

Health Care



Manitoba Health Card

An application can be downloaded at: www.gov.mb.ca/health/mhsip/forms.html and you have to mail it into Winnipeg, or drop it off in person at 300 Carlton Street, Winnipeg, MB R3B 3M9
Phone toll free 1-800-392-1207 or (1-204) 786-7101
Applications can also be picked up at City Hall, 97 Saskatchewan Avenue East, Monday – Friday from 8:30 – 4:30pm. If you take the completed form back to City Hall they will mail it in to Winnipeg for you.
You will need your MB Health Card whenever you go to see a doctor or get a prescription filled.

Portage Clinic

140 9th Street SE 857-3445
Phone this number to get a doctor when you arrive in Portage la Prairie. This is also where you will go when you have an appointment with your doctor.

Portage Clinic Satellite Office (known as the Portage Walk-in Clinic)

59 Royal Road North
Hours: Monday – Friday 9am – 9pm, Saturday 10 – 3pm
Go to the walk-in clinic if you cannot get an appointment with your regular doctor or you do not have a doctor yet and you are sick. Do not go to the walk-in clinic if you are having an emergency! Go to the hospital or call 911.

Portage and District General Hospital

524 5th Street SE 239-2211 For Emergencies call **911**

Portage Public Health Unit (Manitoba Health)

25 Tupper Street North (Provincial Building, 1st floor) 239-3070
Immunization for children, visits for young moms (Families First), homecare for the elderly, Portage Diabetes Program, pre-natal classes education, post-partum and breast feeding, reproductive health (birth control supplies)

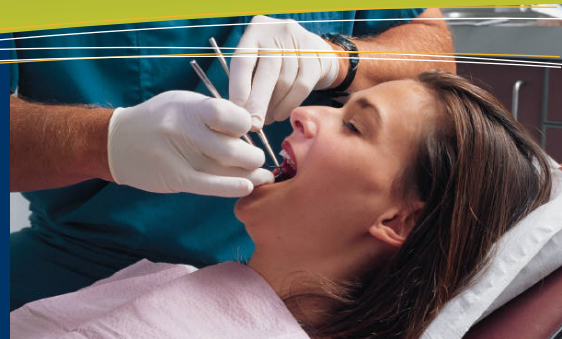
Portage Family Abuse Centre

239-5234
Crisis intervention and ongoing support for abused women and their children. Public education regarding domestic violence.

Other Services

The following services are usually not covered by Manitoba Health. You will have to pay for them unless you have supplementary health insurance such as Blue Cross. Sometimes, you can get extra health insurance through your work.

Ambulance	Message Therapist
Acupuncturist	Naturopathic Doctor
Chiropractor	Orthodontist
Dentist	Physiotherapist
Denturist	Pharmacist (medication, prescriptions)



Health Care

Ambulance 911

Most ambulance trips are **not** covered by Manitoba Health.

Acupuncturist

Dagny Gravert, Registered Acupuncturist 204-232-9608
206 Prince Ave

Chiropractors

Armstrong Family Chiropractic

Dr Aaron Armstrong 239-1226
326 Saskatchewan Avenue East
Massage therapy also available

Dr Brian Graham

612 Saskatchewan Avenue East 857-5051

Dr Bruce Narvey

1200 Saskatchewan Avenue West 857-9452

Royal Chiropractic Centre

Dr Angelo Sarlas 857-4524
21 Royal Road South
Massage therapy also available

Dentists/Denturist/Orthodontists

Brite Smile Dentist Clinic

Dr H M Stasiuk & Dr J N Stasiuk 857-5041
318 Saskatchewan Avenue East

Dr Larry Cogar & Dr Scott Mather

44 Tupper Street North 857-5772

Portage Dental Associates

Dr A G Davis & Dr M D Sullivan 239-1554
49 Royal Road North

Westview Dental Centre

Dr Eric Kristof & Dr W H Young 857-3545
2401 Saskatchewan Avenue W (Canad Inns Mall)

Ryan's Denture Clinic

53 Tupper Street North 857-3852

Portage Orthodontic Centre

Dr Dan Sullivan 239-4071
51 Tupper Street North

Massage Therapists

Allison Giffin Massage Therapy

2401 Saskatchewan Avenue W (Canad Inns Mall) 857-6919

Armstrong Family Chiropractic

326 Saskatchewan Avenue East 239-1226

Central Plains Muscle Therapy

312 Fisher Avenue East 857-9587

Massage Therapists Continued

Elemental Sense-sations

206 Prince Avenue NE 240-4140 or 240-7010 or 240-7169

The Grounding Centre

239-4250

Royal Chiropractic Centre

21 Royal Road South 857-4524

Tan F/X

#9 – 2352 Sissons Drive 856-1995

Tara Blight 32 Radisson Avenue East

857-7321

Naturopathy

Dr Cory Webb ND

1609 Saskatchewan Avenue West (Honeybee Health)
Call for appointments: 856-0264

Optometrists (Opticians)

Portage Family Eye Care

Dr Theo Caners 857-7697
61 Royal Road South

Portage Vision Services

Dr Gilles Lorteau & Dr Steven Malo 857-4760
216 Prince Avenue

Wal-Mart

2348 Sissons Drive 857-5011
Optometrist comes to this store one time each week.

Physiotherapists

Portage Physiotherapy & Sports Injury Clinic

57 Royal Road North 239-4730

Pharmacists

Hill's Clinic Pharmacy (inside the Portage Clinic)

140 9th Street SE, www.hillspills.com 239-1368

Hill's Drug Store (also referred to as "Hill's East" by locals)

200 Saskatchewan Avenue East 857-4631
www.hillspills.com

Shoppers Drug Mart

Saskatchewan Avenue West 857-7891
www.shoppersdrugmart.ca
Open late until midnight

Wal-Mart

2348 Sissons Drive 857-5024
www.walmart.ca