

At your service! Health



Who Does What

**How to Get
Healthcare Services**


Where to Find Help

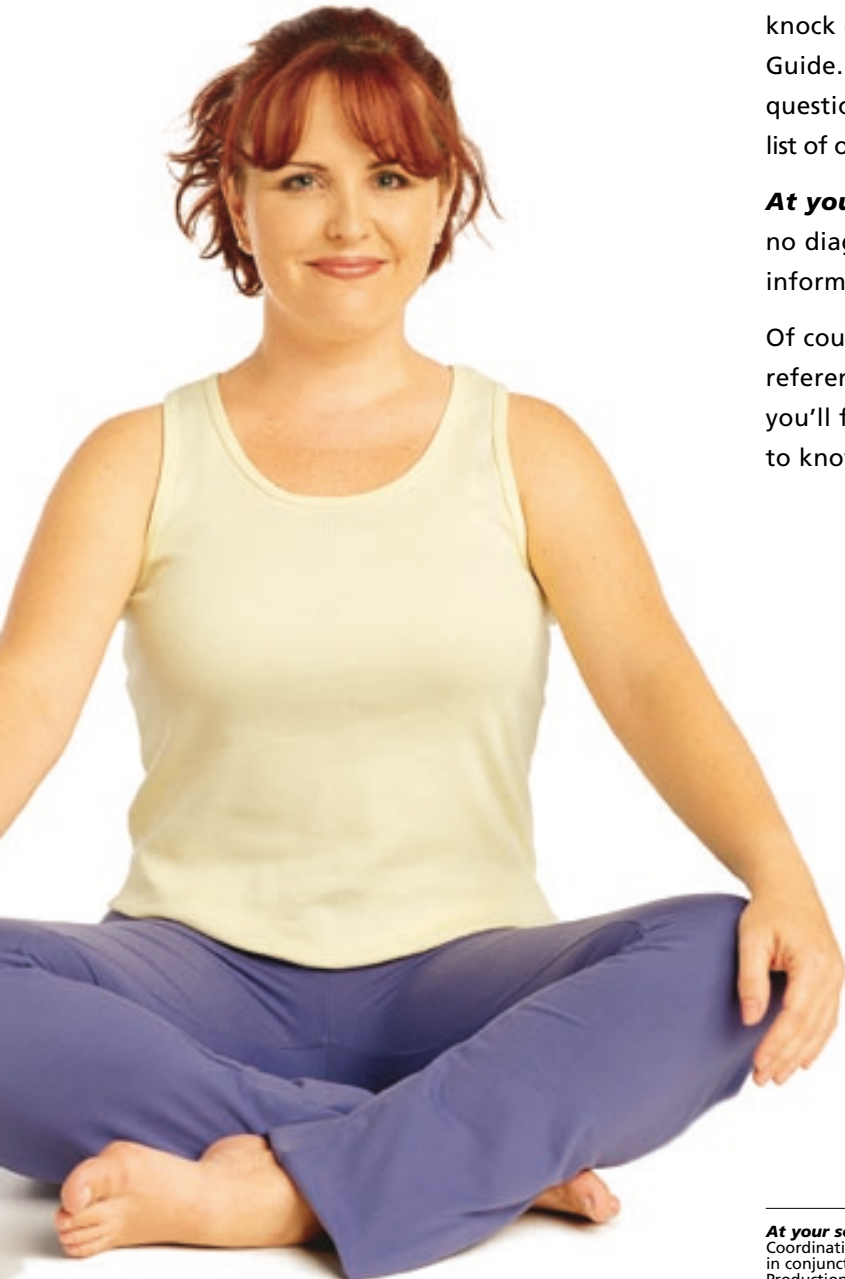
**Seniors
Long Term Care**

Homecare Services

Services Covered

**Maternity
and Childcare**

 Some **250,000** people work in health and social services in Québec.



Your health is important—and so is knowing who to talk to. When you need to see a doctor or get advice you can rely on, it's important to know which door to knock on. You will—with the ***At your service! Health*** Guide. We've put this guide together to answer the questions people ask most. It also provides an extensive list of organizations that can give you advice or information.

At your service! Health is a reference guide. It offers no diagnosis, but it does show you how to get help and information for your needs and questions.

