

Date:

**Re: Request to have Reflexology added to my extended health benefit plan**

To Whom it May Concern:

As a client of a \_\_\_\_\_ <<insert name of insurance firm or broker>> health benefit plan (policy # \_\_\_\_\_), I am requesting that Reflexology be added to my current insurance benefit.

Reflexology Therapy is an essential part of my healthcare routine. This therapy helps to relieve my stress, keeps me mobile, and improves my overall well-being. Reflexology is non-invasive, and I only need to remove outerwear (gloves, hats, shoes, socks, etc.) to receive it.

Studies have shown that Reflexology is able to aid in the relief of symptoms caused by stress and improve one's ability to relax. Reflexology can also improve nerve function and increase blood circulation as well as help to release toxins from the body. Reflexology can boost energy levels and metabolism. Additionally, sessions can effectively manage headaches, arthritic pain, and offer a safe and effective treatment of menstruation and pregnancy discomfort.

The Reflexology Therapist that I see is a Registered Canadian Reflexology Therapist (RCRT™) with the Reflexology Association of Canada (RAC). RCRT™s are skilled, professional, and essential to public health care. They work alongside acupuncturists, chiropractors, foot care nurses, massage therapists, physiotherapists, etc. They often work in the exact same clinics with many therapies performed by the same health professional. RCRT™s must pass an entrance exam to receive their designation, and are required to follow RAC's By-Laws, Standards of Practice, and Code of Conduct and Ethics. Additionally, there is a public complaint's process.

RCRT™s are qualified service providers and, as such, their clients, such as myself, should have the added benefit of being able to claim reflexology with my health benefit plan.

If you have any additional questions, please contact me at: \_\_\_\_\_

Thank you for your time and consideration.

Yours sincerely,