



Québec Parental Insurance Plan

Evolving with today's parents!

Have you considered signing up for direct deposit?

It's secure and convenient!

- You won't have to leave your home and you'll avoid postal delays due to statutory holidays.
- Your benefits are sent directly and safely to your bank account.
- You are helping the environment.

There are 2 easy ways to sign up for direct deposit:

- Access your file online at **rqap.gouv.qc.ca** and change the payment method for your benefits

or

- Contact our Centre de service à la clientèle:
North America, toll-free: 1-888-610-7727
Overseas: 1-418-643-7246 (Charges apply)



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Use QPIP's online services to access your file at any time!

From your online file, it's easy to:

- Complete and submit an application for benefits
- Submit (upload) digitized documents or pictures of documents
- Check you benefit details, your payment dates and amounts, and see when a decision has been issued
- Declare the birth of your child
- Declare the income you earned during your benefit period
- Change your benefit weeks
- Sign up for direct deposit or make changes
- Provide an email address and submit a change of address
- Consult and print out your tax slips when they become available

Access your online file at
rqap.gouv.qc.ca

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Travail, Emploi
et Solidarité sociale

Québec

