

- Ask your doctor about generic drugs if you are prescribed a medication.
- Contact Northwind Health if you have any questions about your coverage or benefits.
- Keep track of your out-of-pocket expenses to ensure you do not exceed the out-of-pocket maximum.
- Be aware of any copayments, deductibles, and coinsurance amounts that apply to your health care services.
- Take advantage of preventive care services as they are covered at 100% with no out-of-pocket costs.