# EXPRESS ENTRY

**Category-based selection**

# Healthcare & Social Services Category

**Eligible Occupations** - 2026 Edition

### Important Disclaimer

*This guide is for general informational purposes only and does not constitute legal or immigration advice. Immigration rules change frequently. Always verify current IRCC requirements at canada.ca and consult a Regulated Canadian Immigration Consultant (RCIC) or licensed immigration lawyer for advice specific to your situation.*

37 eligible NOC codes across TEER 1, 2 and 3. You need 12 months of full-time experience (or equivalent part-time) within the past 3 years, in a **single** occupation from the list below; it does not need to match your primary occupation. Experience can be anywhere in the world, **except for physicians**. Part-time experience counts proportionally.

## Colour legend:

TEER 1 TEER 2 TEER 3 ★ Often overlooked ✦ Social services

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| General practitioners & family physicians | 31102 | TEER 1 | *Family doctors; most in-demand nationwide* |
| Specialists in clinical & laboratory medicine | 31100 | TEER 1 | *Internists, cardiologists, pathologists, immunologists, etc.* |
| Specialists in surgery | 31101 | TEER 1 | *All surgical specialties: ortho, cardiac, neuro, plastics, etc.* |
| Veterinarians ★ Often overlooked | 31103 | TEER 1 | *Many don't realize vet medicine qualifies here* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Registered nurses & registered psychiatric nurses | 31301 | TEER 1 | *Largest healthcare workforce RNs and RPNs* |
| Nurse practitioners | 31302 | TEER 1 | *Advanced practice with prescribing authority* |
| Nursing coordinators & supervisors | 31300 | TEER 1 | *Charge nurses, unit managers, clinical leads* |
| Licensed practical nurses | 32101 | TEER 2 | *LPNs/RPNs  TEER 2* |
| Nurse aides, orderlies & patient service associates ★ **Often overlooked** | 33102 | TEER 3 | *TEER 3 = very accessible entry point to this category* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Physiotherapists | 31202 | TEER 1 | *One of Canada's most in-demand healthcare roles* |
| Occupational therapists | 31203 | TEER 1 | *Aging population = booming OT demand* |
| Audiologists & speech-language pathologists ★ **Often overlooked** | 31112 | TEER 1 | *Both professions under one code huge shortage* |
| Chiropractors | 31201 | TEER 1 | *Regulated across all provinces* |
| Massage therapists ★ **Often overlooked** | 32201 | TEER 2 | *Regulated RMTs — many don't realize they qualify* |
| Physician assistants, midwives & allied health professionals ★ **Often overlooked** | 31303 | TEER 1 | *Wide umbrella: midwives, PAs and more* |
| Other professional occupations in health diagnosing & treating ★ **Often overlooked** | 31209 | TEER 1 | *Catch-all: naturopaths, acupuncturists, podiatrists, etc.* |
| Other technical occupations in therapy & assessment ★ **Often overlooked** | 32109 | TEER 2 | *Orthotists, prosthetists, recreation/ kinestherapists* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Psychologists | 31200 | TEER 1 | *Doctoral-level mental health specialists* |
| Therapists in counselling & related specialized therapies ★ **Often overlooked** | 41301 | TEER 1 | *Art, play, marriage & family therapists* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Pharmacists | 31120 | TEER 1 | *Community, hospital, and clinical pharmacists* |
| Dietitians & nutritionists | 31121 | TEER 1 | *Clinical and community dietitians* |
| Pharmacy technicians ★ **Often overlooked** | 32124 | TEER 2 | *Separate code from pharmacists; far less competitive* |
| Pharmacy technical assistants & pharmacy assistants ★ **Often overlooked** | 33103 | TEER 3 | *TEER 3 another overlooked lower-barrier code* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Medical laboratory technologists | 32120 | TEER 2 | *MLTs critical behind-the-scenes role, strong demand* |
| Medical radiation technologists | 32121 | TEER 2 | *X-ray, CT, MRI and nuclear medicine techs* |
| Medical sonographers ★ **Often overlooked** | 32122 | TEER 2 | *Ultrasound techs; strong shortage across provinces* |
| Cardiology & electrophysiological diagnostic technologists. ★ **Often overlooked** | 32123 | TEER 2 | *ECG, Holter, stress test techs; rarely mentioned* |
| Medical laboratory assistants & related technical occupations ★ **Often overlooked** | 33101 | TEER 3 | *TEER 3 another overlooked lower-barrier code* |
| Other medical technologists & technicians ★ **Often overlooked** | 32129 | TEER 2 | *Less common lab/tech roles not listed elsewhere* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Respiratory therapists, clinical perfusionists & cardiopulmonary technologists ★ **Often overlooked** | 32103 | **TEER 2** | *Very high demand post-COVID critical care* |
| Paramedical occupations. ★ **Often overlooked** | 32102 | **TEER 2** | *Paramedics, EMTs, advanced care paramedics* |
| Animal health technologists & veterinary technicians. ★ **Often overlooked** | 32104 | **TEER 2** | *Vet techs, often unaware they qualify here* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Dentists | 31110 | **TEER 1** | *General and specialty dentists* |
| Dental hygienists & dental therapists ★ **Often overlooked** | 32111 | **TEER 2** | *Strong provincial demand, especially rural* |
| Optometrists | 31111 | **TEER 1** | *Primary eye care providers* |

| Occupation | NOC | TEER | Notes |
|---|---|---|---|
| Social workers ✦ **Social services** | 41300 | **TEER 1** | *MSW and BSW-level practitioners* |
| Therapists in counselling & related specialized therapies ✦ **Social services** | 41301 | **TEER 1** | *See also mental health section above* |
| Social & community service workers ✦ **Social services** | 42201 | **TEER 2** | *Outreach workers, case aides, settlement workers* |

### How to Check If Your Occupation Qualifies

Your job title alone won't determine eligibility — what matters most is whether your actual day-to-day responsibilities match the NOC description. Here's a simple way to check:

- Look up your job title on the official NOC website https://noc.esdc.gc.ca/
- Read the full description of the NOC code and compare it to what you actually do at work
- Check that the majority of your duties line up, a partial match is usually not enough (min 70% -80% match with your main duties)
- Make sure you meet the education and experience level indicated for that code (TEER 1 = university degree typically required)
- When in doubt, speak with a Regulated Canadian Immigration Consultant (RCIC) who can review your specific situation

### Disclaimer

*This document is meant to give you a starting point for exploring whether your occupation might fit the Healthcare and social services category of Express Entry. It is not legal or immigration advice. Your actual eligibility depends on your full profile, including education, language test scores, work experience, and other factors assessed by IRCC. Always verify with official government sources or consult a licensed immigration professional before making any decisions.*

Still not sure if your occupation qualifies? I'd love to help you figure it out. Book a consultation and we'll go through your profile together, no guessing, just clear answers tailored to your situation. **Book a Consultation**