

## Reasonable and Customary Rates

Limits as of December 15, 2022 and are subject to change

Reasonable and Customary (R&C) limits are based on the usual cost for an item or service in each province. These limits are the maximum amount we'll cover. If an item or service costs more than our R&C limit, you would be responsible for paying the difference.

To keep things simple, these tables only list the R&C limits for the most commonly claimed items. R&C limits can apply to other items too. **Check your policy to see which benefits are included in your plan.**

### Health Benefits

Item	R&C Limit
Compression Stockings	One pair: \$120 Two pair: \$240 Three pair: \$360 Four pair: \$480
Custom Foot Orthotics	Per pair (Orthotics only): \$500
Off-the-Shelf Braces (corset/back/knee)	Per brace: \$100
Wheelchairs	Electric: \$4,000 Manual: \$1,500 Scooters: \$2,000
Wigs	Per wig: \$300
Eye Exams	Assessment: \$145
Blood Pressure Monitor	Per unit: \$150
Prosthetic Appliances	Artificial prosthesis: \$2,000 Artificial limb (right or left): \$2,000 Artificial eye (right or left): \$2,500 Larynx: \$300 Surgical Bra/Mastectomy: \$50 Single Breast Prosthesis: \$300 Bilateral Breast Prosthesis: \$500
CPAP Mask	One every six months

### Paramedical Services

Item	R&C Limit
Massage Therapist	30 Minutes: \$65 45 Minutes: \$90 60 Minutes: \$110 90 Minutes: \$145 120 Minutes: \$160
Chiropractor	Initial: \$100 Subsequent: \$73 X-ray: \$50
Physiotherapist/Athletic Therapist	Initial: \$130 Subsequent: \$85
Psychologist	Per Hour: \$225
Podiatrist/Chiropodist	Initial: \$100 Subsequent: \$75
Acupuncturist	Initial: \$130 Subsequent: \$70
Speech Therapist	Per 1/2 Hour: \$80
Osteopath	Per Visit: \$120
Naturopath	Initial: \$190 Subsequent: \$150
Dietitian	Initial: \$150 Subsequent: \$110
Registered Social Worker	Per Visit: \$150
Psychotherapist/Clinical Counsellor	Per Hour: \$150

R&C limits can change, and this list can be updated without notice. Full benefit details, along with the terms, conditions, limitations, and exclusions are in the policy.

For more information or if you have any questions, please contact us at [info@gms.ca](mailto:info@gms.ca) or 1.800.667.3699