

Date: [Insert date]

Attn: Kathryn Coll, Chair of Public Sector Group Insurance Plan Trustees
1 Harbourside, Brecken Building
Charlottetown, PE
C1A 8R4

RE: Inclusion of occupational therapy services in extended health benefits plan

Dear Kathryn,

I understand that our extended health benefits plan does not currently offer occupational therapy services. Occupational therapy provides low cost, high impact solutions to many physical and mental health-related issues and can prevent problems before they occur. This is of particular relevance, given 70% of disability costs are attributed to mental illness (Canadian Association of Occupational Therapists, 2019). Similarly, the Mental Health Commission of Canada quotes work related illness and injuries as accounting for 6% of work absences in the country (Statistics Canada). Occupational therapy interventions lead to an improved level of health, wellness, and productivity in the workforce. So much so, that the involvement of an occupational therapist can cut lost work days in half and decreasing spending on disability leave (Canadian Association of Occupational Therapists, 2019). This demonstrates how occupational therapy is an essential component to any comprehensive benefits package through its reduction in disability claims. As a policy holder, I am requesting coverage of occupational therapy services as a flexible health insurance coverage option in my benefits plan.

Please confirm receipt of my letter and whether consideration is being given to add occupational therapy services to the current health benefit plan.

Sincerely,