

- Use the Health Educators who can provide you with the knowledge, skills, and tools to manage your health
- Make sure you get the support you need from Specialists who can provide additional support, such as nutrition and lifestyle counseling
- Don't forget to check if your plan covers emergency services, mental health and substance abuse services, or out-of-network services before you receive care

At Northwind Health, we understand that taking charge of your health is essential. Our personal health support programs are there to help you get the most out of your health benefits and to ensure that you get the care you need. With our programs, you can access personalized care teams, tailored resources, and additional support to help you manage chronic illnesses, injuries, and other health-related issues.

If you have any questions about Northwind Health's personal health support programs, please don't hesitate to contact us. Our team is here to help you make the most of your plan and get the care you need.

### Chronic Condition Management

#### CARE MANAGEMENT: Chronic Condition Management

At Contoso, we understand the importance of providing quality health care for our employees, and that's why we've partnered with Northwind Health to offer Northwind Standard, a comprehensive health insurance plan that includes chronic condition management.

Chronic condition management is a comprehensive approach to managing chronic conditions, including developing a plan of care that's tailored to your individual needs. This plan of care focuses on the long-term management of your condition, including lifestyle changes, medications, and other treatments. With chronic condition management, you can work closely with your health care provider to ensure that your condition is being managed effectively.

Chronic condition management is covered under the Northwind Standard plan, so you can access the care you need without worrying about out-of-pocket expenses. However, please note that the plan does not cover services related to emergency care, mental health and substance abuse, or care provided by out-of-network providers.

By taking advantage of the chronic condition management services available through Northwind Standard, you can work closely with your health care provider to develop a plan of care that's tailored to your individual needs. This plan of care focuses on the long-term management of your condition, including lifestyle changes, medications, and other treatments.

It's important to remember that chronic conditions can take time to manage and may require regular follow-up visits with your health care provider. Additionally, it's important