NON-INSURED HEALTH BENEFITS (NIHB)

for First Nations and Inuit







care



Medical supplies and equipment



Medication



Mental health counselling



Medical transportation

SASKATCHEWAN REGION

Contact the health facility in your community or the NIHB regional office at 1-866-885-3933.

www.canada.ca/nihb

The NIHB Program provides coverage for a range of medically necessary products and services that are not covered by other plans and programs.



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WHAT DO WE MEAN BY **NON-INSURED HEALTH BENEFITS?**

As a member of a First Nation or as an Inuk living in Saskatchewan, you are eligible for the Saskatchewan Health Insurance Plan.

Many medically essential services provided by a participating health professional, such as a doctor, are covered with your health insurance card.

TO OBTAIN YOUR HEALTH INSURANCE CARD

1-800-667-7551 or www.ehealthsask.ca

If the product or service required is not covered by private insurance or the Saskatchewan health insurance plan, it may be covered under the NON-INSURED HEALTH BENEFITS (NIHB) Program.

NIHB ELIGIBILITY

Reside in Canada and be any of the following:

- · a First Nations person who is registered under the Indian Act
- · an Inuk recognized by an Inuit land claim organization
- a child under 18 months old whose parent is eligible
- Currently registered or eligible for registration, under a provincial or territorial health insurance plan

ADVICE

To confirm your eligibility before making a purchase or receiving a service, contact NIHB at 1-866-885-3933.

PRODUCTS AND SERVICES



DENTAL CARE

- · Diagnostic services and x-rays
- Preventive services, such as cleaning
- · Restorative services, such as fillings
- Emergency services, such as extractions
- Complementary services, such as sedation
- Removable denture services
- Orthodontic services



VISION CARE

- Eve exams
- · Eyeglasses that are prescribed by a vision care
- · Other services depending on the specific medical needs of the client



MEDICAL SUPPLIES AND EQUIPMENT

- Pressure garments and compression stockings
- Medical supplies, such as dressings
- · Medical equipment, such as a walker
- Orthotics and custom-made footwear
- · Oxygen and respiratory supplies and equipment, such as CPAP
- Audiology equipment, such as hearing aids



MEDICATION

· Prescription and over-the-counter medication prescribed by a health professional



MENTAL HEALTH COUNSELLING

- · Initial needs assessment
- Individual, family or group counselling with a mental health professional (psychologist or social worker)



MEDICAL TRANSPORTATION

- Transportation, meals and accommodation to access health services that are not available in your place of residence (examples include medical or dental appointments, eye exams, hospital care or mental health counselling)
- Emergency transportation, by land or air

Access to mental health counselling and medical transportation benefits is available 24/7

HOW TO OBTAIN A PRODUCT OR SERVICE

- 1. Contact the health facility in your community or NIHB to confirm benefit coverage before making a purchase or receiving a service.
- 2. You may have to provide a prescription or medical justification.
- 3. Visit a service provider.

GOOD TO KNOW

Many providers (such as pharmacists, dentists, optometrists and mental health professionals) must be registered with NIHB for direct billing, so you do not have to pay for the product or the service.

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TO OBTAIN REIMBURSEMENT

If you have paid for a product or a service, follow these steps to obtain a reimbursement:

- 1. Fill out the NIHB Client Reimbursement Form, available online at www.canada.ca/nihb.
- Mail the completed and signed form, along with supporting documents, to the address indicated on the form.

IMPORTANT

To be eligible for reimbursement, a claim must be received within one year of obtaining a service or making a purchase.

CONTACT INFORMATION AND OTHER RESOURCES

NON-INSURED HEALTH BENEFITS (NIHB)

Vision care, Medical supplies and equipment, Medical transportation Telephone: 1-866-885-3933

Drug Exception Centre (DEC) Telephone: 1-800-580-0950 ext 3

Dental Care

Telephone: 1-855-618-6291

Dental Care - Orthodontic Services

Telephone: 1-866-227-0943

JORDAN'S PRINCIPLE

To ensure First Nations children access the products, services and supports they need.

Telephone: 1-855-JP-CHILD (1-855-572-4453)

www.canada.ca/jordans-principle

FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE

Experienced and culturally competent Help Line counsellors can help if you want to talk. Call the toll-free Help Line, open 24/7, at 1-855-242-3310.

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