

provide access to weight management programs, including medically supervised programs and weight loss surgery. Additionally, employers can create a wellness culture in the workplace by encouraging healthy eating, offering healthy snacks, and providing incentives for employees who participate in health and wellness activities.

## Conclusion

Weight management is an important part of overall health and wellness, and Northwind Health Plus provides coverage for certain services related to weight management. This includes coverage for medically supervised weight loss programs and weight loss surgery. However, there are some exclusions and limitations, and it is important for employers to understand what is and is not covered. Additionally, employers can take several steps to support their employees in their weight management efforts.

## WHAT DO I DO IF I'M OUTSIDE WASHINGTON?

### Out-Of-Area Care

#### What Do I Do If I'm Outside Washington?

If you are outside Washington, you may still be eligible for coverage through Northwind Health Plus. Northwind Health Plus offers a network of providers that are located throughout the United States. These providers are part of Northwind Health Plus' nationwide network, which is designed to ensure that you are able to receive care, no matter where you are.

Out-of-area care is coverage that extends outside of Washington. This means that if you travel outside of the state, you can still receive care from a Northwind Health Plus provider. However, there are some exceptions to this coverage. For example, you may be limited to a certain number of visits or treatments that are covered outside of Washington. Additionally, certain services may not be covered, such as home health care services that are provided outside of the state.

If you travel outside of Washington, it is important to keep a few tips in mind. First, you should make sure that any provider you plan to visit is a part of Northwind Health Plus' nationwide network. You can do this by checking Northwind Health Plus' online directory or calling the Northwind Health Plus customer service line. Additionally, it is important to keep track of any expenses or services that you receive outside of Washington. You may need to provide receipts or other documentation to Northwind Health Plus in order to be reimbursed for these expenses.

Finally, it is important to remember that Northwind Health Plus does not cover all services outside of Washington. In some cases, you may be required to pay for a service in full and then submit a claim to Northwind Health Plus for reimbursement. It is important to contact Northwind Health Plus prior to receiving any services to ensure that they are covered by your plan.