



To Whom This May Concern:

I'm writing to formally request that our health plan provider amend the parameters for counselling services in the benefit summary. I have been recently informed that any counselling provided by a Registered Clinical Counsellor (RCC) or Canadian Certified Counsellor (CCC) will not be covered by our existing extended insurance plan and I hope to change that.

Currently, any out of hospital counselling / psychological treatment covered by our extended health plan must be conducted by a Registered Psychologist or Registered Social Worker. I do not find this coverage to be adequate, especially given the limited choices for these two professionals in my area. RCC's and CCC's are currently not considered qualified under our plan however many insurance providers list them as qualified providers of counselling / psychological services.

I am sure you are interested in finding ways to increase the number of benefits employees are able to obtain without increasing any cost to the company. RCC's and CCC's fees begin at \$120.00 per session, as compared to Registered Psychologists whose fees range from \$180.00 - \$250.00 per session. It would appear that amending the benefit schedule to include R.C.C.'s would not cost our health care insurance provider any additional funds but would simply broaden the options for employees and family members insured under the plan. Indeed, the current exclusion of RCC's and CCC's limits options for, and accessibility to, counselling services for employees and their families.

I have personally found a RCC and/or CCC that is experienced and professional in the delivery of psychological / counselling services. I would like to retain the right to choose a counsellor whom I trust, connect with and believe will be helpful to maintaining my mental health. I am concerned that I have been / may soon be unable to claim payment for these services. I am requesting that the expenses I incur with this RCC's and/or CCC's be covered by our Extended Health Benefits Program.

Thank you for being open to reviewing your policies and providing options to support health and wellness. I appreciate your prompt response and attention to this matter.

Sincerely,

Jane Smith