

- Take advantage of preventive care services, such as counseling and therapy.
- Talk to your doctor about your treatment plan and any cost-saving options available.
- Consider talking to a mental health professional if you are feeling overwhelmed or struggling with mental health issues.
- Ask your doctor or mental health professional about support groups in your area.
- Research any alternative treatments that may be available and discuss them with your doctor.
- Utilize the mental health resources at Contoso, such as our Employee Assistance Program.

At Contoso, we understand the importance of mental health care and are committed to supporting our employees in their journey to mental wellbeing. We encourage you to take advantage of the mental health coverage provided by Northwind Health Plus.

Neurodevelopmental Therapy (Habilitation)

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Neurodevelopmental therapy (habilitation) is a type of service offered under the Northwind Health Plus plan that is designed to help individuals with physical, mental, and/or developmental disabilities. Habilitation services focus on helping individuals develop, maintain, and improve skills and functioning in areas like communication, self-care, mobility, and social skills.

Under the Northwind Health Plus plan, habilitation services are covered up to a certain dollar amount and number of visits. This amount and the number of visits may vary depending on the individual's needs. To receive coverage for habilitation services, the individual must be referred to a qualified provider by their primary care physician.

When seeking habilitation services, it is important to consider the individual's needs and goals. The provider should take this into consideration when creating a treatment plan. Some of the goals of habilitation services may include improving the individual's ability to communicate, learning how to use adaptive equipment, improving physical coordination and strength, and developing social and behavioral skills.

When seeking habilitation services, it is important to understand the different types of therapy that are available. This may include physical therapy, occupational therapy, speech and language therapy, and/or behavior modification therapy. Each of these therapies has different goals and approaches. It is important to understand which type of therapy is best suited for the individual's needs and goals.

It is also important to note that habilitation services are not covered for individuals under the age of 21. These services are only available for those 21 and older. Additionally, habilitation services are not covered for the treatment of mental illness or substance abuse.