

# **Instructions for Teachers – Reflexology Coverage Request Form**

Thank you for supporting the Reflexology Coverage Campaign. Your participation helps demonstrate the need for reflexology coverage in teacher health benefit plans. Please follow the steps below to complete your form and ensure it is submitted correctly.

- 1 Download and print the Reflexology Coverage Request Form.
- 2 Fill in your personal information (Name, School/Location, and optional Email).
- 3 Read the letter provided on the form. This letter requests the inclusion of reflexology services in teacher benefit plans.
- 4 If you wish, add your own testimonial in the space provided. Share how reflexology has helped you, or why coverage would benefit you and other teachers.
- 5 Sign and date the form.
- 6 Return the completed form to your reflexologist. They will collect forms and submit them to the appropriate HR department on your behalf.

Your voice matters. Every completed form adds strength to this campaign. Together, we can make a difference and bring reflexology coverage to teachers across our region.