

REFLEXOLOGY TREATMENT AND HEALTH INSURANCE

This is one of the most complicated of the issues related to complementary medicine as there is no hard and fast answer.

Most health insurance companies are national and policy is set centrally. Some, however, are Provincial and so the rules may be different in these companies from one Province to another. In Manitoba, for example, Blue Cross will reimburse the cost of Reflexology treatment if it is performed by an RCRT RAC Certified Therapist.

Other health insurance companies will allow reimbursement under the health spending account but, again, this does not apply to all.

We, at RAC, are working hard to change things so that reimbursement for Reflexology treatment by an RCRT RAC Certified Therapist is universal. This is a long process and we are sticking at it but the health insurance companies are almost one voice when it comes to things really changing and that is to say that change comes from demand and, currently in Canada, there is no heavy demand perceived and so the companies remain entrenched in their outdated policies. What this really means is that it is you, a person wanting Reflexology but needing to have it paid for under your insurance, who is the one the insurance companies will listen to. So, you need to lobby your insurance company or talk to your employer's Benefits Manager/Administrator and tell them that you want Reflexology to be covered. You and hundreds like you will be the power and the force that brings change.

We have pre-printed forms that just need your name and can be submitted directly to your insurance company. If you want change then work with us to bring that about.

Just call 204 477 4909 or email memberservices@reflexolog.org and we will be pleased to send you the forms you need.