Of course, it wasn't possible to include every single reference for every part of Québec. But don't worry—you'll find most of the organizations you need in order to know where to turn.

In Québec in 1999, disability-free life expectancy hit 78.5 years—81.5 years for women and 75.4 years for men.

Maternity and Childcare

I think I'm pregnant, but how can I know for sure?

Pick up a pregnancy test at your local pharmacy. If the test is positive, make a follow-up appointment with a doctor at your CLSC or a medical clinic. For your nearest medical clinic, call your CLSC (see p. 10).

Giving birth for the first time frightens me. Where can I get help?

Your CLSC and doctor can suggest prenatal courses that will help (see p. 10).

Do I have to give birth in a hospital?

No, you can choose between a hospital or a birthing center. Ask your doctor for advice (see p. 10).

Do I have to have my four-month-old baby vaccinated?

Vaccinations are not compulsory. They are a personal decision. But it is strongly recommended you vaccinate your child against infectious diseases according to the vaccination schedule provided at birth. Make an appointment with your CLSC for free vaccinations (see p. 10).

My baby is sick and I'm worried. What should I do?

Talk to your pediatrician or call Info-Santé. You can also consult the handbook entitled *From Tiny Tot to Toddler* provided at birth (see p. 10).

My child seems to have learning difficulties or problems paying attention. Who should I talk to?

Talk to the authorities at your child's school, call your CLSC, or talk to a doctor. They will evaluate the situation and, if needed, suggest a plan adapted to your child's particular needs (see p. 10).

I feel overwhelmed by parenting. Who can help me?

Call the Parents Helpline for free advice or talk to someone at your CLSC (see p. 10).

—
Parents Helpline
1-800-361-5085
—



Since this fall, the Serogroup C meningococcal conjugate vaccine (meningitis) has been offered free to one-year-olds. Some **70,000 children** will be vaccinated each year. It is estimated this new measure will cost **\$4 million** a year.



In 2000–2001, over 45,000 beds in long term care residential facilities were used by more than 73,000 patients for an average stay of 215 days.

Seniors and Long Term Care

What is meant by "long term care"?

Long term care is regular care provided over an extended period to people of any age. Sometimes it is provided right in the home, other times in facilities like nursing homes.

—
Your CLSC
See p. 10
—

How do you get admitted or have an elderly relative admitted to a public nursing home?

You must be referred by a CLSC. They will judge whether the loss of autonomy warrants placement in a Long Term Care Residential Facility (CHSLD). If the case does not warrant admission to a CHSLD, the CLSC can direct you to private nursing homes in your area (see p. 10).

How much does it cost for the frail elderly to live in a CHSLD?

Current rates range from \$870 to \$1,400 per month for lodging and meals. People with low incomes qualify for a government discount.

Rates in private nursing homes can be as much as \$5,000 a month, depending on the services provided. Call your CLSC for more information (see p. 10).

—
Regroupement des
CHSLD et résidences
pour personnes retraitées
www.acapa.com
—

My doctor has told me to get out and exercise more. Where can I get information?

Your CLSC can give you a list of clubs and organizations that offer activities designed for seniors.

The *Viactive* program developed by Kino-Québec in conjunction with the Fédération de l'âge d'or du Québec (FADOQ) also offers physical activities for seniors throughout the province at minimal cost (see p. 10).

—
FADOQ
1-800-828-3344
www.fadoq.ca
See p. 5 for your local office.
—

People are taking my savings and mistreating me because I can no longer stand up for myself. What should I do?

You must talk to a person you can trust, to a social worker from your CLSC, or to your doctor (see p. 10).

—
Info-Abus
1-888-489-2287 (ABUS)
—

—
Association québécoise
de défense des personnes
retraitées et préretraitées
(AQDR)
www.aqdr.qc.ca
See p. 5 for your local office.
—

—
Commission des droits de
la personne et des droits de
la jeunesse (CDPDJ)
1-800-361-6477
www.cdpedj.qc.ca
—



Over **40,000**
people are
accommodated
annually in Québec's
CHSLDs.



