



Newcomer Navigator NL is a practical, easy-to-use platform designed to support newcomers as they settle in Newfoundland and Labrador. It offers step-by-step guidance, essential local information, and helpful tools to make your transition smoother and more informed.

Created by **Collective Interchange** and funded by the **Office of Immigration and Multiculturalism of Newfoundland and Labrador**. Visit: www.newcomernavigatornl.ca




Guide Medical Car Plan (MCP) Newfoundland and Labrador

The **Medical Care Plan (MCP)** is a personal card used to access most free medical services in the province of Newfoundland and Labrador. It can also be used as an ID card to get the driver's license and some other services.

1. Covers

The MCP card covers most medical services such as:

- Primary care.
- Hospitalizations.
- Home care, palliative care and long-term care.
- Mental health and substance addiction programs.
- Preoperative and postoperative care.
- Pregnancy and childbirth care.

 **IMPORTANT:** The **MCP** does not cover the medical examinations required for permanent residency applications.

2. Steps to obtain the MCP

To get the Medical Care Plan (MCP) in Newfoundland and Labrador, Canada, which is the equivalent of provincial health insurance, follow these steps:



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- **Step 1: Eligibility Residence in Newfoundland and Labrador.**

You must be a resident of Newfoundland and Labrador to be eligible for the MCP. This implies living in the province permanently.

- **Step 2: Application MCP:**

You can obtain the application form online from the Newfoundland and Labrador Ministry of Health website or from local MCP offices.

Check the [health services section to find the application form](#).

- **Step 3: Required Documentation Documents:**

Prepare the following documents that are generally required for the MCP application:

- Proof of residency (may include rental agreement, utility bill, etc.).
- Proof of identity (passport, driver's license, etc.).
- Canadian Social Insurance Number (SIN) if you have one

- **Step 4: Submission of the Application**

Complete the application form with the required information and all required documents. You can mail the application or drop it off in person at a local MCP office.


- **Step 5: Processing and Approval**


Process: Once the application is received, the MCP will process your application and determine your eligibility.

If your application is approved, you will receive an MCP card in the mail within 45 days. This card is your proof of enrollment in the provincial health care plan.

- **Step 6: Using the MCP**

Using the MCP: With your MCP card, you can access a variety of free or reduced-fee health care services in Newfoundland and Labrador.

 **Important Renewal**: Be sure to renew your enrollment in the MCP according to the deadlines and requirements set by the Ministry of Health to maintain your continued coverage.

 **Additional Information:** Please refer to the MCP's official website or contact your local MCP offices if you have additional questions about the application process. By following these steps, you will be able to obtain your Medical Care Plan (MCP) in Newfoundland and Labrador and ensure access to essential health care services within the province.

3. Specific cases


2.1. Permanent residents

You must complete the [form](#) along with a copy of the resident card on both sides or the confirmation of residence (CoPR) issued by IRCC.

To apply for the MCP for spouse or children, they must reside at the same address as the primary beneficiary and complete their information on the same form. In this case, you may need to submit other documents such as marriage or birth certificates. More information is available on the official website of the Newfoundland and Labrador government ([Medical Care Plan](#)).

2.2. International workers

To apply for the MCP as a worker in the province, you must participate in any of the following programs:

 **International worker:** You must complete the [form](#) along with a copy of the following documents:

- Work permit valid for at least 12 months.
- A recent letter from an employer domiciled in the province of Newfoundland and Labrador, mentioning that the job is full-time for at least 12 months (from the date of arrival in the province). The letter must be signed and in the name of the company.
- Valid passport.

 **Newfoundland and Labrador Provincial Nominee Program (NLPNP):**

You must complete the [form](#) along with a copy of the following documents: ○ Work permit valid for at least 6 months.

- A recent letter from an employer domiciled in the province of Newfoundland and Labrador, mentioning that the job is full-time for at least 6 months (from the date of arrival in the province). The letter

must be signed and in the name of the company.


- Confirmation letter from the Office of Immigration and Multiculturalism.
- Valid passport.

👉 **Atlantic Immigration Program (AIP):**

You must complete the [form](#) along with a copy of the following documents:

- Work permit valid for at least 6 months.
- A recent letter from an employer domiciled in the province of Newfoundland and Labrador, mentioning that the job is full-time for at least 6 months (from the date of arrival in the province). The letter must be signed and in the name of the company.
- Confirmation letter from the Office of Immigration and Multiculturalism.
- Valid passport. - International Healthcare Worker You must complete the form along with a copy of the following documents:
 - Valid work permit.
 - Confirmation letter from the Department of Health and Community Services, stating that the job is full-time and the start and end date of employment.
 - Valid passport.

To apply for the MCP for spouse or children, they must reside at the same address as the primary beneficiary and complete their information on the same form. In this case, you may need to submit other documents such as marriage or birth certificates.

 **IMPORTANT:** International workers must renew their MCP annually. More information is available on the official website of the Newfoundland and Labrador government ([Medical Care Plan](#)).

2.3. International Students:

You must complete the [form](#) along with a copy of the following documents:

- Full-time student permit valid for at least 12 months.
- Recent letter from the educational institution ([Memorial University of Newfoundland](#), [College of the North Atlantic](#), or any educational




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program registered with the [Department of Education](#)) confirming that you are enrolled in a program with a minimum duration of one year on a full-time basis.

- Valid passport.

To apply for the MCP for spouse or children, they must reside at the same address as the primary beneficiary and complete their information on the same form. In this case, you may need to submit other documents such as marriage or birth certificates.

 **IMPORTANT:** International students must renew their MCP annually. Students who are in their final semester and wish to stay in the province after graduation will need to submit a new application as appropriate (e.g., as an international worker or permanent resident).

4. Links of Interest

More information is available on the official website of the:

- Newfoundland and Labrador government ([Medical Care Plan for international students](#)).
- [Medical Care Plan \(MCP\) Newfoundland and Labrador](#)
- Association of New Canadians ([ANC](#))

We hope this information is helpful in your process of coming to live in Newfoundland and Labrador!