Finally, employees should be sure to follow up on their complaint or appeal. Employees should contact the insurance company if they have not received a response within 30 days. Employees should also contact the IRO if they have any questions or concerns about the decision.

By understanding the exceptions and tips for making sure the IRO decision is accurate, employees can ensure that their complaint or appeal is heard and that the decision is made in their favor.

## **Additional Information About Your Coverage**

## **COMPLAINTS AND APPEALS**

Northwind Health Plus offers a variety of ways for members to submit complaints and appeals. These procedures are designed to ensure that all members have the opportunity to have their issues addressed in a timely manner.

If you have a complaint or grievance about your coverage or care, you can contact Northwind Health Plus directly. You can submit a complaint or appeal by phone, mail, or online. You can also contact your insurance provider directly or the state insurance commissioner in your state.

If you have a complaint or grievance about the quality of care or services you received, you can contact Northwind Health Plus directly. You can submit a complaint or appeal by phone, mail, or online. You can also contact the state insurance commissioner in your state.

You may also be able to file a complaint or appeal with an external review organization. An external review organization is an independent entity that reviews complaints or appeals from members and makes a decision based on the facts of the case.

It's important to remember that the Northwind Health Plus plan does not cover some services, such as cosmetic surgery. In addition, some services may require prior authorization before being covered by the plan. If you have questions about what is covered, you should contact Northwind Health Plus directly.

If you are not satisfied with the outcome of a complaint or appeal, you may be able to file a lawsuit in a court of law. You should contact an attorney for more information about this option.

Finally, if you have a complaint or grievance about your rights as a member, you can contact the Northwind Health Plus Member Services Department. This department is dedicated to ensuring that all members have access to the services and benefits that they are entitled to under the plan.

Tips for Submitting Complaints and Appeals

When submitting a complaint or appeal to Northwind Health Plus, it's important to provide as much information as possible. This includes any documentation or evidence that may be