

# FOR A HEALTHY BABY AND MOTHER!



## THREE SPECIAL BENEFITS

- Pregnancy
- Nursing
- Infant Formula

## OLO FOLLOW-UP CARE

Support for a healthy baby  
and healthy eating habits

# Special benefits are available to mothers receiving benefits under the Aim for Employment Program, the Social Assistance Program, the Social Solidarity Program or the Basic Income Program<sup>1</sup>.

To obtain special benefits, you must file an application with the Gouvernement du Québec\*.

## SPECIAL PREGNANCY BENEFIT

A healthy diet during pregnancy lowers the risk of health problems for the mother and the baby.

**If you are pregnant, you are eligible for a special benefit of \$55 per month in addition to your monthly benefit until you give birth.**

The special benefit is designed to help you buy nutritious food and have a healthy pregnancy. It can also be paid if you are the parent of a pregnant dependent child.

### How to apply

Submit one of the following documents, as soon as possible\*:

- The Certificat médical form (French only) completed by your physician, nurse or midwife
- A written attestation signed by your physician, nurse or midwife. The written attestation must include the following information:
  - Your last name, first name and date of birth
  - The number of weeks of pregnancy
  - The expected date of delivery



## SPECIAL NURSING BENEFIT

**If you are breast-feeding a baby, 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\* 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.



## SPECIAL BENEFIT – ASSISTANCE FOR THE PURCHASE OF INFANT FORMULA

If you choose not to breast-feed your baby, it is recommended to use infant formula. With this special benefit, you can **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.

### How to apply

As soon as your baby is born, contact us\*. Proof of your baby's birth should be provided. You will receive a new claim slip (medication card) with an authorization number to buy infant formula for the duration of your eligibility.

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. The amount to be spent by a beneficiary is \$8.75 per purchase of 12 cans of 385 ml. In order to receive assistance for the purchase of infant formula, you must buy the formula at a pharmacy.

<sup>1</sup> The Basic Income Program comes into effect on January 1, 2023.



## Types of formula authorized

Baby's age and requirement	Type of liquid concentrate infant formula authorized
Under 9 months: No medical certificate is required.	<ul style="list-style-type: none"> <li>• regular</li> <li>• soy-based</li> <li>• lactose-free</li> </ul>
9 months to 1 year: A medical certificate or a written attestation from a physician is required.	<ul style="list-style-type: none"> <li>• soy-based</li> <li>• lactose-free</li> </ul>

## Eligibility period

Baby's age	Eligibility period for the benefit
Under 9 months	From the date of birth to the last day of the month in which the baby turns 9 months of age.
9 months to 1 year	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)

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.

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

## HERE TO FIND HELP?

### PREGNANCY FOLLOW-UP

Pendant votre grossesse, vous pouvez discuter de l'alimentation avec votre médecin, infirmière ou sage-femme pour obtenir des renseignements et appuyer vos décisions.

During your pregnancy, you may discuss eating habits with your physician, nurse or midwife to obtain information and support your decisions.

### OLO FOLLOW-UP CARE

The Olo follow-up care is available to pregnant women who reside in Québec and live below the low-income threshold. The Olo follow-up care offers support during pregnancy and, ideally, until the child reaches 2 years of age.

- For your baby to be born healthy: From the 12th week of pregnancy through to delivery, you will receive prenatal multivitamins and food vouchers redeemable for food. A nutritional assessment is also performed by a health care professional.
- For your family to adopt healthy eating habits: At your follow-up sessions, your health care professional will advise you on healthy eating during pregnancy, breast-feeding or introducing solid foods to your baby's meals. You will be provided with educational tools (baby books, affordable recipes, planning tools, etc.). You will learn more about how to cook and eat well as a family!

### How to apply

Start by filling out the Ma grossesse form, available at [Quebec.ca/magrossesse](http://Quebec.ca/magrossesse).

The Ma grossesse service offers quick, free and confidential access to various services available to pregnant women, allowing them to be well surrounded for the birth of their baby.

For additional information on the Olo follow-up care, please call your CLSC\*\*. Your CLSC also offers a number of services to assist you during your pregnancy, when you give birth and until your child starts kindergarten.



## **\* TO APPLY FOR SPECIAL BENEFITS**

**Québec.ca/healthy-baby-mother**

**1-877-767-8773 (toll free)**

**Locator—Services Québec offices offices:  
localisateur.servicesquebec.gouv.qc.ca/en**

## **\*\* TO RECEIVE OLO FOLLOW-UP CARE**

**Ma grossesse form available at:  
Québec.ca/magrossesse**

**Finding a CLSC:  
sante.gouv.qc.ca/en**

**fondationolo.ca/en**

**Québec.ca/en/health/nutrition/healthy-eating-habits**

### **PLEASE NOTE**

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