

# Osteopathy

Part of the therapy treatments benefit, claim for osteopathic treatment, up to plan limits, to help:

- Increase the mobility of joints
- Relieve muscle tension
- Enhance the blood supply to tissues
- Help the body to heal



See how much you can claim on My Westfield

Osteopathy is a way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints



## Did you know?

- Osteopathy was founded in the late 1800s by physician and surgeon Andrew Taylor Still
- An Osteopath treats the entire person, focusing on physical, mental and emotional health

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