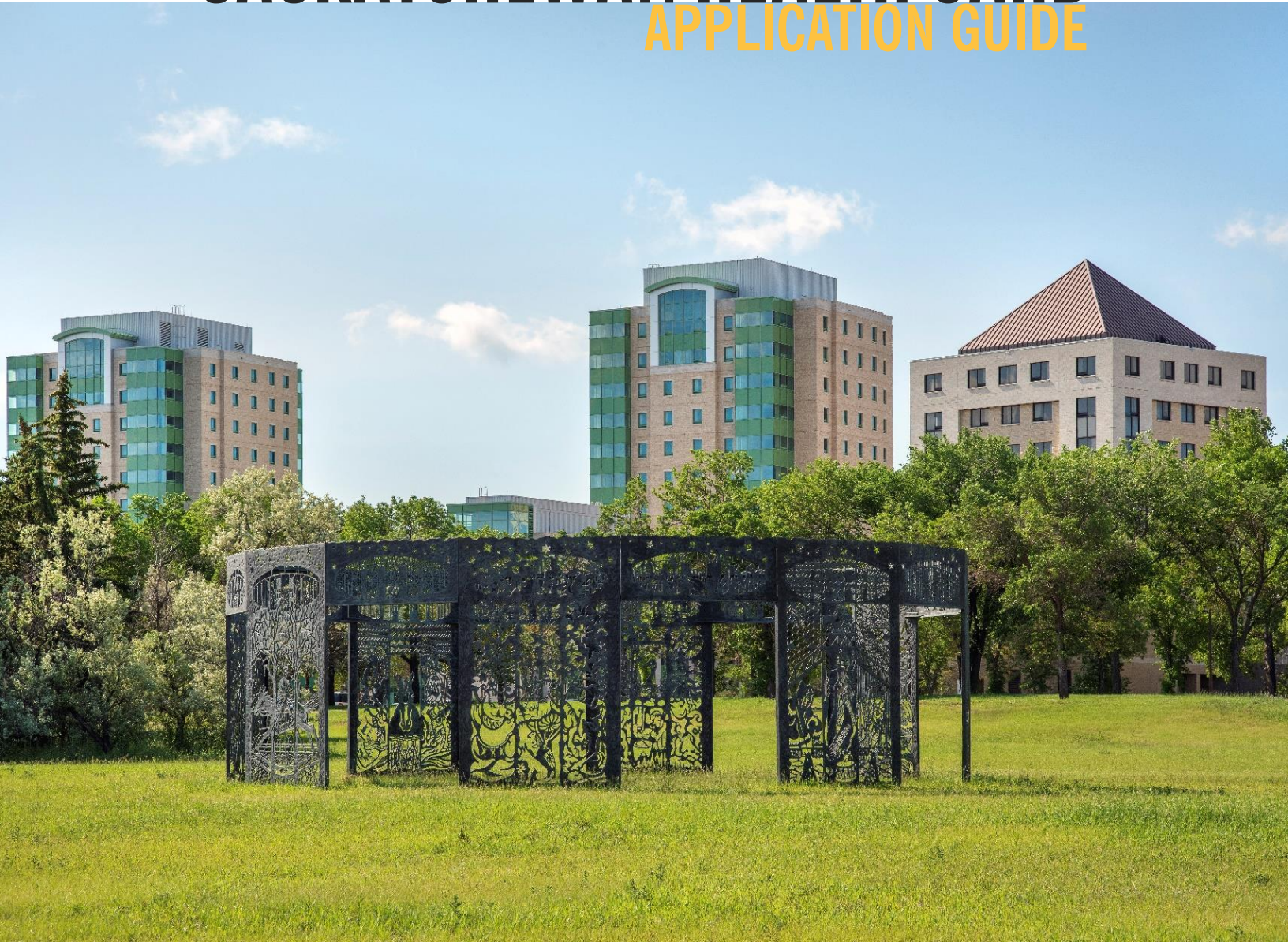




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SASKATCHEWAN HEALTH CARD APPLICATION GUIDE



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

Copy of lease agreement or residence contract (if the lease or contract is in your name)

- Must state your full name and address

Proof of Residence Form (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 > Student Records > Document Requests > Confirmation of Enrolment
- Confirmation of Enrolment Request Manual:
<https://www.uregina.ca/student/registrar/assets/docs/pdf/confirmation-of-enrolment/mycreds-full-instructions.pdf>

ESL students will request this document from the ESL Office

- Email ESL@uregina.ca to request your Confirmation of Enrolment

PART ONE



CREATE YOUR ACCOUNT

1. Visit: <https://skhealthcard.health.gov.sk.ca/>
2. Under “New User”, click “Create an Account”
3. Complete the registration form and click “Submit”
 - All fields marked with a red star are mandatory
 - All answers must be according to your own situation and details
 - Ensure to use an email address that you will check frequently and remember your credentials for
4. After clicking “Submit”, you will receive instructions for how to retrieve your user ID
 - Your user ID will be emailed to you. Check junk/spam folders if you do not receive it.

