

Let ASEBP HEALTH BENEFITS work for you

IMPROVE YOUR HEALTH
AND PHYSICAL WELL-BEING

WHAT TO CHOOSE?

Physiotherapy, chiropractic,
massage, or acupuncture

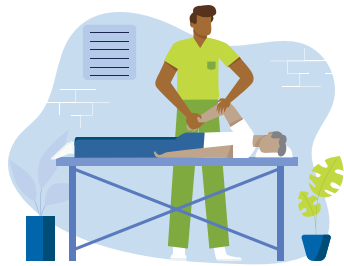


PHYSIOTHERAPY

TREATMENT: May consist of prescribed exercises, manual body adjustments, therapeutic ultrasound, electrical muscle stimulation, and more.

TYPICAL VISIT: 30-60 minutes

Physiotherapists do more than treat severe injuries. These health experts use a variety of treatments to restore and maintain optimal body function and quality of life.



CHIROPRACTOR

TREATMENT: Often a combination of manual spinal adjustments, local massage, chiropractic laser therapy, and recommended exercises.

TYPICAL VISIT: 15-45 minutes

Chiropractors are musculoskeletal experts who identify symptoms and provide hands-on and drugless treatments to relieve pain, restore mobility, and prevent reoccurrence.

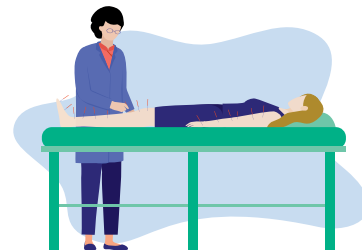


MASSAGE THERAPY

TREATMENT: A combination of manual massage with hands, elbows, or clinical massage tools.

TYPICAL VISIT: 30-90 minutes

Registered Massage Therapists identify muscle and joint concerns and provide treatments with hands-on techniques and exercise recommendations.



ACUPUNCTURE

TREATMENT: Consists of stimulating therapeutic points for health protection and treatment.

TYPICAL VISIT: 45-60 minutes

Acupuncturists use a variety of therapeutic tools based in traditional Chinese medicine to promote general well-being and help treat a range of physical conditions.

YOUR EMPLOYEE AND FAMILY ASSISTANCE PROGRAM (EFAP)

Get connected to a certified health coach, through EFAP, for advice on physical activity, nutrition, lifestyle, or smoking cessation. Search 'employee wellness' on asebp.ca for more information.

If you have questions about your ASEBP benefit coverage, please call us at 1-877-431-4786 or email benefits@asebp.ca. Find details at asebp.ca/my-benefits