

The Northwind Health Plus plan offers coverage for continuity of care. This means that if you have been seeing the same provider for a period of time, you may be able to continue seeing them without having to switch to a different provider in the network.

However, it's important to note that there are some exceptions to the continuity of care rule. If you are switching to a new provider, you may be required to switch to an in-network provider. Additionally, if you are switching from an in-network provider to an out-of-network provider, you may be required to switch to an in-network provider.

When selecting a provider, it's important to keep continuity of care in mind. Here are a few tips that can help you ensure continuity of care:

- Always check your provider's network status before scheduling an appointment.
- If you're switching to a new provider, make sure they are in-network.
- Ask your provider if they offer continuity of care.
- If you are switching to a new provider, make sure they are familiar with your medical history.
- If you are switching from an in-network provider to an out-of-network provider, make sure you understand what that means for your coverage.
- Make sure you keep all of your medical records up to date.

Continuity of care is an important factor to consider when selecting a provider. Northwind Health Plus offers coverage for continuity of care, so you may be able to continue seeing the same provider without having to switch to a different provider in the network. However, there are some exceptions to the continuity of care rule, so it's important to understand what those are. By following these tips, you can ensure you have the best possible coverage and ensure continuity of care.

### Non-Participating

#### HOW PROVIDERS AFFECT YOUR COSTS

When it comes to health care, the provider you choose can have a major impact on your costs. With Northwind Health Plus, you have the option to choose from a variety of in-network providers. However, if you choose to go outside of the network, you may incur additional costs.

#### Non-Participating Providers

Non-participating providers are providers that are not in-network with Northwind Health Plus. When you visit a provider that is not in-network, you will be responsible for the entire cost of the care. This means that, if you choose to visit a provider who is not in-network, you will have to pay the entire cost of the service out-of-pocket.