

Let ASEBP HEALTH BENEFITS work for you

IMPROVE YOUR HEALTH
AND PHYSICAL WELL-BEING

WHAT TO CHOOSE?

Physiotherapy, chiropractic,
massage, or acupuncture

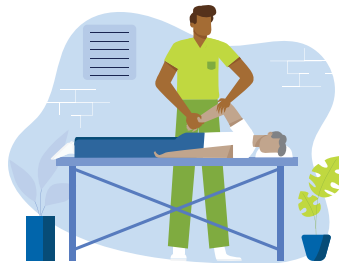


PHYSIOTHERAPY

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.

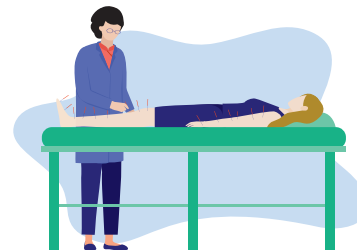


MASSAGE THERAPY

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 registered health professional, through EFAP, for confidential advice on healthy living, smoking cessation, managing a health condition, and much more. Visit wellness.asebp.ca/efap or call 1-855-933-0103 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