

- Practice good posture and body mechanics: Make sure you maintain good posture when sitting and standing, and avoid clenching your teeth or grinding them.
- Avoid chewing gum: Chewing gum can cause your jaw muscles to become fatigued, which can worsen TMJ symptoms.
- Avoid large meals: Eating large meals can put a strain on your jaw muscles, so try to avoid eating large meals or snacks.
- Practice relaxation techniques: Relaxation techniques such as deep breathing and progressive muscle relaxation can help reduce jaw tension and relieve TMJ symptoms.
- Use heat and cold therapy: Applying heat or cold to your jaw can help reduce pain and muscle tension.
- Avoid extreme jaw movements: Avoid extreme jaw movements, such as widely opening your mouth or clenching your teeth.

Therapeutic Injections

COVERED SERVICES: Therapeutic Injections

At Northwind Health, we understand the importance of having access to therapeutic injections that can help treat medical conditions and provide relief from pain. We are pleased to offer coverage for therapeutic injections as part of the Northwind Health Plus plan.

Therapeutic injections are a type of procedure in which drugs or other substances are injected directly into the body to treat medical conditions and provide relief from pain. The most common types of therapeutic injections are corticosteroids, which reduce inflammation, and hyaluronic acid, which can be used to treat joint pain.

Therapeutic injections are often used to treat a range of conditions, such as arthritis, tendonitis, bursitis, and muscle spasms. They can also be used to treat chronic pain and can help reduce inflammation and swelling. Therapeutic injections can also be used to provide relief from migraines, headaches, and other types of pain.

Under the Northwind Health Plus plan, therapeutic injections are covered when they are administered by a licensed healthcare professional. These injections must be medically necessary and prescribed by a physician in order to be eligible for coverage.

In some cases, members may be required to obtain prior authorization before receiving a therapeutic injection. This prior authorization ensures that the injection is medically necessary and that it is the most appropriate treatment for the condition.

The Northwind Health Plus plan does not cover experimental or investigational treatments, including injections that are not medically necessary. Members should also be aware that not all therapeutic injections are covered under the plan.