To [Name/Department/Whom It May Concern]:  
  
I am writing to formally request that my health plan amend the parameters for counselling services in the benefit summary. My current plan is limiting and only includes services conducted by a [Registered Psychologist or Registered Social Worker]. I do not find this coverage to be adequate, especially given the limited choices when it comes to finding a good fit, and so wish to change that. Registered Clinical Counsellors (RCC) and Canadian Certified Counsellors (CCC) are currently not considered qualified under my plan; however, many insurance providers and employers have listed them as qualified providers of psychological and counselling services.  
  
I am sure you are interested in finding ways to increase the amount of benefits employees are able to obtain without increasing any cost to the company. Registered Clinical Counsellors and Canadian Certified Counsellors fees typically begin at $120 per session with sliding scale options as compared to Registered Psychologists, which can range from $200 - $300 per session. Amending the benefit schedule to include RCCs and CCCs may not cost any or much additional funds but would broaden the options for those insured under the plan and save the company money. Additionally, RCCs and CCCs have the same education level, Masters, as Registered Social Workers, with an explicit focus on counselling psychology-unlike the latter. The current exclusion of RCCs and CCCs limits options for, and accessibility to, counselling services for employees and their families-perpetuation suffering and costing the public health system immense costs.  
  
I have found a Registered Clinical Counsellor that is competent, dependable, and professional in their delivery of psychological/counselling services. Cynthia J. Lamont, MA (RCC#19666, CCC#10002394) of Cynthia J. Lamont Counselling Services is the counsellor whose services I would like covered.  
   
I would like to retain the right to choose a certified and registered counsellor whom I trust and whom I believe is helpful to me. I would like to request that any further expenses I incur for mental health sessions be supported by my Extended Health Benefits Program.  
  
Thank you for your kind consideration. I would appreciate your prompt attention to this matter as time is of the essence in this instance.  
  
Sincerely,  
[YOUR NAME]  
[Contact Information]