

#### 7. Will the massage hurt?

Massage should not be painful. I will adjust pressure based on your feedback to ensure your comfort and effectiveness.

#### 8. Can massage help with [specific condition]?

Massage can help with various conditions, but consult your healthcare provider for personalized advice.

#### 9. Is massage covered by insurance?

Some insurance plans cover massage; I can provide a receipt for possible reimbursement.

#### 10. What should I do after a massage session?

After a massage, stay hydrated, avoid strenuous activity, and relax to enhance benefits.

#### 11. Are there any contraindications for massage therapy?

Contraindications include fever, illness, recent surgery, or acute injury. Please share any health concerns before your session.

#### 12. How can I book an appointment with you?

Book an appointment by calling [phone number], emailing [email address], or online via our website.

#### 13. Do you offer gift certificates?

Yes, I offer gift certificates for massage therapy sessions. They make great gifts for friends and family.

#### 14. Can massage therapy help with stress and anxiety?

Yes, massage therapy promotes relaxation, reduces stress and anxiety, and enhances well-being.

#### 15. Will I feel sore after a massage?

It's common to feel some soreness, especially after a deep tissue massage. This soreness should subside within a day or two.

#### 16. Do you offer mobile massage services?

Yes, I offer mobile massage services for clients who prefer the convenience of having a massage in their own home or office.

#### 17. Can massage help with insomnia?

Yes, I offer mobile massage services for clients who prefer the convenience of having a massage in their own home or office.

#### 18. How can I prepare for my massage session?

You can prepare for your massage session by showering beforehand, avoiding heavy meals, and wearing comfortable clothing.

#### 19. Are there any age restrictions for massage therapy?

Massage therapy is suitable for individuals of all ages, but minors may require parental consent or supervision.

#### 20. What payment methods do you accept?

I accept cash, credit/debit cards, and digital payment methods such as PayPal or Venmo.

## READY TO USE YOUR MASSAGE BENEFITS?

- ✓ Direct Billing Available
- ✓ Licensed RMTs
- ✓ Let them know you found them on [RMTCLINIC.NET](https://rmtclinic.net)

### Visit Us: [RMTCLINIC.NET](https://rmtclinic.net)

📞 1-888-768-8885

✉ Email: [BrandMe@rmtclinic.net](mailto:BrandMe@rmtclinic.net)

🌐 Website: [www.rmtclinic.org](https://www.rmtclinic.org)

📍 3050 Yonge Street, Suite 209,  
Toronto, ON M4N 2K4

**"This guide was brought to you by Henry Tse, Founder of RMT Clinic Organization — helping Canadians live better, pain-free lives one massage at a time."**



canada life | Manulife | Sun Life

Scotiabank | Desjardins | iA Financial Group | Johnson & Johnson | Johnston Group

BPA | B.C. Insurance | CIBC | CIBC World Markets | CIBC

G.M.S. | Group Health | Group Source | Manion

MSC | MetLife | MetLife



## DON'T LET YOUR HEALTH BENEFITS GO TO WASTE

Your Insurance Already Pays For "Most" of it

### Why This Guide Matters

Feeling stressed, sore, or burned out? Your body is trying to tell you something. The good news? Most Ontarians have massage therapy already covered in their health benefits plan — but millions go unused every year.

- Discover the top insurance plans that cover RMT massage therapy in Ontario
- Learn what types of massage therapy are covered
- See how to maximize your benefits with simple steps
- Get home care exercises for before and after your sessions



# THE TOP 7 BENEFITS PROVIDERS IN ONTARIO

| INSURANCE PROVIDER   | Massage Therapy Coverage   | Direct Billing Available | Annual Coverage   |
|----------------------|----------------------------|--------------------------|-------------------|
| Sun Life Financial   | Registered RMT Only        | Yes                      | \$300-\$1000/year |
| Manulife             | With RMT License           | Yes                      | \$500-\$1000/year |
| Canada Life          | Referral some times needed | Yes                      | Up to \$1000/year |
| Green Shield Canada  | Certified RMTs only        | Yes                      | \$300-\$500/year  |
| Desjardins Insurance | May require prescription   | Often                    | \$300-\$750/year  |
| Equitable Life       | RMTs eligible              | Yes                      | \$500/year avg    |
| Empire Life          | Often requires doctor note | Some clinics only        | Up to \$1000/year |



ALWAYS CHECK YOUR PLAN'S POLICY FOR "PARAMEDICAL SERVICES."

