

# MESSAGE FROM YOUR DENTIST

To individuals insured under the Quebec health insurance plan

## Important reminder

### Check your mailing address with the RAMQ

To ensure that you receive the RAMQ's payment for my services both quickly and effectively, make sure that the RAMQ has your current contact information on file. I suggest that you contact the RAMQ to check this information and prevent late payments.

## How?

### To change your address by telephone

Quebec City region: 418 644-4545  
Montreal region: 514 644-4545  
Elsewhere in Quebec: 1 877 644-4545

### To change your address on line

Go to the *Change of address* section on the *Contact us* page of the RAMQ's website <http://www.ramq.gouv.qc.ca/en> and click on [\*Service québécois de changement d'adresse\*](#).

Thank you for your assistance,

Your dentist