

Northwind Health Plus plan. By taking the time to research providers in-network with Northwind Health Plus and keeping track of your medical records and tests, you can make sure you are receiving the care and coverage you need.

Rehabilitation Therapy

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Rehabilitation therapy is a valuable service that is often necessary to help individuals recover from injury, surgery, or illness. It can help restore physical functioning and help individuals return to their normal daily activities. Northwind Health Plus covers rehabilitation therapy services, including physical therapy, occupational therapy, and speech-language pathology.

Physical Therapy

Physical therapy helps restore physical function and mobility. It can help individuals who have difficulty walking, bending, or moving due to an illness or injury. Physical therapy can also help improve balance, coordination, and strength. Northwind Health Plus covers physical therapy services that are medically necessary.

Occupational Therapy

Occupational therapy helps individuals develop, maintain, or restore skills for daily living and work. It can help individuals who have difficulty performing activities of daily living due to an injury, illness, or disability. Northwind Health Plus covers medically necessary occupational therapy services.

Speech-Language Pathology

Speech-language pathology helps individuals who have difficulty communicating due to a speech, language, or hearing disorder or disability. It can help individuals improve their communication skills, as well as their ability to interact with others. Northwind Health Plus covers medically necessary speech-language pathology services.

Exceptions

Northwind Health Plus covers rehabilitation therapy services that are medically necessary. Services that are not considered medically necessary are not covered. Examples of services that are not medically necessary include, but are not limited to, recreational therapy and personal training.

Tips

If you need rehabilitation therapy services, it is important to talk to your doctor or health care provider to determine if the service is medically necessary. Your doctor or health care provider can also work with you to find an in-network provider who can provide the service. You should also keep track of your visits and make sure that they are billed to your