



EMPLOI-QUÉBEC

**FOR
A HEALTHY
BABY AND
MOTHER!**

**THREE SPECIAL
BENEFITS:**

- Pregnancy
- Nursing
- Infant Formula



Québec 

A healthy diet during pregnancy = A healthy baby and mother!

SPECIAL PREGNANCY BENEFIT

If you are pregnant, you are eligible for a special pregnancy benefit of \$55 per month in addition to your monthly benefit. The special benefit, which is paid each month until you give birth, is designed to help you buy nutritious food and have a healthy pregnancy.

You are also eligible for this benefit if you are the parent of a dependent child who is pregnant.

How to apply

As soon as possible, provide your local employment centre (CLE) with a written attestation, signed by your physician or a midwife, indicating the number of weeks of pregnancy and the expected date of delivery. The form is available at your CLE.

We recommend that you submit the attestation as soon as possible, since payment of the special pregnancy benefit begins after the CLE receives the attestation.

Proper nutrition at birth = A healthy future adult!

SPECIAL NURSING BENEFIT

If you are breast-feeding a baby under 1 year of age, you are eligible for a special nursing benefit of \$55 per month. This benefit will be paid every month until your baby turns 1 year of age, provided you continue breast-feeding during that time.

How to apply

File an application with your CLE that includes proof of your baby's birth and an indication of how long you plan to breast-feed. It is important that you notify us if you stop breast-feeding.

ASSISTANCE FOR THE PURCHASE OF INFANT FORMULA including regular, lactose-free or soy-based liquid concentrate

INFANT FORMULA

This special benefit enables you to buy infant formula for less than the regular price.

You are not eligible for assistance for the purchase of infant formula if you already receive the special breast-feeding benefit, except for the month in which the feeding method is changed.

Procedure for obtaining infant formula

- 1** As soon as your baby is born, contact your CLE. Proof of your baby's birth should be provided as soon as possible.
- 2** You will be assigned an authorization number allowing you to receive assistance to buy infant formula. You will also receive a new claim slip (medication card) with your authorization number on it. This number will be shown on all subsequent claim slips for the duration of your eligibility.
- 3** When you need to purchase infant formula, go to the pharmacy and give your authorization number to the pharmacist. He or she will tell you which formulas are authorized and how much they cost.

Types of formula authorized

■ If your baby is **under 9 months of age**, you may purchase any of the following types of liquid concentrate infant formula:

- regular
- soy-based
- lactose-free

No medical certificate is required.

■ For babies **between 9 months and 1 year of age**: only the following types of liquid concentrate infant formula are authorized:

- soy-based
- lactose-free

A medical certificate is required.

DID YOU KNOW THAT...

In order to receive assistance for the purchase of infant formula, you must buy the formula at a pharmacy.

Eligibility period

- For babies **under 9 months of age**: from the date of birth to the last day of the month in which the baby turns 9 months of age.
- For babies **between 9 months and 1 year of age**: from the date on which the baby turns 9 months of age to the last day of the month in which the baby turns 1 year of age.

Quantity authorized per month (385-ml cans of liquid concentrate infant formula)

Baby's age	Minimum quantity per purchase	Maximum quantity per month
Under 7 months	1 case of 24 cans or 2 cases of 12 cans	2 cases of 24 cans or 4 cases of 12 cans
7 months to 1 year	1 case of 12 cans	3 cases of 12 cans

Please note that the amount to be spent by a beneficiary is \$8.75 per purchase of 12 cans of 385 ml.

IMPORTANT

Purchases that exceed the quantity of infant formula authorized by the Ministère are not covered.

Keep your receipts during your eligibility period to keep track of the type and quantity of formula purchased.

For a **healthy baby** and **mother!**

ACCORDING TO HEALTH AND NUTRITION EXPERTS:

While you are pregnant

- Eating a variety of foods from the following four food groups every day will provide all the basic nutrients you and your baby need:
 - vegetables and fruit
 - grain products
 - milk and alternatives
 - meat and alternatives
- A proper diet during pregnancy increases your chances of having a healthy baby and lowers the risk of a low birth weight.

Once your baby is born

- Breast milk is the only food babies need during the first six months. It continues to provide the best nutrition up to age 2 and beyond, combined with the other foods being introduced into the child's diet when they are 6 months old.
- If breast milk is not chosen, instant formula is preferable to cow's milk until 9 months of age. As of 9 months of age, the quantity of cow's milk drunk by the baby until 2 years of age must not exceed 500 to 750 ml (2 or 3 cups) per day.
- Providing a good diet for a baby from the very first months of its life will allow for good development and growth.

FOR ADDITIONAL INFORMATION

Call **1-877-767-8773** (toll free)
or visit our website at **www.mess.gouv.qc.ca**.

Your CLSC can also help

Your CLSC offers a number of services to assist you during your pregnancy, when you give birth and during the months that follow. For additional information, contact the CLSC nearest you. You can also contact Info-Santé at 8-1-1.

www.mess.gouv.qc.ca

PLEASE NOTE

This document is for information purposes only and may not be used for legal interpretation purposes.