

to keep track of your symptoms and any changes you may experience, so that you can communicate this information to your provider.

It's also important to note that chronic condition management is not a substitute for emergency care. If you experience a serious or life-threatening condition, you should seek emergency care immediately.

To make sure that you're getting the most out of your chronic condition management, here are a few tips to keep in mind:

- Make sure to keep your health care provider up-to-date on any changes in your condition or symptoms.
- Make sure to follow the plan of care prescribed by your health care provider.
- Take advantage of any educational resources available to you.
- Make sure to keep up with any recommended lifestyle changes.
- Make sure to take your medications as prescribed.
- Make sure to track your symptoms and any changes you may experience.
- Don't hesitate to ask questions and seek clarification if you're unsure about something.

At Contoso, we want our employees to be as healthy as possible, and that's why we've partnered with Northwind Health to offer Northwind Standard, a comprehensive health insurance plan that includes chronic condition management. By taking advantage of the chronic condition management services available through Northwind Standard, you can work closely with your health care provider to develop a plan of care that's tailored to your individual needs. With chronic condition management, you can ensure that your condition is being managed effectively, so that you can stay as healthy as possible.

EXCLUSIONS

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The Northwind Standard plan does not cover certain medical services and treatments. These services and treatments are known as exclusions. It is important for employees to be aware of the exclusions in this plan, so they can make informed decisions about their healthcare.

Emergency Services: The Northwind Standard plan does not cover emergency services. This includes ambulance services and treatments that require immediate care. If you require emergency services, you will be responsible for the full cost of those services.

Mental Health and Substance Abuse Coverage: The Northwind Standard plan does not cover any mental health and substance abuse coverage. This includes counselling, psychotherapy, and other treatments related to mental health and substance abuse.