



GlobalHealthBeat

A Newsletter for Medicare Advantage Members

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We Care About **YOUR** Health!

Preventing and identifying diseases requires **regular well checks** and other non-emergency medical appointments that can help you maintain good health **for earlier detection and treatment of diseases.**

The GlobalHealth Clinical Quality Team reaches out to our members throughout the year to assist you in scheduling preventive screening exams and testing. **We partner with your primary care provider** to identify the screening services that are best for you.



If you have questions or would like assistance in scheduling preventive services, please contact one of our team members at **1-844-280-5538.**



Follow Up with Your Primary Care Provider *after Emergency Room and Hospital Visits*

If you have a visit to the emergency room or are admitted to the hospital, **schedule an appointment with your primary care provider within 3 to 7 days of being discharged.** Be sure to bring all of your medications and discharge paperwork to the visit to partner with your physician in your follow-up care.



Are You Taking Your Medications as Prescribed?

Taking your medications as prescribed is very important to your health. *While you may not always feel the difference when taking your medications, they are working to keep you healthy.*



Contact GlobalHealth at
1-844-280-5555 (TTY: 711)
if you have questions about
your pharmacy benefits.

Have You Seen Your GlobalHealth PCP This Year?

If you typically see Veterans Affairs (VA) or Indian Health Service (IHS) health care providers, please consider scheduling one or two visits per year with your GlobalHealth primary care physician (PCP). *Remember that visits with your GlobalHealth PCP have a \$0 copay.*

Your GlobalHealth PCP visit allows us to have a better understanding of your health care needs so we can partner with you to offer programs and benefits that are valuable to you and your health.



If you need help in
selecting a GlobalHealth
PCP, contact us at
1-844-280-5555
(TTY: 711).



Preventing Falls and Fractures

Don't let the fear of falling keep you from being active. Here are a few tips to help you avoid falls and broken bones:

- ✓ **Stay physically active.** Regular exercise improves muscles, makes you stronger and keeps you flexible. Try to get at least 150 minutes per week of physical activity.
- ✓ **Keep your bones strong** by getting enough calcium and vitamin D. Ask your physician for the best dosage for you.
- ✓ Have your **vision and hearing** tested.
- ✓ **Learn about the side effects** of the medications that you take to know if a medication causes dizziness or makes you sleepy.
- ✓ **Get enough sleep.** If you are sleepy, you are more likely to fall.
- ✓ **Limit** the amount of alcohol you drink. Even a small amount of alcohol can affect your balance and reflexes.
- ✓ **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop and make you feel unsteady.
- ✓ **Use an assistive device** if you need help feeling steady when you walk, such as a cane or walker.
- ✓ **Be careful** when walking on wet or icy surfaces.
- ✓ **Wear non-skid, rubber soled, low-heeled shoes,** or lace-up shoes with non-skid soles that support your feet.
- ✓ **Fall-proof your home** to ensure safety by installing proper lighting, using handrails or grab bars, securing flooring and keeping walkways tidy.

Be sure to tell your primary care physician if you have fallen since your last visit, even if you weren't hurt from the fall. This can alert your physician to new medical problems that can affect your balance or problems with your medications.

Source:
<https://www.nia.nih.gov/health/prevent-falls-and-fractures>

Breast Cancer Screening

Breast cancer is the second most common cancer among American women, where one in eight women will develop breast cancer in their lifetime. It is important to get tested for breast cancer for early detection, when it is easier to treat for better outcomes and survival.



The best way to find breast cancer is by having a mammogram.

If you need help scheduling your mammogram, please contact the GlobalHealth Clinical Quality Team at **1-844-280-5562.**

Source: <https://www.cdc.gov/cancer/dpcp/resources/features/breastcancerawareness/index.htm>

Diabetes

More than 37 million people in the United States have diabetes. It is the 7th leading cause of death and 1 in 5 Americans aren't aware they have diabetes.

When you have diabetes, it is important to:

- ✓ Control your blood sugar and check your A1C levels when needed
- ✓ Control your blood pressure
- ✓ Control your cholesterol levels
- ✓ Don't use tobacco
- ✓ Take your medication as prescribed by your physician
- ✓ Maintain a healthy diet and weight
- ✓ Add more physical activity to your daily life
- ✓ Maintain good oral hygiene and have routine dental examinations
- ✓ Stay up to date on recommended immunizations and vaccines
- ✓ Have annual dilated eye exams to identify vision changes
- ✓ Stay hydrated and have a urine test to ensure kidneys are working well
- ✓ Complete foot checks to prevent complications, such as nerve damage or circulation issues which may change the ability in healing of skin issues or wounds.

Ask your primary care physician if you are up to date with examinations and testing in managing your diabetes.

Source: <https://www.cdc.gov/diabetes>

Are you using your inhaler correctly?

