

Tips For Employees

- Be sure to ask your doctor if any of the medications he or she is prescribing are covered by Northwind Health Plus.
- If you fill a prescription for a drug that is not covered by the plan, you may have to pay the full cost.
- Make sure to check the Northwind Health Plus drug list to see if the medications you need are covered by the plan.
- If you have any questions about your coverage, contact Northwind Health Plus customer service.
- When you fill a prescription at a retail pharmacy, make sure to present your Northwind Health Plus insurance card so that you can receive the discounted rate.
- If you have a chronic condition, consider using a mail order pharmacy to get up to a 90-day supply of medications. This can help you save money.
- If you have any questions about your benefits, contact your employer's human resources department. They can provide you with more information about your coverage.

Preventive Care

COVERED SERVICES: Preventive Care

Northwind Health Plus provides coverage for preventive care services. Preventive care is an important part of staying healthy and managing existing health conditions, and Northwind Health Plus covers many different types of preventive care services.

Routine Physicals:

Northwind Health Plus covers routine physicals with no cost-sharing. Routine physicals can help detect health issues early and can help keep you healthy. During a routine physical, your doctor will review your medical history, check your vital signs, and perform any other tests that are necessary. They may also discuss lifestyle choices and preventive screenings.

Vaccinations:

Northwind Health Plus covers many different types of vaccinations, including those for flu, shingles, measles, mumps, and rubella. Vaccinations can help prevent serious and potentially deadly illnesses, so it's important to stay up-to-date on your vaccinations.

Screenings:

Northwind Health Plus covers many different types of screenings, including those for cancer, diabetes, and high blood pressure. Screenings can help detect potential health issues in the early stages, when they are often easier to treat.