SENIOR REFERENCES

Association québécoise pour les droits des retraités (AQDR)

Alma
(418) 480-1122

Beauharnois
(450) 429-5380

Chicoutimi
(418) 543-8347

Drummondville
(819) 475-6909

Iberville
(450) 357-9545

Jonquière
(418) 548-6870

La Prairie
(450) 659-7514

Laval
(450) 978-0807

Lévis
(418) 835-9061

L'Islet-sur-Mer
(418) 598-6959

Magog
(819) 868-2342
1-877-868-2737

Mascouche
(450) 477-5935

Montréal
Hochelaga-
Maisonnette
(514) 598-9999

Montréal
Rivière-des-Prairies
(514) 643-0930

Montréal
Rosemont
(514) 376-7359

Montréal
Saint-Michel
(514) 374-7943

Montréal-Nord
(514) 329-2333

Québec
(418) 524-0437

Repentigny
(450) 581-0440

Rouyn-Noranda
(819) 797-5587

Roberval
(418) 275-2737

Saint-Gabriel-
de-Brandon
(450) 835-4707
ext. 3303

Saint-Hubert
(450) 656-9242

Saint-Tite
(418) 365-5599

Sainte-Geneviève-
de-Batiscan
(418) 362-2134

Shawinigan
(819) 539-8844

Saint-Félicien
(418) 679-0558

Sherbrooke
(819) 829-2981

Trois-Rivières
(819) 371-3195

Valleyfield
(450) 370-0204

Val-d'Or
(819) 824-4397

Fédération de l'âge d'or du Québec (FADOQ)

Alma
(418) 668-4795

Baie-Comeau
(418) 589-7870

Gaspé
(418) 368-4715

Hull
(819) 777-5774

Joliette
(450) 759-7422

Laval
(450) 686-2339

Lorrainville
(819) 625-2742

Mont-Tremblant
(819) 429-5858

Montréal
(514) 271-1411

Pohénégamook
(418) 893-2111

Saint-Hyacinthe
(450) 774-8111
1-877-343-2367

Saint-Jean
(450) 347-0910

Sainte-Foy
(418) 650-3552

Sherbrooke
(819) 566-7748

Trois-Rivières
(819) 374-5774

Victoriaville
(819) 752-7876

Web resources

www.55ans.info.gouv.qc.ca

www.conseil-des-aines.qc.ca

www.55net.com

www.poivresel.qc.ca



Each healthcare provider in Québec has its own role to play in ensuring top quality healthcare. CLSCs are often the gateway to health and social services. The middle pages of this guide illustrate how to get the services you need as quickly as possible.



By 2005, all families will have access to a **family medicine group**, a veritable gateway to the healthcare system. In the course of the next year, **100 groups** will be set up.

Who Does What

Centre local de services communautaires (CLSC)

CLSCs are one of the main gateways to the healthcare system. The services they offer include medical consultation, nursing care, pregnancy follow-up, homecare, and prevention. CLSCs also give vaccinations and HIV and STD tests, and provide young people with sex information.

CLSC Info-Santé Helpline

You can call the CLSC Info-Santé Helpline 24 hours a day, 7 days a week. Their nurses give advice and information on health problems and social services, and can refer you to the right people or organizations.

Birthing Centers

Birthing centers are associated with CLSCs. These are homey facilities where women give birth assisted by an experienced midwife. During pregnancy, the expectant mother and her family can also take advantage of other CLSC services.

Medical Clinics

Medical clinics are private clinics that offer services such as consultations with a general practitioner, vaccinations, and pregnancy care. Some specialize in one field, such as family medicine. They sometimes do minor surgeries that do not call for general anesthesia.

Hospitals

Hospitals offer diagnostic services and general and specialized medical care to those with physical or mental health problems.

Hospital Outpatient Clinics

Hospital outpatient clinics take patients referred by their doctors and sometimes specialize in a particular field. For instance, some take mammograms or perform follow-ups for day surgery. Some are also walk-in clinics.

Emergency Rooms

Emergency rooms are units within a hospital that offer services to patients whose lives are in danger, or whose injury or illness is serious or alarming enough to call for immediate medical or surgical attention.

Long Term Care Residential Facilities (CHSLD)

CHSLDs provide daily care for persons with a serious loss of autonomy, whether the loss is temporary or permanent and regardless of their age. You must be referred by your CLSC to be admitted to a CHSLD.

