

# Reflexology Coverage Request Form

## Teacher Information

Full Name: \_\_\_\_\_

School / Location: \_\_\_\_\_

Email (optional): \_\_\_\_\_

To Whom It May Concern,

I am a teacher within this school board and I am writing to request the inclusion of **reflexology services** in our employee health benefit plan.

Reflexology is a recognized complementary health therapy that helps reduce stress, improve overall wellness, and support mental health. Many teacher benefit plans across Canada already cover reflexology services. Adding this coverage would give teachers access to another valuable tool to maintain health, resilience, and productivity.

I respectfully ask that reflexology be considered for coverage within our extended health benefits.

Thank you for your attention to this request.

Sincerely,

## Teacher Testimonial (optional):

Please share your personal experience with reflexology, or how you feel this coverage would benefit you and other teachers.

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## For Office Use Only

■ Received by HR on: \_\_\_\_\_ ■ Entered into system by: \_\_\_\_\_