PART TWO



ONLINE APPLICATION

1. Login to your email account and retrieve your user ID
 - You user ID will come from: ldm.donot-reply@ehealthsask.ca
2. Once you have your user ID, visit: <https://skhealthcard.health.gov.sk.ca/>
3. Click "Sign In"
 - Do not click "Create an Account" as you have already completed this step
4. Under *Apply for Saskatchewan Health Services Card*, click "Next"

eHealth
Saskatchewan

Log In to eHS Security Services

This server uses Data Store Authentication

User Name:

Password:

eHealth Saskatchewan | Terms of Use | Security Policy | Privacy | Contact Us | © Copyright 2011

PART TWO



ONLINE APPLICATION CONT'D

1. Click "Start New Application"
2. Complete all sections of the questionnaire according to your individual situation and details
3. Click "Next" after each page
 - Do not click "Create an Account" as you have already completed this step
4. Under *Apply for Saskatchewan Health Services Card*, click "Next"

The screenshot shows the 'Required Documentation' page. At the top, it says 'Government of Saskatchewan' and 'eHealth Saskatchewan'. Below that, it says 'Apply for Saskatchewan Health Services Card' with buttons for 'Help', 'Contact Us', 'Edit My Account', and 'Sign Out'. A red warning icon is present, followed by text: '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](#).' Below this, it lists requirements for adults and dependants, including 'Legal Entitlement to be in Canada', 'Saskatchewan Residency', and 'Support of Identity'. At the bottom, there are buttons for 'Start New Application' and 'Show Acceptable Document List'.

The screenshot shows the 'Family Details' page. It has the same header as the previous page. Below the header, there are tabs for 'About Family', 'About Me', and 'Review'. The main content area is titled 'Family Details' and contains four questions: 1. 'Do you have a spouse/partner?' with 'Yes' and 'No' radio buttons. 2. 'How many dependants under 18 reside with you?' with a 'Dependants' dropdown menu. 3. 'Did all members of your family arrive the same date?' with 'Yes' and 'No' radio buttons. 4. 'What country are you relocating from?' with a 'Canada' dropdown menu. Below question 4, there is a 'Province' dropdown menu. At the bottom, there is a 'Progress' bar and buttons for 'Home', 'Save', and 'Next >'.

The screenshot shows the 'Basic Details' page. It has the same header as the previous pages. Below the header, there are tabs for 'About Family', 'About Me', and 'Review'. The main content area is titled 'Basic Details' and contains several sections: 'My Last Name is:', 'My First Name is:', 'My Middle Name(s) is:', 'My Birth Date is:', 'My Marital Status is:' (with radio buttons for Never Married, Common Law, Divorced, Married, Separated, Widowed), 'My Sex is:' (with radio buttons for Male, Female), 'Indian Status' (with a radio button for 'Do you have an Indian Status Registry Number'), 'Contact Information' (with fields for Home, Call, Work phone numbers and Email), 'Address Details' (with fields for Current Mailing Address, City/Town, Province, and postal code), and 'Application Details' (with radio buttons for 'I am at: Canadian Citizen, Permanent Resident, Work Permit, Study Permit, Other' and 'I am applying because I am: new Saskatchewan resident, returning Saskatchewan resident, Royal Canadian Armed Forces or Federal Institution'). There are also date fields for 'I established residence in Saskatchewan on:', 'I have relocated from this country:' (with a 'China' dropdown), 'I arrived in Canada on:', and 'I am committed to being physically present in Saskatchewan for at least 6 months in a 12 month period?'. On the right side, there are two 'Instructions' boxes: one about legal names and one about PO Box or Rural Route addresses. At the bottom, there is a 'Progress' bar and buttons for 'Home', 'Save', '< Back', and 'Next >'.

PART THREE



UPLOAD YOUR DOCUMENTS

1. Ensure you have all of the required documents prepared (refer to the *Document Checklist*)
2. Combine your documents into one PDF file
 - Note: the total file size must be no more than 1MB
3. Click the “Attach” button on the right side of the screen and upload your file containing the required documents
4. Complete the *Declaration*
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

Welcome [redacted]

Apply for Saskatchewan Health Services Card Help Contact Us Sign Out

* indicates a required field Reference Number: YE634348

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)
[redacted]	[redacted]	Study Permit	Apr 1, 2020	No Documents	Attach

Declaration

I, [redacted] hereby certify that the information provided on this application is correct. I understand that the information I have supplied on this application may be used for administering other Saskatchewan government programs. I understand that it is an offense to willfully give false information.

[redacted] DO CERTIFY TO THE ABOVE

Progress [redacted] 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 Gallivan in order to provide students with extended health and dental 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). Visit eHealth Saskatchewan to apply for a health card.

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://www.ursu.ca/services/health-dental-plan/>

WHAT IS COVERED?

Among other benefits, the Plan covers:

- Up to 80% for prescription drugs
- The services of paramedical practitioners are reimbursed \$40 per visit. Each service has an overall plan maximum of \$300 (massage therapists, physiotherapists, chiropractors, etc.)
- The services of a registered psychologist or qualified social worker are covered at 80%, to a combined annual maximum of \$500 per benefits year, based on reasonable and customary charges per visit.
- Your plan covers 100% of the cost of the following vision care expenses:
 - Eye exams up to \$50 every 2 years.
 - Glasses/Contact Lenses up to \$100 every 2 years.
 - Laser eye surgery up to \$150 per benefit year.
- Up to \$750 in dental care (checkups, cleanings, fillings, extractions, endodontics, periodontics, etc.)
- Travel health coverage (up to \$5,000,000 per incident, 120 days per trip), trip cancellation and trip interruption in the event of a medical emergency (COVID19 test fee is not included)

Visit mystudentplan.ca for complete details.

QUESTIONS?

Information is available online at www.mystudentplan.ca or by calling the Support Centre at 1-877-746-5566 ext. 2. You can also email us at member.services@ursu.ca for further questions.