Rehabilitation Centers

Rehabilitation centers provide adaptation, rehabilitation, and social reinsertion services after a serious accident, operation, or the like. Most people are referred by their doctors.



Sixty percent of surgeries are now day surgeries. To help those temporarily unable to care for themselves, a number of services have been put in place to provide follow-up in the home.

Community Organizations

Community organizations are nonprofit organizations whose mission is to provide assistance in a specific area. For example, some provide homecare; others help parents out or help fight drug abuse.

Régie régionale de la santé et des services sociaux (RRSSS)

The local RRSSS plans and organizes services in the area. It coordinates resources in partnership with CLSCs, hospitals, long term care residential facilities, and community organizations to ensure the public gets the best possible health and social services.

Family Medicine Group (FMGs)

FMGs will work in close cooperation with CLSCs and other healthcare providers to offer services ranging from regular checkups and diagnosis to ongoing care, follow-up, treatment of acute and chronic health problems, and illness prevention. Their services will be available 24 hours a day, 7 days a week.

Homecare Services

I'm no longer able to do housework, run errands, or prepare meals. Where can I get help?

If you are an elderly person experiencing a loss of autonomy or if you are recovering from an illness or operation, regardless of your age, call your CLSC (see p. 10). CLSCs offer a variety of services for people who need help around the house. These services are usually provided by community organizations or social economy enterprises, but there may be a charge for them.

Your CLSC, see p. 10.

Can I get financial assistance for homecare services?

Yes, if you are over 65, or if you are between 18 and 64 but not physically able to perform housework. Contact your CLSC and they will assess your case (see p. 10).

If you are 70 or over, tax credits are available for homecare services. Inquire with the Ministère du Revenu.

Ministère du Revenu
1-800-267-6299
www.revenu.gouv.qc.ca

Régie de l'assurance maladie du Québec (RAMQ)
1-800-561-9749
www.ramq.gouv.qc.ca

Communication-Québec
1-800-363-1363

Can I get homecare services?

Yes, if your health condition warrants special care. CLSCs have nurses who can go to your home to help you. Call your CLSC to find out if you are eligible (see p. 10).

I feel I am a burden on my family. Who can help out from time to time?

Your CLSC can direct you to organizations and associations that can give your family a breather and provide you with the care you need (see p. 10).



Funds devoted to residential care services have doubled since 1990 to more than **\$555 million**.



How to get healthcare services

I want to discuss my problem

CLSC or a medical clinic

I have a **non-urgent** health problem such as

- a cold, headache, or fever
- an irritated throat and a cough
- digestive problems, pain, etc.

If in doubt
Info-Santé Helpline

I have an **urgent** but **minor** health problem such as

- an ankle sprain
- a hand cut stabilized with a bandage
- an asthma attack, etc.

Info-Santé Helpline

I have an **urgent** and **major** health problem (affecting vital functions) such as

- a violent allergic reaction with difficulty breathing
- a friend or relative who is unconscious after having chest pains, etc.

9-1-1

Hospital emergency room

I have returned home after a hospitalization or I have been treated for a health problem

Medical clinic, hospital or CLSC

CLSC

Services

Appointment with a general practitioner

Identification of problem by a nurse
Practical advice

Referral to the best resource

- pharmacist
- physician or other healthcare professional

Identification of problem by a nurse
Practical advice

Referral to a general practitioner at the location appropriate to the time of day (CLSC, outpatient clinic, hospital, medical clinic, emergency room)

For immediate assistance

Referral to Emergency Services or an ambulance

Identification, diagnosis, and treatment of the problem

Follow-up with physician

Residential care

Community support by a support group

How do I find a general practitioner?

- Through your CLSC (call first for an appointment)
- Through a medical clinic
- Through a hospital outpatient clinic or a polyclinic

OUTAOUAIS, ABITIBI-TÉMIS

The main resources listed here can refer you to others, if necessary.

