



Pregnant and an international college student?

WHAT YOU NEED TO KNOW!

Available online and in more languages at: bit.ly/pregnancyfactsheet

Your college health insurance plan may not cover health care expenses for your pregnancy and birth if:

- You became pregnant **before starting your studies**
- You became pregnant **during a period without health insurance coverage** from your college

Check your health insurance policy or speak to the insurance provider for details about pregnancy coverage.

If your college's health insurance plan will not cover any of your pregnancy-related health care costs, here are some free resources that may be helpful:

PREGNANCY OPTIONS COUNSELLING

If you are unsure about what your options are after becoming pregnant, or would like to **speak to someone about your pregnancy options:**

- Action Canada for Sexual Health & Rights: **1-888-642-2725**
- SHORE Centre: shore.inputhealth.com/ebooking
- Planned Parenthood Toronto: **416-961-0113**
- Choice in Health Clinic: **647-370-3203**

HEALTHCARE RESOURCES



MIDWIVES: Midwifery services are **free for anyone in Ontario**, regardless of their immigration status. You can find a midwife at ontariomidwives.ca/find-midwife. Reach out to midwives as soon as possible because they are usually in high demand.



COMMUNITY HEALTH CENTRES: These health centres provide primary health care to people without health insurance in Ontario: allianceon.org/find-a-centre.



HEALTH NETWORK FOR UNINSURED CLIENTS: This is a group of health care providers that support people without health insurance: uninsurednetwork@gmail.com



HEALTH CONNECT ONTARIO: Free hotline for health advice and information from registered nurses: **811**

I am pregnant and don't have health insurance. What health care can I get?



Settlement.Org



Quick facts about going to a hospital to give birth

- You **do not need to present ID** to receive care at a hospital. You only need to give your name, gender, and date of birth or age.
- Costs for health care vary from hospital to hospital.
- Some hospitals will present you with a bill upfront, while others provide one after you have received care. If you can, speak with the hospital business office to **negotiate paying OHIP rates and to arrange a repayment plan.**
- In an emergency, you **cannot be refused service** at a hospital, even if you don't have a health card.

ORGANIZATIONS THAT SUPPORT INTERNATIONAL STUDENTS

- Migrant Students United (call or text): **647-858-2854**
- One Voice Canada: help@onevoicecanada.org