



Membership
GUIDE

Welcome



Hello and welcome!

This guide helps you to make the most of your RMTBC membership and explains the unique benefits for members including discounts, partnerships, events, and services.

The resources and benefits listed in this guide are also available on our website - rmtbc.ca

If you have any questions or comments, our staff is happy to assist you from 9:00 am to 4:30 pm Monday to Thursday, and 9:00 am to 4:00 pm on Friday.

Call us at 604-873-4467 or email info@rmtbc.ca

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RMTBC



OUR MISSION

- To lead the profession of massage therapy by fostering excellence in practice, education, and research.

OUR VISION

- To be a global health care leader by advancing the science and practice of massage therapy.

CORE VALUES

- In supporting our members and serving our stakeholders, the RMTBC is committed to the following core values:

Integrity | Accountability | Collaboration
Excellence | Innovation



HISTORY

The Registered Massage Therapists Association of BC (RMTBC) is your professional association, representing registered massage therapists (RMTs) in British Columbia.

In 1946, the practice of massage therapy was legislated and regulated by the provincial government. Since then, the profession has continued to grow rapidly with RMTs experiencing the highest increase in public demand for services of all the health care professions in BC.

As an RMTBC member, you demonstrate your belief and support in an association that advances your profession. Members receive a broad range of assistance and services that contribute to a strong professional presence and profile within the health care community. This includes educating the public, government, insurers, and fellow health care professions on the benefits of massage therapy.

Professional Development



PROFESSIONAL DEVELOPMENT

We support the profession by providing quality learning opportunities.

Conferences

The RMTBC is very proactive in elevating the role of RMTs in health care. We do this by providing premiere evidence-informed education programs for health care professionals and bringing together the brightest and most innovative educators and researchers.

In recent years, the RMTBC has hosted several extremely successful conferences with attendees and speakers alike lauding the importance and relevance of these events.

Continuing Education Resources

Our continuing education programs ensure members are up to date on the latest research, clinical practice, science, and techniques.

Practice Development Program (PDP)

To meet the requirements for the College of Complementary Health Professionals of BC (CCHPBC) Practice Development Program (PDP), a variety of courses are listed in the RMTBC members section of our website, many of them with a discounted rate for members. In addition, the RMTBC hosts conferences as well as other workshops throughout the year.

Topical and Timely Webinars

RMTBC continues to develop and provide webinars related to practice matters. These include issues related to insurance, legal concerns, governance, school talks and ongoing practice support.

Massage Therapy Foundation

The RMTBC is proud to partner with the Massage Therapy Foundation. They offer numerous resources including educational webinars, podcasts, and posters. Access to quality research specifically related to the massage therapy profession, including how to become an RMT researcher.



MEMBER RESOURCES

We support you and your practice.

Support

To assist you in ensuring your practice is professional, effective, profitable, and respected, members have access to the following supports:

- Sample contracts
- Clinical medical forms
- Free job postings
- Clinic and equipment sales/rentals postings
- Weekly eNewsletter alerting you to the latest news, courses, and deals
- Find an RMT directory on the public website
- Social media guidelines
- Patient relations communication materials including our “What to Expect on Your First Visit to an RMT” video
- The RMTBC Review – a biannual online magazine with topical and relevant information.
- A full-time Member Resource Advisor who can answer your questions about benefits and services provided by the RMTBC.

Insurance

Personal Insurance

- **Travel Insurance** – Included in your RMTBC membership, you are automatically covered while travelling for 60 days or less on personal or professional business. Family members can be added to the plan.
- **Life Insurance** – Included with RMTBC membership, you have basic life insurance provided by Canada Life (formerly Great West Life Insurance Company) which includes a \$10,000 benefit to your beneficiary or estate.
- **CMTA Health and Dental Plan** - As a member of the Canadian Massage Therapist Association (CMTA), RMTBC members have access to the CMTA's health and dental plan. This is a self-directed plan, administered by the Perlinger Group.
- **RMTBC Wilson Beck Health and Dental Plan** – As a member, you may also access a self-directed plan through our insurance broker, Wilson M. Beck.

Optional Insurance

The RMTBC offers a comprehensive package of optional professional insurance:

- **Malpractice Insurance** – RMTBC members can purchase \$5 million in coverage for professional liability and \$5 million in coverage for commercial general liability, including a 5-year extended reporting period.
- **Student Malpractice Insurance** is not available from the RMTBC. Students can email our broker Wilson M. Beck Insurance Services (rmt@wmbeck.com) for options on obtaining malpractice insurance for relaxation massage only.

PLEASE TAKE NOTE THAT

The Registered Massage Therapists Association of British Columbia (RMTBC) at all times reserves the right to deny any individual member the opportunity to be included as an insured in the optional RMTBC insurance policies relating to Medical Malpractice Liability and to Commercial General Liability (the "Policies") and to do so at its sole and exclusive discretion, whether reasonably or unreasonably exercised.