Regional resources

Outaouais

CLSC and Info-Santé Helplines

Centre de santé du Pontiac (CLSC, CH, CHSLD)
Mansfield et Pontefract
Info-Santé Helpline and CLSC
(819) 683-3000

Centre de santé Vallée-de-la-Gatineau (CLSC, CH, CHSLD)
Maniwaki
(819) 449-2300
Info-Santé Helpline
(819) 441-2600

CLSC de Hull
Info-Santé Helpline and CLSC
(819) 770-6900

CLSC de la Vallée-de-la-Lièvre
Buckingham
Info-Santé Helpline and CLSC
(819) 986-3359
Val-des-Bois
Info-Santé Helpline
(819) 454-2355

CLSC – CHSLD de la Petite-Nation
Saint-André-Avellin
Info-Santé Helpline and CLSC
(819) 983-7341

CLSC – CHSLD des Collines
La Pêche
(819) 456-2819
Info-Santé Helplines
Sainte-Cécile-de-Masham
(819) 456-2819
Cantley
(819) 827-3006
Chelsea
(819) 827-6661
Val-des-Monts
(819) 671-3777

CLSC – CHSLD de Gatineau
Gatineau
Info-Santé Helpline and CLSC
(819) 561-2550

CLSC – CHSLD Grande-Rivière
Aylmer
Info-Santé Helpline and CLSC
(819) 684-2251

Hospitals (CH)

Centre de santé du Pontiac (CLSC, CH, CHSLD)
Mansfield et Pontefract
(819) 683-3000

Centre de santé Vallée-de-la-Gatineau (CLSC, CH, CHSLD)
Maniwaki
(819) 449-2300

Centre hospitalier des vallées de l'Outaouais (CH, CHSLD)
Gatineau
(819) 561-8100

Centre hospitalier Gatineau Memorial (CH)
Gatineau
(819) 459-2342

CH – CHSLD de Papineau
Buckingham
(819) 986-3341

Centre hospitalier Pierre-Janet (CH, CHSLD)
Hull
(819) 771-7761

Specialized Transportation

Hull et la région
(819) 776-6950

La Pêche
(819) 456-2161

MRC de la Vallée-de-la-Gatineau
(819) 449-7666

Saint-André-Avellin
(819) 983-6855

Kino-Québec (Viactive)

Hull
(819) 776-7655

Birthing Center

Maison de naissance de l'Outaouais (CLSC et CHSLD)
Gatineau
(819) 669-2323

Abitibi-Témiscamingue

CLSC and Info-Santé Helplines

Centre de santé de Témiscaming (CLSC, CH, CHSLD)
(819) 627-3385
Info-Santé Helpline
(819) 627-3389

Centre de santé Sainte-Famille (CLSC, CH, CHSLD)
Ville-Marie
(819) 622-2773
Info-Santé Helpline
(819) 629-2955

Centre de santé Vallée-de-l'Or (CLSC, CH, CHSLD)
Val-d'Or
(819) 825-3093
Info-Santé Helpline
(819) 825-4636

CLSC Le Partage des eaux
Rouyn-Noranda
Info-Santé Helpline and CLSC
(819) 762-8144

CLSC – CHSLD Les Eskers
Amos
(819) 732-6521
Info-Santé Helpline
(819) 732-4636

Hospitals (CH)

Réseau de la santé et des services sociaux des Aurores boréales (CLSC, CH, CHSLD)
La Sarre
(819) 333-2311

CH des soins psychiatriques de l'Abitibi-Témiscamingue
Malartic
(819) 757-4342

CH de Val-d'Or
(819) 825-6711

CH Hôtel-Dieu d'Amos
(819) 732-3341

CH Rouyn-Noranda
(819) 764-5131

Specialized Transportation

Amos
(819) 727-1500

La Sarre
(819) 333-3452

Malartic
(819) 757-3253

Rouyn-Noranda
(819) 762-7368

MRC de Témiscamingue
(819) 629-3332

Val-d'Or
(819) 825-0101

Kino-Québec (Viactive)

Rouyn-Noranda
(819) 764-3264

Birthing Center

(See Nord-du-Québec)

CAMINGUE, NORD-DU-QUÉBEC

Find the Info-Santé number for your locality using your postal code: www.msss.gouv.qc.ca/infosanteclsc

Nord-du-Québec

CLSC and Info-Santé Helplines

Centre régional de santé et de services sociaux de la Baie-James (CLSC, CHSLD, CR, CJ, CH) Chibougamau (418) 748-3575

