

Personal and Confidential

To Whom it May Concern:

I am writing to formally request that our health plan provider amend the parameters for counselling services in the benefit summary.

Currently, your plan does not include Registered Psychotherapists (RPs). Making your insurance plan inclusive of RPs is administratively simple. You need only amend the list of eligible professionals by adding Registered Psychotherapists as an approved paramedical provider. You currently cover the College of Psychologists and The College of Registered Social Workers; the College missing from your current plan is the College of Registered Psychotherapists (CRPO). This change will broaden the support available to your members so they get the support they need to remain productive and engaged. By advocating for this change, you are offering your members a broader benefit package through a simple change that is low or no cost. Registered Psychotherapist fees begin at \$95 per session as compared to clinical psychologists which can range from \$150 - \$250 per session. It would appear that amending the benefit schedule to include RPs would not cost our health care provider any additional funds but would broaden the options for those insured under the plan.

The CRPO has licensed every Registered Psychotherapist in the province to practice after careful review and screening. They represent many of the most skilled and experienced mental health professionals in the field and together form an essential mental health resource for you and your members.

I myself have found a Registered Psychotherapist that is competent, reliable and professional in their delivery of psychological services to me. I would like to retain the right to choose a counsellor whom I trust and whom I believe is helpful to me. I am concerned that I have been unable to claim payment for these services and would like to request that the expenses I incur with this Registered Psychotherapist be covered by my Extended Health Benefits Program.

I thank you for acting to strengthen the mental health support system available for your members and for your kind consideration. I would appreciate your prompt attention to this matter as time is of the essence in this instance.

Sincerely,