

ATTENTION TO

DATE

## **Re: Addition of Athletic Therapy to Current Extended Health Care Policy**

---

I'm writing this letter to ask that you consider having the services provided by a **Certified Athletic Therapist**, CAT(C), added to our current extended health care plan. I'm currently receiving care from a Certified Athletic Therapist and am benefiting from this form of active treatment.

**Athletic Therapists specialize in treating orthopedic injuries** and are especially effective in rehabilitating injuries sustained from motor vehicle accidents, sports, daily activities, chronic and recurring conditions, and emergencies such as concussion, fractures, and spinal injuries. Athletic Therapy treatments are based on the scientifically-supported Sport Medicine Model, an active approach to rehabilitation that focuses on finding and treating the cause of conditions not just the symptoms, as well as the patient taking an active approach to rehabilitating their injury versus a passive, therapist-dependent approach or reliance on modalities. **This improves the efficiency of treatments, which can benefit in faster recovery, faster return to work, fewer disability claims, and decreased chance of re-injury.**

Insurance providers have an active interest in serving their clients' needs most effectively and many insurance companies provide Athletic Therapy coverage for the rehabilitation of orthopedic injuries when treatment is provided by members of the Canadian Athletic Therapists Association (CATA). **Some insurance companies will add Athletic Therapy coverage to their plans coupled with Physiotherapy while still maintaining the same maximum coverage limit for paramedical services.**

I would greatly appreciate it if you would consider contacting our insurance provider to request that Athletic Therapy be added to our current plan. This would give me and other employees access to the most appropriate and effective medical specialists without increasing the maximum allowed in annual claims.

For more information on Athletic Therapy please visit [www.athletictherapy.org](http://www.athletictherapy.org) or contact Sandy Jespersen, Executive Director of CATA, at [executivedirector@athletictherapy.org](mailto:executivedirector@athletictherapy.org).

Thank you very much for considering this.

Sincerely,

Your Name