

4. Review your policy regularly. It is important to review your policy periodically to make sure you understand all of the details of your plan.

5. Take advantage of preventive care services. Preventive care services are designed to help prevent illness and promote health, so make sure you take advantage of these services.

By understanding the different terms, definitions, and tips associated with Northwind Standard, you can make sure you are getting the most out of your plan. If you have any questions, it is important to contact Northwind Health or your employer for more information.