Even if the RMTBC offers any individual(s) the opportunity to be an insured under the Policies, the insurance underwriters may refuse to include such individual members as insureds and such refusal may be made in the sole and exclusive discretion of the said underwriter(s).

Grants



GRANTS and ACCESS TO RESEARCH

We encourage professional growth and connect you with the latest research.

Masters Grant

RMTBC will provide one-time funding up to \$7,000 per person for master's students in programs with significant research components that contribute to the profession by advancing knowledge through the candidates' research.

Seed Grant

RMTBC will provide funding for research projects that further the development of the art and science of massage and add to the overall massage therapy body of knowledge and research as practiced by RMTs in BC. Four grants of \$4,000 each are available annually.



Research

Case Study Awards

Massage therapy students in BC are invited to submit case reports to the Massage Therapy Foundation's Annual Student Case Report Contest.

Current Research

- Access to research sources such as the International Journal of Massage Therapy & Bodywork, the official journal of the RMTBC.
- Online database (access via the RMTBC website)
- Massage Therapy Foundation

Access to the RMTBC Library

The RMTBC has an extensive library. Each year, many quality books are added that can assist you to improve your practice. Books can be picked up at the office or we will mail them to you upon request.

Public and Member Surveys

Surveys bring valuable information on both the public's knowledge and perception of the profession as well as member needs. These surveys are an important tool that enables the RMTBC to better serve you and represent the profession to government and other stakeholders.



Member Assistance Program



How to use the Employee Assistance Program.

The Employee Assistance Program (EAP) is a free and confidential service provided by your employer that offers help with personal and work-related issues.

Professionally trained advisors are available to help with family problems, marital concerns, financial and legal matters, stress, depression, and other issues affecting your personal or work life.

Telus Health One (formerly LifeWorks)

The Member Assistance Program (MAP) with Telus Health One (formerly LifeWorks) includes confidential counselling, consultations, community referrals, multimedia resources, and online access to hundreds of articles, self-assessments and more. Services are available 24 hours a day, seven days a week, and are provided at no additional cost to you or your dependents.

If you would like to contact the Telus Health One program, their number is [1-877-207-8833](tel:1-877-207-8833).



Your confidential **Employee Assistance Program (EAP)**, and resources to support your mental, physical, social, and financial wellbeing.



Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.

- 1 Download the TELUS Health One app or visit one.telushealth.com
- 2 Watch your email inbox for an invitation to join the platform.



Online:

one.telushealth.com

Call us:

1-877-207-8833





Marketing Support

PROMOTING MASSAGE THERAPY IN BC

We bridge the gap between you and your patients.

The RMTBC is constantly striving to advance your profession throughout the entire province with a broad range of marketing initiatives and materials.

- **Community Health Fair Kits**

Financial help (up to \$200) and material support for you to attend a health fair in your community.

- **Marketing materials and brochures**

We offer a wide range of comprehensive brochures that can be beneficial to your practice and patients.

- **Video**

[What to Expect on Your First Visit to a RMT:](#) This video may be shared with patients attending their first treatment.

- **Referral Services**

The [FIND AN RMT](#) on our website is well-used by the public to locate RMTs either in the patient's area or for their particular condition.



Sports



Sports massage therapy has been a time-honoured practice dating back to ancient Greece and Rome.

Sports massage therapy can be included in a training program as a pre-event warm up or post-event cool down to aid performance and assist in injury prevention.

Current research provides evidence that massage therapy can reduce delayed muscle soreness and positively affect heart rate, blood pressure and stress hormonal levels resulting in a relaxation response, reduced anxiety and improved mood.



RMT TREATMENT



REGISTERED MASSAGE THERAPISTS MAY HELP:

- decrease pain by reducing muscle soreness
- reduce anxiety and promote relaxation
- promote greater flexibility & range of motion through active & passive remedial exercises

SELECTED RESEARCH

Pogorelec, M., Wengemann, W., Farnaut, A., Kuhnemann, M., Muffler, M., & Meyer, T. (2016). Massage and performance recovery: A meta-analytical review. *Sports Medicine*, 46(2), 163-204.

Loebler, J. K., Reiman, M. P., & Sylvan, J. (2014). The efficacy of manual joint mobilization/manipulation in treatment of lateral ankle sprains: A systematic review. *British Journal of Sports Medicine*, 48(5), 580-76.

CMTA Canadian Massage Therapy Association / Association Canadienne de Massothérapeutes

Notice to Massage Therapy Patients

E-PETITION

Are you a massage therapy patient?
Would you like to pay less for your massage therapy services?

Help CMTA advocate to government for exemption of GST/HST on Massage Therapy Services!