## TYPES OF MASSAGE THERAPY THAT COVER IN ONTARIO

| MESSAGE TYPE          | Ideal For                      | Covered By Plans |
|-----------------------|--------------------------------|------------------|
| Deep Tissue           | Chronic tension, sports injury | Most plans       |
| Swedish Massage       | Relaxation, circulation        | All plans        |
| Trigger Point Therapy | Knots & muscle pain            | Most plans       |
| Prenatal Massage      | Pregnancy support              | Some plans       |
| Hot Stone Massage     | Tension & stress               | Some Plans       |
| Lymphatic Drainage    | Detox, swelling, post-surgery  | Select plans     |



ONLY REGISTERED MESSAGE THERAPISTS (RMTs) ARE ELIGIBLE FOR INSURANCE BILLING.

# REMEDIAL EXERCISES & HOME CARE

- Healing starts at home. Your posture and daily habits play a key role in your recovery.
- Overuse injuries like tendonitis, muscle strain, and nerve issues are often caused by repetitive work.
- Massage helps, but lasting recovery comes from combining it with retraining your habits. Changing what caused the issue ensures long-term results.
- Home exercises don't have to be hard — simple movements can be very effective. Use the included guides to support your healing.

## Types of In-Home Therapy

### • STRETCHING

Stretching helps prevent and relieve muscle tightness caused by repetitive work. Hold each stretch for 15-20 seconds, and make it a habit by pairing it with daily routines like meals or breaks.

### • STRENGTHENING

Strong muscles protect against injury. Weak muscles cause tightness and pain, and leave joints vulnerable. Train smart by balancing opposing muscle groups (e.g., biceps/triceps, quads/hamstrings).

### • HYDROTHERAPY

Hydrotherapy improves circulation, eases pain, and relaxes muscles. Use heat or cold to reduce inflammation and tension.

### CAUTION:

Avoid applying heat to the torso if you have high blood pressure or feel dizzy or unwell—stop immediately and contact your doctor.

## WHY CHOOSE A REGISTERED MESSAGE THERAPIST (RMT)?

RMTs are licensed health professionals, trained in anatomy, pathology, and evidence-based treatment.

| RMT ADVANTAGE           | Why It Matters                     |
|-------------------------|------------------------------------|
| Covered by Insurance    | Save \$300-\$1000/year             |
| Medical-Grade Knowledge | Safe for injuries & chronic issues |
| Licensed & Regulated    | Accountability & professionalism   |
| Personalized Care Plans | Better results, tracked progress   |

# BEFORE, DURING & AFTER MASSAGE – HELPFUL EXERCISES

## BEFORE MASSAGE

- Light stretching: neck rolls, shoulder rolls
- Hydration: Drink water before to improve muscle elasticity

## DURING MASSAGE

- Breathe deeply and slowly
- Communicate pressure comfort to your therapist

## AFTER MASSAGE

- Drink water to flush toxins
- Gentle movement: cat-cow stretch, side bends
- Avoid intense exercise for 12–24 hours

“HEALING ISN’T JUST ON THE TABLE — IT’S IN YOUR DAILY HABITS.” – HENRY TSE

## THE TOP 20 FREQUENTLY ASKED QUESTIONS (FAQS)

That registered and certified massage therapists often encounter, along with concise answers

### 1. What qualifications do you have?

I am a certified massage therapist with [insert relevant certifications] and [insert years] of experience.

### 2. What types of massage do you offer?

I offer Swedish, deep tissue, sports, prenatal, and hot stone massages, all tailored to your needs.

### 3. How often should I get a massage?

Massage frequency depends on your needs and goals—typically once a week or every few weeks is ideal for maintenance.

### 4. How long is a typical massage session?

A typical massage lasts 60 to 90 minutes, but session length can vary based on your needs and preferences.

### 5. What should I expect during a massage session?

Your session starts with a brief consultation, then customized massage based on your comfort and needs.

### 6. Do I need to undress completely for a massage?

Undress to your comfort level—most clients do, but keeping undergarments on is perfectly fine.