

- Ask your doctor or mental health provider about medications that may be covered by your plan.
- Reach out to family and friends for support.
- Take steps to reduce stress in your life and find healthy ways to cope with difficult emotions.

At Contoso, we want to make sure our employees have the resources they need to take care of their mental and physical health. That's why we are proud to offer Northwind Health Plus and its coverage for substance use disorder. If you or someone you know is struggling with SUD, we encourage you to take advantage of the services available through this plan.

Surgery

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Surgery is a medical procedure that involves the use of invasive techniques, such as cutting open or removing tissue, to diagnose or treat certain medical conditions. With Northwind Health Plus, you have access to comprehensive coverage for a variety of surgeries, including inpatient and outpatient procedures. However, there are some exceptions to this coverage.

The first exception is that Northwind Health Plus does not cover cosmetic surgery. Cosmetic surgery is a procedure that is done for aesthetic purposes, such as to improve the appearance of the face or body, rather than for medical reasons. This includes procedures such as breast augmentation, liposuction, and nose reshaping.

The second exception is that Northwind Health Plus does not cover experimental procedures or treatments. This includes any form of surgery or treatment that is not medically accepted or approved by a major medical organization.

The third exception is that Northwind Health Plus does not cover any procedure or treatment that is not medically necessary. This includes elective or cosmetic procedures, such as breast reduction or hair removal.

Finally, Northwind Health Plus also does not cover any procedure or treatment that is not performed by a licensed medical practitioner. This includes any procedure or treatment that is performed by an unlicensed or untrained practitioner.

When it comes to surgery, it is important to understand the coverage that you have under Northwind Health Plus. It is also important to be aware of any exceptions to your coverage. If you have any questions or concerns about your coverage, it is important to contact Northwind Health Plus directly to ensure that you have the coverage you need.

In addition to understanding the coverage you have, it is also important to understand the risks associated with surgery. It is important to discuss any potential risks with your doctor before undergoing a surgical procedure. It is also important to understand what is involved in the recovery process, so that you can plan accordingly.