Scan this QR code with your mobile phone camera to access the petition for signing RMT/MTA members by 2024.





Raising Awareness

EDUCATING THE PUBLIC

We market Registered Massage Therapy in BC.

Referral Services

[FIND AN RMT](#) is a well-used resource on our website.

Advertising

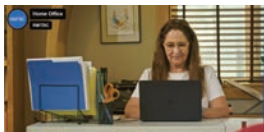
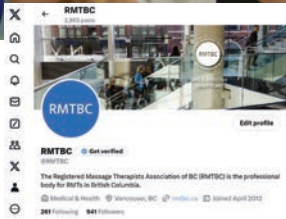
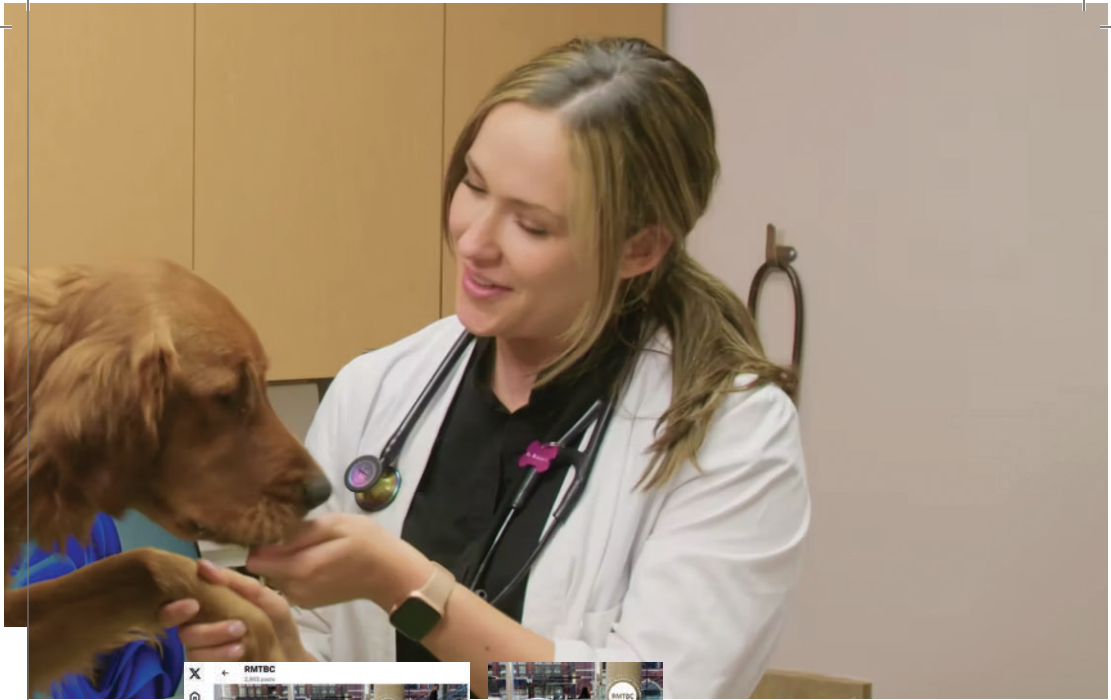
Province-wide advertising promoting the benefits of massage therapy from an RMT.

Public and Media Relations

Articles, blogs, and social media including Facebook, X (formerly Twitter), and Instagram.

Representation

Attending trade shows and events to promote registered massage therapy in BC.





Community

HONOUR and COMMITMENT

We build the community together.

We are proud of the fact that many of our members have been practicing for many years. By joining the Registered Massage Therapists Association of BC, you have made a commitment to your profession, your colleagues, and the people you treat. The RMTBC recognizes this commitment and passion with awards, service pin ceremonies, and acknowledgement. If there is something you think we should know and celebrate, please get in touch.

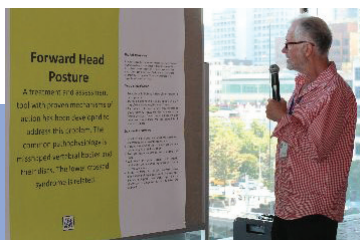
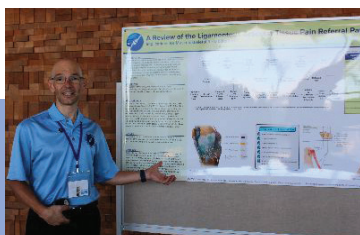
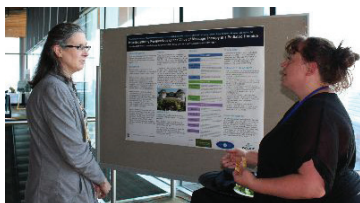
RMTBC Annual Awards of Excellence

RMTBC believes that members who make outstanding contributions to the profession should be recognized and honoured by their peers and their professional association. RMTBC Awards provide a way for registered massage therapists who are leading the way in clinical practice, development of the profession, or research, to be acknowledged and acclaimed by their professional community.

