	Attach Document(s)
INTERNATIONAL STUDENT SERVICES	Feb 1, 2005	Study Permit	Apr 1, 2025	No Documents	Attach

Declaration

I, INTERNATIONAL STUDENT SERVICES certify that the information provided is correct. I understand that the information supplied may be used for administering other Saskatchewan programs. I understand it is an offence to willfully give false information.

I, INTERNATIONAL STUDENT SERVICES, DO CERTIFY TO THE ABOVE

Progress Home < Back Submit My Application

URSU HEALTH & DENTAL PLAN



WHAT IS THE URSU HEALTH & DENTAL PLAN?

To help University of Regina students pay for the health services they need, URSU has partnered with MyStudentPlan (Gallivan) in order to provide students with extended health, dental, and wellness coverage. The Plan is designed specifically to fill the gaps in the provincial health care system (Saskatchewan Health Authority) and other basic healthcare programs.

This plan is an extended health plan. All students still need to apply for a Saskatchewan health card to cover basic medical services (doctor's visits, emergency room, etc).

WHO IS COVERED?

URSU members who are taking 9 or more credits as undergraduate students (or taking 6 or more credits as graduate/ PhD students) in the Fall semester are automatically enrolled into the program. (**If you have "full-time" status with fewer than 9 or 6 credits, the health & dental fees WILL NOT be included in your tuition. You need to enroll as well if needed.*)

You are NOT automatically enrolled in the Fall Semester and might be able to opt-in if:

- You are in maintenance status, or
- You start school in the Winter semester, or
- You are not a full-time student (part-time undergraduate students who are taking fewer than 9 Fall semester credit hours or fewer than 6 credits as graduate students or practicum students), or
- You opted out of the coverage permanently before, or
- You are a Co-op student, or
- You are enrolled in the ATP or ARP programs, or
- You are a student considered full-time with less than 9 credits but have an accommodation letter from the Student Accessibility Centre

Please check your student financial account to confirm if you have been charged the 'Health Fee' and the 'Dental Fee'.

For more information, visit: <https://ursu.ca/services/health-plan/>

WHAT IS COVERED?

Among other benefits, the Plan covers, or partially covers, a wide variety of health services and programs beyond emergency room visits and regular doctor's appointments.

Visit <https://www.mystudentplan.ca/ursu/en/mybenefits> for complete details.

DOWNLOAD THE APP

Did you know you can access your benefits and coverage information through the MyStudentPlan Benefits App? Now you do! Visit <https://www.mystudentplan.ca/ursu/en/claims> to learn more about the app and how to download it.

QUESTIONS?

Information is available online at <https://www.mystudentplan.ca/ursu/en/studentplan> or by calling the Support Centre at 1-866-586-1010. You can also email us at uofregina@mystudentplan.ca for further questions.