

understanding the clinical review process and the exceptions that are available, members can help to ensure that they receive the care they need in a timely and cost-effective manner.

Personal Health Support Programs

CARE MANAGEMENT

At Northwind Health, we understand that making sure you get the care you need is an essential part of your overall health. That's why we offer a range of personal health support programs that are part of the Northwind Standard plan.

Personal Health Support Programs

Northwind Health's personal health support programs are designed to help you achieve your health goals and optimize your care. Our programs provide you with access to specialized care teams and tailored resources to help you manage chronic illnesses, injuries, and other health-related issues.

Our personal health support programs are designed to help you get the most out of your health benefits. Through our programs, you can access:

- Care Coordinators who can help you find the right care and services
- Health Coaches to help you develop a personalized plan to achieve your health goals
- Care Managers who can help you manage chronic conditions
- Health Educators who can provide you with the knowledge, skills, and tools to manage your health
- Specialists who can provide additional support, such as nutrition and lifestyle counseling

Exceptions

It's important to note that Northwind Standard does not cover emergency services, mental health and substance abuse services, or out-of-network services.

Tips

If you're looking to take advantage of Northwind Health's personal health support programs, here are a few tips to keep in mind:

- Take advantage of the Care Coordinators who can help you find the right care and services
- Make sure you develop a personalized plan with your Health Coach to achieve your health goals
- Utilize the Care Managers who can help you manage chronic conditions