

Date: \_\_\_\_\_

To the Manager of Human Resources:

As a current employee of \_\_\_\_\_ <<insert name of company>> and a registrant of the group benefit plan administered by \_\_\_\_\_, <<insert name of insurance firm or broker>> I am requesting that Reflexology be added to our current employee extended health care plan.

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, and, in my experience, it is an effective way of maintaining my health.

The Reflexology Therapist that I see is a Registered Canadian Reflexology Therapist (RCRT<sup>TM</sup>) with the Reflexology Association of Canada (RAC). RCRT<sup>TM</sup>'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<sup>TM</sup>'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.

I submit that RCRT<sup>TM</sup>'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 our group health benefit plan.

As a company that cares and invests in the health and wellbeing of their employees, I am requesting to add this modality to our insurance plan.

Yours sincerely,

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Employee name

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Employee number and/or Job Title