Info-Santé Helplines

Chibougamau (418) 748-7658
 Radisson (819) 638-8991 (day)
 (819) 638-8094 (night and day)
 Lebel-sur-Quévillon (819) 755-4881
 Matagami (819) 739-2515

Conseil cri de la santé et des services sociaux de la Baie-James (CLSC, CH, CR, CJ) Chisasibi

Info-Santé Helpline and CLSC (819) 855-2844

Centre de santé Inuulitsivik Puvirnituk

Info-Santé Helpline and CLSC (819) 988-2957

Centre de santé Tulattavik de l'Ungava (CLSC, CH, CHSLD, CR, CJ) Kuujjuak **Info-Santé Helpline** and CLSC (819) 964-2905

Hospitals (CH)

Centre régional de santé et de services sociaux de la Baie-James (CLSC, CHSLD, CR, CJ, CH) Chibougamau (418) 748-3575

Conseil cri de la santé et des services sociaux de la Baie-James (CLSC, CH, CR, CJ) Chisasibi (819) 855-2844

Centre de santé Tulattavik de l'Ungava (CLSC, CH, CHSLD, CR, CJ) Kuujjuak (819) 964-2905

Specialized Transportation

Ville de Chibougamau (418) 748-6346

Kino-Québec (Viactive)

Chibougamau (418) 748-3575, ext. 5133

Birthing Center (Abitibi-Témiscamingue et Nord-du-Québec)

Puvirnituk Maternity (Centre de santé Inuulitsivik – Centre hospitalier de la Baie-d'Hudson) Povungnituk (819) 988-2957



Note down the numbers for your CLSC and Info-Santé Helpline, and keep them close to your phone.

CLSC _____

Info-Santé Helpline _____



Where to Find Help

For information on other health conditions

Anxiety over sexual orientation

Gay Line
1-888-505-1010
www.gai-ecoute.qc.ca

Each of the resources under this heading also provides access to other resources and groups that can help you. Take advantage of their toll free numbers.

Cancer

The role of the Fondation québécoise du cancer is to improve quality of life for those living with this disease.

1-877-336-4443
www.fqc.qc.ca

Info-Cancer Helpline
Monday to Friday
1-800-363-0063

Cystic fibrosis

The Association québécoise de la fibrose kystique raises funds for research and the development of a service network for those who are afflicted and their families.

www.aqfk.qc.ca

HIV - AIDS

This is a confidential information network on treatment for people living with HIV, their loved ones, and health-care professionals.

CATIE
1-800-263-1638

Weight problems

Ordre professionnel des diététistes du Québec
1-888-393-8528
www.opdq.org

General References

Government resources

Communication-Québec
1-800-363-1363
Service for deaf, mute, or hearing-impaired persons
1-800-361-9596
www.gouv.qc.ca

Ministère de la Santé et des Services sociaux
1-800-707-3380
www.msss.gouv.qc.ca

Info-Santé numbers in your area, by postal code
www.msss.gouv.qc.ca/infosanteclsc

Careers in the health profession
www.avenirensante.com

Régie de l'assurance maladie du Québec
1-800-561-9749
www.ramq.gouv.qc.ca

Ministère de la Famille et de l'Enfance
1-800-363-0310
www.mfe.gouv.qc.ca

The Public Curator
1-800-363-9020
www.curateur.gouv.qc.ca

Commission de la santé et de la sécurité du travail
www.csst.qc.ca

Société de l'assurance automobile du Québec
1-800-361-7620
www.saaq.qc.ca

Ministère des Transports
www.mtq.gouv.qc.ca

Office des personnes handicapées du Québec
1-888-873-3905
www.ophq.gouv.qc.ca

Québec Poison Control Center
1-800-463-5060
www.inspq.qc.ca

Help resources

Tel-Jeunes
Youth helpline
24 h/7 days service
1-800-263-2266
www.teljeunes.com

Éduc'alcool
1-888-252-6651
www.educalcool.qc.ca

Parents Helpline
1-800-361-5085
www.teljeunes.com/principal/parents.asp

Kino-Québec
www.kino-quebec.qc.ca

Réseau québécois d'action pour la santé des femmes
www.rqasf.qc.ca

La Leche League
1-866-255-2483
www.allaitement.ca

Web resources

Service et vie
www.servicevie.com

Aujourd'hui la santé
www.sante.qc.ca

La Toile de la santé du Québec
www.sante-net.net

In 2000–2001, medical staff conducted nearly 41 million checkups and consultations, made over 25 million X-rays and diagnoses, performed 4.5 million surgeries, and dispensed almost 4 million psychiatric treatments, for an average of one medical visit a month per person.

