

4. Drink plenty of water. Drinking water helps to keep the body hydrated and can help with weight management.
5. Avoid sugary drinks. Sugary drinks such as soda and energy drinks can add a lot of calories to your diet, so try to avoid them.
6. Track your progress. Keeping track of your weight loss progress can help you to stay motivated and on track.
7. Seek support. Having a support system of friends, family, or a healthcare professional can help you to stay accountable and motivated.

By following these tips and taking advantage of the coverage available through Northwind Standard, you can take steps towards managing your weight and improving your overall health.

WHAT DO I DO IF I'M OUTSIDE WASHINGTON?

Out-Of-Area Care

WHAT DO I DO IF I'M OUTSIDE WASHINGTON?

If you find yourself outside of Washington and in need of medical care, Northwind Standard provides coverage for out-of-area emergency services. You will be covered for medically necessary services and supplies to treat a sudden and unexpected illness or injury. You are also covered for emergency services related to a pre-existing condition.

It is important to know that Northwind Standard does not provide coverage for non-emergency services outside of Washington. That means you may be responsible for the full cost of care if you seek out care for a condition that could have been treated in Washington.

In order to receive coverage for out-of-area care, you must meet the following criteria:

- You must be outside of Washington for no more than 12 consecutive months
- You must be more than 100 miles away from your primary care provider
- Your plan must have been in effect for at least 6 months before you receive out-of-area care

If you meet the criteria listed above, you may be eligible for coverage of out-of-area services. In order to receive coverage, you must contact Northwind Health in advance of receiving care. You must also obtain prior authorization for any care you wish to receive. If prior authorization is not obtained, you may be responsible for the full cost of care.

If you are outside of Washington for more than 12 consecutive months, you may not be eligible for coverage of out-of-area services. In this case, you may need to seek out a new plan that offers coverage in the state where you are living.