

Virtual care is a great way to access care from the comfort of your own home. With Northwind Standard, you can get the care you need without the hassle of leaving your home. Our virtual care services are covered in the same way as any in-person visit, so you can rest assured you are getting the best possible care.

Weight Management

WEIGHT MANAGEMENT

Weight management can be an important part of staying healthy and maintaining a healthy lifestyle. Fortunately, Northwind Standard provides coverage for various weight management programs and services.

Preventive Care Services

Northwind Standard covers preventive care services related to weight management. This includes screening tests related to obesity as well as nutrition counseling. This coverage may also include follow-up services related to the screening test and nutrition counseling.

Behavioral Health Services

Northwind Standard also covers behavioral health services related to weight management. This includes behavioral counseling and cognitive behavioral therapy. The service provider may also provide group counseling related to weight management and nutrition.

Prescription Drugs

Northwind Standard also covers certain prescription drugs related to weight management, such as medications for obesity. However, please note that there may be other prescriptions drugs related to weight management that Northwind Standard does not cover. Please contact Northwind Health for more information.

Exceptions

Northwind Standard does not cover weight loss surgery or any other type of cosmetic surgery related to weight management.

Tips for Weight Management

If you are looking to manage your weight, there are a few tips that can help you get started.

1. Make sure to get enough sleep. Sleep helps the body to rest and recover, which can help you to stay energized and focused.
2. Eat a balanced diet. Eating a balanced diet that includes a variety of fruits, vegetables, lean proteins, and whole grains can help you to maintain a healthy weight.
3. Exercise regularly. Exercise helps to burn calories and can help with weight management. Try to get at least 30 minutes of physical activity each day.