Services Covered

Who can get a free flu shot?

Anyone 60 or older and people of any age with a chronic illness as well as their families. To find out if this applies to you and get vaccinated, make an appointment with your doctor or CLSC (see p. 10).

If I go to a medical clinic, do I have to pay for treatment?

Some clinics can charge you for services that aren't covered by the RAMQ, such as issuing a health certificate.

Do I have to pay for an ambulance?

Yes, you must pay for ambulance transportation, with some exceptions.

For example:

- Transportation from one hospital to another
- Victims of a car accident or a workplace accident
- People over age 65 when warranted by their health condition

RAMQ
1-800-561-9749
www.ramq.gouv.qc.ca

Because of my handicap, I have to take a taxi to see my doctor. Can I be reimbursed?

Yes, if the treatment is related to your handicap. Check with your CLSC or with the paratransit system provided by the Ministère des Transports to find out if you are entitled to this service (see p. 10).

Office des personnes handicapées
www.ophq.gouv.qc.ca

Do you have to have prescription drug insurance?

Yes. If you are insured privately or through your employer, you must include your spouse on your policy (married or common law) if they have no coverage of their own. Children under 18 and those aged 18 to 25 who are still full-time students must be included on one of their parents' policies.

Otherwise, you and your family members must register for the RAMQ's public drug insurance plan.

Are all drugs covered?

No. To be covered by public prescription drug insurance, a drug must be prescribed by a doctor, be purchased in Québec, and be on the Ministère de la Santé et des Services sociaux prescription drug list.

RAMQ
1-800-561-9749
www.ramq.gouv.qc.ca

Complaints

How do I file a complaint?

All public healthcare facilities have an ombudsman. Contact this person to file your complaint. He or she has 45 days to respond. If you aren't satisfied with the response, take your complaint to the Protecteur des usagers at the Ministère de la Santé et des Services sociaux.

Protecteur des usagers
1-877-658-2625
www.protecteurdesusagers.gouv.qc.ca

For a complaint against a doctor in a medical clinic, contact the Collège des médecins.

Collège des médecins
www.cmq.org/i-enq.htm



At your service! Health

Government contribution to healthcare and social services 40% of Québec's total budget

(in 2002-2003)

Clientele Statistics

Nearly **6 million** people or almost **80%** of the population receive medical treatment

3.2 million people are covered under the Québec government's prescription drug plan

Over **735,000** are admitted to hospital

Over **465,000 surgeries** are performed, **60%** of them day surgeries

Over **260,000 people** receive **homecare services**, 170,000 of whom are elderly

Public System

CLSCs: **147**

Hospitals: **118**

Youth and Child Protection Centers: **20**

Rehabilitation Centers: **91**

CHSLDs: **317**

Intermediate Resources

Medical clinics: **800**

Pharmacies: **1,600**

Private, licensed CHLSDs: **129**

Shelters: **3,700**

Community organizations: **3,900**

Health and Social Services Budget

In 2001-2002: **\$16.7 billion**

In 2002-2003: **\$17.5 billion**

Estimated spending by program for 2001-2002 (in dollars)

Physical Health (hospital services)	5.3 billion
The Elderly	2.8 billion
Mental Health	1 billion
Youth and Family	919 million
Mental Disability	620 million
Physical Disability	514 million
Public Health	265 million
Alcoholism and Drug Addiction	72 million
Women and Spouses in Difficulty	45 million
Régie de l'assurance maladie du Québec spending for 2001-2002 (in dollars)	
Remuneration of Doctors	2.8 billion
Drug and Pharmaceutical Services	1.7 billion
Technical Aids (prosthetics, etc.)	91 million
Hospital Services Outside Québec	88 million
Dental Services	80 million
Homecare Services	37 million
Optometry Services	36 million

Source: Ministère de la Santé et des Services sociaux and Régie de l'assurance maladie du Québec.

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