

## Information Regarding Insurance Coverage

In April 2015, the government of Ontario proclaimed the College of Registered Psychotherapists of Ontario (CRPO) into law, ensuring the competency and qualifications of Registered Psychotherapists (RPs). Since this time, ***more and more employers are including RPs in insurance benefit plans.***

### Actions You Can Take:

1. Check your insurance coverage to see if RPs are covered. If so, ask for a receipt from your therapist and process as you would other claims under your benefits plan.
2. If not, and you'd like to help change that, you can:
  - a) Go to [rptherapybenefits.ca](http://rptherapybenefits.ca). Under the **Resources** tab click on **Client to Employer Letter**. You can edit the template from there to tailor it to the Human Resources Benefits area of your employer, requesting they add RPs to your benefits plan.
  - b) If you work in a unionized setting:

Ask your union representative to add RPs (Registered Psychotherapists) to the list of professional services included in the group benefits plan during the next contract negotiations. See [rptherapybenefits.ca](http://rptherapybenefits.ca), **Resources** tab and click on **Client to Union Letter** to help you get started.
  - c) If you have a private health plan, ask about adding coverage of RP (Registered Psychotherapy) services to your plan.
3. Check to see if you have a *Health Spending Account*. If so, you can likely use funds in this account to cover your services until RPs are included directly in your plan.

Of course, your participation in this is entirely up to you. We share this information as many clients have asked what they can do to have RPs services included in their plans. After all, RPs specialize in providing psychotherapy, and we need to catch these plans up to the current regulatory environment.

**For more information:** Speak with your Registered Psychotherapist, or email the Registered Psychotherapy Insurance Committee at [info@rptherapybenefits.ca](mailto:info@rptherapybenefits.ca).

**Thanks for taking action!**

