

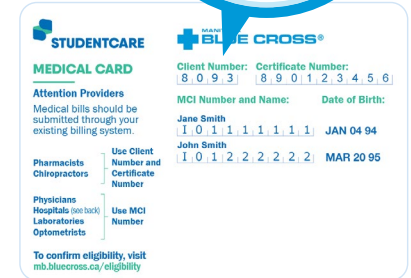
# Start your journey with EQ Care

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**Visit the EQ Care login page at:**

[mbbluecross.eqcare.com](http://mbbluecross.eqcare.com)  
or download the EQ Care app via the App Store or Google Play.

Reference your Manitoba International Student Health Plan ID card. Enter your Client number under the “Group Number” field and your Certificate number under the “Certificate Number” field.



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## Create an account

Simply fill in the required fields with your personal information and contact details and then select your secure password to create your account.

### IMPORTANT:

#### Residing in Canada?

Please input your Canadian address when registering.

#### Residing outside of Canada?

Please input the University of Manitoba's address when registering:

University of Manitoba  
66 Chancellors Cir, Winnipeg, MB R3T 2N2

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## Start your visit

Describe your symptoms and within minutes, a Care Manager will welcome you personally to EQ Care and connect you with the medical team. Choose on-demand service or by appointment at your earliest convenience.

## How can we help?

- Eye infections
- Stress and mental health
- Chronic disease management
- Prescription renewals
- Prescription home delivery service
- Coordinating and scheduling
- Lab requisitions
- Specialist appointments
- Dermatology
- Migraines and sinus infections
- Sexual health
- Medical testing

## Seeking medical care in Manitoba?

If you require medical care, we recommend first contacting the University Health Services Clinic (UHS). Students residing in Manitoba can reach out to UHS at any time by contacting their office at 204.474.8411. If you are unable to make an immediate appointment, EQ Care medical professionals are the next best option, available 24/7.

If you are unable to access the care you need through either of these options, a list of nearby medical clinics can be found at [medimap.ca](http://medimap.ca). Seeking medical care at a hospital is advised if you require emergency care only.

# Get access to virtual care **24/7**, wherever you are!

## Residing Outside Canada?

Even if you are residing outside of Canada, EQ Care can provide general medical advice and support next steps in care.

## EQ Care Coverage

Once you're signed up with EQ Care, you can access your care plans even if you no longer have coverage under the Manitoba International Student Health Plan.

## One-Stop Care

Access your personal and your family members' care plans after a visit, and update your details anytime, anywhere.

## Around the Clock

Enjoy 24/7 access to a team of caring and compassionate health care professionals.



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## Access to Care

EQ Care doctors and specialists are accessible from any desktop or smart device



## Complete Confidentiality

All health information is secured with bank-grade encryption and all data is stored in Canada



## Specialist Referrals

Connect with specialists in a variety of disciplines to address a wide range of health care needs



## Peace of Mind

Discrete counselling, prescription management and referrals for diagnostic tests



## Disease Management

Condition-specific care plans with a focus on symptom management



## Mental Health Care

A range of disciplines including Psychiatry and other mental health specialties

Need help registering or using the service? Contact EQ Care:

1-855-449-4994 | support@eqcare.com | mbbbluecross.eqcare.com

eqcare.com