The Awards Categories

1. Lifetime Accomplishment
2. Leadership
3. Clinical Contribution
4. Professional Contribution

MASSAGE THERAPISTS 85 years CIATION OF BC

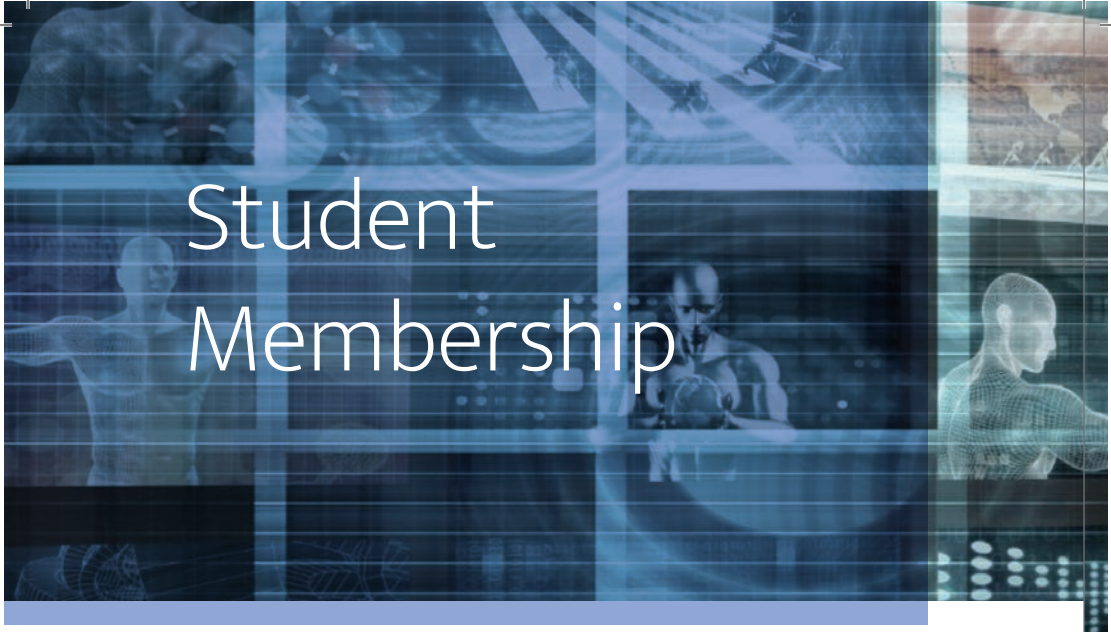




Affinity Programs

The RMTBC partners with various businesses and organizations to offer members exclusive pricing and benefits. Currently, members enjoy benefits on Communications (cell phone & internet) and Point of Sale services, fitness facilities, Sandman Hotels and on occasion, discounts can be found for specific sporting or entertainment events within our weekly newsletter. We offer discounts on popular online charting and billing services. Certain platforms also include access to online practice-related courses and the ability to create and send individual homecare resources to patients. Additional perks are also available through the Member Assistance Program (MAP), such as discounts on hotels and big-name retailers. Full details on these and more can be found on the member side of our website or by contacting the RMTBC.





Student Membership

BENEFITS

We provide a variety of benefits to massage therapy students and schools offering massage therapy programs.

Student Membership

Student membership is free for any student attending a recognized massage therapy program in BC.

School Membership

Schools offering recognized massage therapy programs may become Institutional Members.

School Liaison

Schools have access to our School Liaison Officer who will visit schools and describe the resources available to students during their program and explain the benefits of joining the RMTBC upon graduation..

Student Scholarships

Students who are members may apply for a \$500 scholarship which is awarded each year.



Library Access

Students have access to the RMTBC online library which includes the research journal database and tutorials, clinical summaries, and 3D Medical Images with Anatomy TV.

Member Resources

Students also have limited access to practice support information..

Job Roster

Students have access to the RMTBC Job Roster on our website.

Referral

The RMTBC also receives on a regular basis, public inquiries related to where they may find a recognized massage therapy program. Although the RMTBC does not endorse any one school, we do indicate the schools with RMTBC membership to the public.



**REGISTERED MASSAGE THERAPISTS
ASSOCIATION OF BRITISH COLUMBIA**

We welcome your phone calls!

Suite 180, Airport Square
1200 West 73rd Ave., Vancouver, BC V6P 6G5

P: 604-873-4467 F: 604-873-6211

Toll free: 1-888-413-4467



info@rmtbc.ca | rmtbc.ca | [@rmtbc](https://www.instagram.com/rmtbc)

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