

- Foot care products, such as arch supports, shoe inserts, and foot orthotics
- Services that are not medically necessary

Tips for Employees

- Take preventive steps to minimize foot problems, such as wearing comfortable shoes that fit properly and provide adequate support.
- If you have diabetes, check your feet daily for sores or other problems.
- If you have any foot problems, don't delay seeking medical care. Early diagnosis and treatment can often prevent more serious problems from developing.
- If you need custom orthotics, be sure to get them from a qualified provider who is knowledgeable in their use.
- If you're prescribed orthotics, be sure to follow the instructions for use and wear them as directed.
- If you're prescribed medication, be sure to take it as directed.
- If you have any questions about your foot care coverage, please contact Northwind Health Plus.

Gender Affirming Care

COVERED SERVICES: Gender Affirming Care

Contoso is proud to offer employees comprehensive coverage for gender affirming care through Northwind Health Plus. This coverage includes hormone therapy, gender affirming surgery, and mental health services related to gender transition.

Hormone Therapy:

Northwind Health Plus covers hormone therapy for individuals undergoing gender transition. This includes gender-affirming hormone replacement therapy such as testosterone or estrogen. The coverage also includes many medications and treatments related to hormone therapy, such as monitoring blood work, doctor visits, and lab tests.

Gender Affirming Surgery:

Northwind Health Plus covers gender affirming surgery for individuals undergoing gender transition. Northwind Health Plus also covers pre- and post-operative care related to gender affirming surgery.

Mental Health Services: