

particular plan. Additionally, it is important to find a qualified provider and to discuss the risks and benefits of the treatment with your provider before beginning treatment.

### Massage Therapy

#### COVERED SERVICES: Massage Therapy

At Contoso, we understand the importance of taking time to care for yourself and to reduce stress. That is why Northwind Health offers massage therapy coverage as part of the Northwind Standard plan. In order to be eligible for massage therapy coverage, the massage therapy must be medically necessary and prescribed by a primary care physician.

Massage therapy is a form of bodywork that uses manual manipulation of the muscles and soft tissue to reduce pain and tension and improve overall wellbeing. It can be used to treat a wide range of physical and mental health issues, including chronic pain, injuries, stress, anxiety, and depression.

When it comes to massage therapy, there are a few important exceptions to be aware of. Massage therapy must be performed by a licensed massage therapist who is a member of a recognized professional association. The massage therapy services must be performed in a professional setting and must be for a medically necessary condition. Massage therapy services are not covered for the purpose of relaxation or stress relief.

In order to receive coverage for massage therapy services, you will need to submit a prescription from your primary care physician and a completed massage therapy claim form. In addition, you will need to provide the name of the massage therapist, their license number, and the dates of service.

It is important to note that Northwind Health does not cover all massage therapy services. Some services such as acupuncture, reflexology, and aromatherapy are not covered. You should check with your health plan to determine which services are covered.

When it comes to massage therapy, it is important to find a massage therapist who has experience and is familiar with your condition. You should also be sure to communicate your needs to the therapist and discuss any potential risks or side effects.

In addition to massage therapy, Northwind Health also offers coverage for other types of physical therapy, such as chiropractic care, physical therapy, and occupational therapy. These services can be used to help with pain relief, improve mobility, and reduce stress.

At Contoso, we want our employees to take the time to care for their physical and mental health. We are proud to offer coverage for massage therapy and other physical therapy services through Northwind Health. With this coverage, you can get the care you need to feel your best.