



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 for an injury and I'm benefiting from this form of active treatment.

Many insurance companies provide Athletic Therapy coverage for the rehabilitation of orthopaedic injuries when this treatment is provided by members of the Canadian Athletic Therapists Association (CATA). Certified Athletic Therapists base their treatments on the Sports Medicine Model that involves active rehabilitation. **This model has been proven to be more effective than passive rehabilitation, providing the fastest return to previous levels of health following an injury, and resulting in decreased therapy costs and less time away from work.** An integral and well-respected part of Canada's sports medicine community, Athletic Therapists are found working with professional sports teams, industrial athletes, Olympic athletes and active individuals across Canada.

Insurance providers have an active interest in serving their clients' needs most effectively. **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 really appreciate it if you would consider contacting our insurance provider to request that this type of treatment be added to our current plan. This would give me and others additional access to the most appropriate and effective medical specialist without increasing the maximum allowed in annual claims.

For more information on the profession of Athletic Therapy please visit www.athletictherapy.org or contact Sandy Jespersen, Executive Director of CATA, at (416) 549-1682 or executivedirector@athletictherapy.org.

Thank you very much for considering this.

Sincerely,