

# Our Peaceful Times

ISSUE #17: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

## HOLIDAY GIFT CERTIFICATES

It's that time of year again! If family and friends are looking for something you would love to receive for the holidays, make sure you put us on your list! (Family members who are on your health insurance policy may also use the same discount.)

Gift certificate packages are also available. Our main package is for five sessions at the price of four. This package is good for sessions of any length. We also offer a second package to purchase two hour-long sessions and get a half-hour free. Health insurance discounts may not be used on our package offers. Prices are based on the full price of the sessions purchased.

## BLUE CROSS DISCOUNT CHANGE

As of January 1, 2008, the massage therapy discount for patients with Anthem Blue Cross/Blue Shield of Connecticut will be increasing from 15% to 25%. Hourly rates will decrease from \$51 to \$45, and half-hours will change from \$29.75 to \$26.25.

## WORKING TO INCREASE HEALTH INSURANCE COVERAGE

The plus side to the massage therapy discount programs offered by many health insurance companies is that you can come as often as you like during the year and don't need a doctor's referral or prescription prior to making your appointments. The down side is that you are responsible for paying for all your sessions out of your own pocket. The plus side of your health insurance company fully covering your massages is that you would not have to pay for your sessions out of pocket. The down side is that most fully-covered services are limited to a certain number of sessions per year.

The best of both worlds would be achieved if the insurance companies were encouraged to employ both the massage therapy discount program and full coverage of a set number of sessions. By using both options, some of your sessions would be paid for through your health insurance and the rest would still be available at a reduced rate.

Massage therapy works both to prevent or reduce the occurrence of health issues and reduce the physical and mental effects of stress. By receiving massage on a regular basis, you are improving the health of your body and mind, and your health insurance should acknowledge this benefit by offering additional coverage for your massage therapy sessions.

We encourage you to contact your insurance company regarding this matter. You are coming to our office for the betterment of your health and to prevent more serious health issues, something your health insurance company should acknowledge.

## WINTER APPOINTMENTS & THE WEATHER

This is just a brief reminder to all of our patients that if the weather will affect your ability to arrive on time or at all for your session to please give us a call, even if you make your decision five minutes prior to your session. A massage isn't quite as enjoyable if you are white-knuckle driving on your way to and from your appointment! Plus, we want you to arrive and leave from your session in one piece!



Please be generous year-round by donating to the charities supporting our communities and our planet!

## THE EVERY-DAY ATHLETE

You don't have to be a member of a sports team or even break out in a sweat to be engaged in athletic activities every day. While this 'tis the season for raking leaves and shoveling snow, many times it is the smallest things we do which put the most strain on our bodies. One of the guiltiest culprits is computer use, mainly because it means we are sitting in one place, in one position, repeating minute tasks for hours on end, including typing on a keyboard and using the mouse. These light tasks can put your muscles through their paces as much as jogging. Not convinced? Flap your arms for an hour and tell me how they feel. Yes, doing minute tasks doesn't create muscle fatigue or strain as obvious as a specific exercise, but the effect on your body is the same.

The best way to minimize fatigue and strain is to treat your body the same way an athlete does, by warming up and stretching before and after your activity. Lightly clench and relax your fingers. Wiggle them around. Flex your wrists and make circles with them. Since the sheer amount of time we spend at the computer is also a factor, set a timer or write a reminder to take a break. Whether the breaks come at set time intervals (every 15 minutes, every half-hour, etc.) or at the end of each task, find the way which works the best for you. Many of you (based on what you report when you arrive for your sessions) also say that your office work affects your arms, shoulders and neck. Doing these same exercises throughout the day can also reduce the amount of strain through these parts of your body as well. Do shoulder circles, shake out your arms, gently turn your head from side to side, and get out of your chair to move your body around and get your circulation flowing again.



*Happy Holidays!*

*Jamie & Jenn*