

Northwind Health Plus does not cover infertility treatments or elective or cosmetic procedures. Additionally, Northwind Health Plus does not cover any services related to the termination of a pregnancy.

### Tips

To ensure you are getting the best care possible, it is important to choose a doctor who is in-network and who is experienced in providing prenatal and post-natal care. Additionally, it is important to familiarize yourself with the coverage provided by Northwind Health Plus and be aware of any out-of-pocket expenses you may be responsible for. Finally, it is important to get regular check-ups throughout your pregnancy to make sure you and your baby are healthy and safe.

### Medical Foods

#### COVERED SERVICES: Medical Foods

At Contoso, we are proud to provide our employees with access to Northwind Health Plus, a comprehensive insurance plan that covers a variety of medical services. Included in this plan is coverage for medical foods. Medical foods are specially formulated products used to manage medical conditions and promote overall health.

#### What is a medical food?

Medical foods are specially formulated products intended for the dietary management of a medical condition. Medical foods are intended for the dietary management of a disease or condition that has distinctive nutritional requirements, and which cannot be managed by normal diet alone. They are designed to be used as a supplement to a normal diet and are typically available only with a prescription. Examples of medical foods include enteral formulas, low-protein foods, and specialty formulas.

#### What is covered?

Northwind Health Plus covers the cost of medical foods prescribed by a physician for the treatment of a medical condition. These medical foods must be used as part of an overall dietary management plan. Medical foods used for general nutrition or preventive care are not covered by this plan.

### Tips for Employees

When selecting a medical food, it is important to consider the nutritional needs of the individual. For example, a low-protein medical food may be necessary for individuals with kidney disease. It is also important to consider the cost of the medical food, as well as the cost of shipping and storage.

When using medical foods, it is important to follow the instructions provided by the physician and the manufacturer. Medical foods must be stored and used properly to ensure