

- Follow up: If you need to follow up with your doctor, be sure to do so. Virtual care services are an excellent way to stay in touch with your provider.
- Follow instructions: Make sure you follow any instructions given to you by your doctor during or after your virtual visit.
- Contact us: If you have any questions or need help scheduling a virtual visit, please contact Northwind Health customer service.

At Contoso, we understand that today's busy lifestyles can make it difficult to schedule and attend doctor's appointments. That's why we're proud to offer Northwind Health Plus, which provides access to convenient and cost-saving virtual care services. With Northwind Health Plus, you can get the care you need from the comfort of your own home.

### Weight Management

#### WEIGHT MANAGEMENT - COVERED SERVICES

Weight management is an important part of overall health and wellness, and Northwind Health Plus recognizes this. As part of your health plan, you have access to a variety of coverage options for weight management.

#### Coverage for Weight Loss Programs

Northwind Health Plus offers coverage for medically supervised weight loss programs. These programs are designed to help you reach and maintain a healthy weight. Covered services may include nutrition counseling, medical evaluation and follow-up, and laboratory tests. Your plan may also cover the cost of medications prescribed by your doctor as part of your weight loss program.

#### Coverage for Weight Loss Surgery

Northwind Health Plus also offers coverage for weight loss surgery. Weight loss surgery is a serious procedure that can help some people achieve major health benefits. Under this plan, coverage is available for certain types of weight loss surgeries, such as gastric bypass, gastric sleeve, and gastric banding.

#### Exclusions and Limitations

Please note that not all weight management services are covered under Northwind Health Plus. For example, Northwind Health Plus does not cover over-the-counter weight loss supplements, diet or exercise programs, or any services related to cosmetic weight loss. Additionally, pre-authorization may be required for certain weight loss procedures.

#### Tips for Employers

There are several steps employers can take to support their employees in their weight management efforts. Employers can consider providing resources and programs that focus on healthy lifestyle habits, such as nutrition education and physical activity. They can also