

When using an out-of-network acupuncture provider, Northwind Health Plus covers up to \$25 per visit, after the deductible has been met. Out-of-network acupuncture services must also be medically necessary and approved by your primary care physician. All acupuncture services must be performed by an appropriately licensed acupuncturist and services are limited to one hour per visit.

When you visit an acupuncture provider, be sure to bring your Northwind Health Plus insurance card and a form of payment for the office visit or copayment. You will also need to provide the acupuncture provider with the authorization from your primary care physician.

Before scheduling an acupuncture appointment, it's important to make sure the acupuncturist is licensed and in-network with Northwind Health Plus. It's also important to talk to your primary care physician to make sure that acupuncture is an appropriate treatment for your medical condition.

In addition to traditional acupuncture treatments, Northwind Health Plus also covers acupuncture-related services such as acupressure, cupping, moxibustion, and tui na. These services may be covered when provided by an appropriate acupuncturist as part of a treatment plan approved by your primary care physician.

Northwind Health Plus does not cover services that are experimental, investigational, or for cosmetic purposes. Services for nutritional counseling, massage therapy, and physical therapy are also not covered. Northwind Health Plus also does not cover acupuncture services that are provided in a hospital or a skilled nursing facility.

If you have any questions about acupuncture services covered by Northwind Health Plus, contact the Member Services department at Northwind Health. They are available to answer any questions you may have about coverage and eligibility.

Allergy Testing and Treatment

COVERED SERVICES: Allergy Testing and Treatment

At Contoso, we understand that allergies can be a major source of discomfort and inconvenience for our employees. That's why we are proud to offer coverage for allergy testing and treatment through Northwind Health Plus. Allergy testing and treatment services are covered under the plan, with some exceptions.

Allergy Testing

If your physician determines that allergy testing is medically necessary, Northwind Health Plus will cover the cost of the testing. This includes skin tests, blood tests, patch tests, and other diagnostic tests that your doctor may order.

Allergy Treatment

Once your doctor has determined the cause of your allergies, Northwind Health Plus will cover the cost of treatment. This includes medications such as antihistamines, nasal sprays,