

to understand the plan and ask questions can help employees to make the most of their coverage and stay healthy.

COVERED SERVICES

Acupuncture

COVERED SERVICES: Acupuncture

At Contoso, we are proud to offer employees Northwind Standard, an insurance plan that includes coverage for acupuncture. Acupuncture is an ancient form of healing that has been used for centuries. It is based on the belief that energy, or qi, flows through the body and can be manipulated with needles to promote healing.

Acupuncture is often used to treat chronic pain, headaches, digestive issues, stress, anxiety, and other conditions. It is generally considered to be safe and effective when administered by a trained and certified practitioner.

Under Northwind Standard, acupuncture is covered as a preventive service. This means that acupuncture treatment is covered at no cost to the employee, before any diagnosis is made or symptoms are present. This coverage is designed to help encourage people to get preventive care before they experience any health problems.

However, coverage for acupuncture is limited under Northwind Standard. The plan only covers acupuncture treatments that are administered by a licensed acupuncturist. Self-administered treatments, such as acupressure or self-treatment with needles, are not covered. Additionally, the plan only covers acupuncture treatments that are deemed medically necessary. This means that treatments that are solely for relaxation or cosmetic purposes are not covered.

If you are considering acupuncture as a treatment option, here are some tips to keep in mind:

- Make sure the acupuncturist you choose is licensed and certified.
- Ask about the acupuncturist's experience and training.
- Check to see if the acupuncturist is in-network with Northwind Standard.
- Discuss the risks and expected benefits of acupuncture with your acupuncturist.
- Ask your acupuncturist to explain the acupuncture treatment plan.
- Discuss any questions or concerns you have about acupuncture with your doctor.

At Contoso, we are committed to providing employees with access to quality and affordable healthcare. We are proud to offer Northwind Standard, an insurance plan that includes coverage for acupuncture, to help our employees stay healthy and well.