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

*Name of Your Extended Health Provider Plan*

*Their Address*

*City, BC*

*Postal Code*

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

To Whom it May Concern:

As a client of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Health Benefit Plan (policy #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_), I am requesting that Reflexology be added to my current insurance benefit.

Reflexology is an essential part of my healthcare routine. Reflexology 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.

The Reflexologist that I see is an Approved Reflexology Practitioner with the Reflexology Association of British Columbia. Approved Reflexology Practitioners are skilled, professional, and essential to public health care. They work alongside acupuncturists, chiropractors, foot care nurses, massage therapists, and physiotherapists. Approved Reflexology Practitioners must pass an entrance exam to receive their designation, and are required to follow the Association’s By-Laws, Continuing Education Program, and Code of Conduct and Ethics. Additionally, there is a public complaint’s process.

Approved Reflexology Practitioners 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,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_