Inhalers are used for conditions that affect your lungs for conditions such as **asthma** and **chronic obstructive pulmonary disease (COPD)**. They deliver medication that you need straight to your lungs to help open airways and make it easier to breathe. For the medication to work most effectively, it is important to use the inhaler correctly.

Ask your pharmacist or physician how to use your inhaler correctly as not all inhalers are the same. They will show you if you need to shake the inhaler before use, share breathing techniques before and after inhalation of the medication, and show you how to store and clean your inhaler. They will tell you in which order inhalers should be used if you need more than one inhaler.



Did you complete your health risk assessment?

GlobalHealth sent you a health risk assessment. Completing the assessment is an important step in maintaining your health. ***The assessment can help you obtain a better understanding of your overall health and wellness*** by highlighting areas of your health that you manage well and areas that require attention. Be sure to ***return the assessment completely filled out in the mail to GlobalHealth*** so that we can continue to partner with you and your primary care physician for your health care needs.

If you have questions or need assistance in completing the health risk assessment, call our GlobalHealth Case Management Team at **1-844-280-5555 (TTY: 711)**.

The Scoop on Statins

Statins are a class of medications that reduce the risk of heart disease and stroke. These medications can lower the LDL cholesterol, also known as “bad” cholesterol, in the blood. When bad cholesterol builds up, it increases your risk of developing heart disease and having a heart attack or stroke. ***These medications are often recommended for people at risk for heart disease and for adults with diabetes.***^{1,2}



FAQ

What are some examples of statins?

Some examples of statin medications with generic names listed first are Atorvastatin (Lipitor), Pravastatin (Pravachol), Simvastatin (Zocor), and Lovastatin (Altoprev). **This is not a complete list of statin medications.*

Do I need to take a statin if I don't have high cholesterol?

Even without high cholesterol, you may be at high risk for heart attack or stroke. Statins have been proven to help reduce this risk. Discuss with your PCP at your next visit.

Are statin medications expensive?

Depending on your GlobalHealth Medicare Advantage plan, most statins have a \$0 copay when filled for a 90- or 100-day supply at a preferred pharmacy.

Do statin medications have side effects?

While it is true that statins can cause side effects like muscle pain, the side effects can often be managed by trying a different statin or decreasing the statin dose. Before stopping or changing your medication, please discuss your concerns with your PCP.

What else do I need to know about statins?

If you are prescribed a statin medication, it is important to closely follow the dosing instructions for when to take your medication. Some statins are more effective when taken at bedtime. Others should be taken with a meal. In addition, some foods, such as grapefruit or grapefruit juice, can increase the risk of side effects of statins and should be limited in your diet.

Sources:

¹Grundy SM, Stone NJ, Bailey AL, et al. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA guideline on the management of blood cholesterol: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2019;139: e1082–e1143. DOI: 10.1161/CIR.0000000000000625.

²American Diabetes Association. Improving care and promoting health in populations: Standards of Medical Care in Diabetes - 2019. *Diabetes Care*. 2019;42 (Suppl. 1).



2023 Benefits

- ✓ **FREE** Dental and Hearing Benefits Included with Every Plan
- ✓ **FREE** Vision and Eyewear Allowance Benefit at Lenscrafters® and More!
- ✓ **FREE** Fitness Benefit, including a **NO COST** Fitbit® or Garmin®
- ✓ Transportation Benefit
- ✓ Over-the-Counter Allowance
- ✓ **No** Deductibles & a **Low Maximum Out-of-Pocket**
- ✓ **NEW!** Lower Copays¹
- ✓ **\$0** Primary Care Physician Visits Including In-Office & Telehealth

Plus, NEW Benefits!

- ✓ **Smart Wallet¹**
 - An **EXTRA** Annual Allowance to Spend on Dental, Vision and/or Hearing
 - A **monthly/quarterly allowance** to spend on OTC, Groceries and/or Utilities Depending on the Plan
- ✓ Up to **\$1,200/year Credit** on Your Medicare Part B Premium¹

See your **Annual Notice of Changes** for details!

¹Benefits may vary by plan



Word Search

Autumn

Find and circle all of the vocabulary words that are hidden in the grid. The words may be hidden in any direction.

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D

- | | | | |
|----------------|---------------|---------------|----------------|
| ACORN | EQUINOX | NOVEMBER | SEPTEMBER |
| APPLE | FALL | OCTOBER | SHORTER DAYS |
| BIRD MIGRATION | FARMING | ORANGE LEAVES | SQUASH |
| BLOWING LEAVES | FEAST | PIE | SWEET POTATOES |
| BLUSTERY DAY | FROST | PUMPKIN | THANKSGIVING |
| CANNING | HALLOWEEN | RAKE | TURKEY |
| CHESTNUTS | HARVEST | RED LEAVES | WINDY |
| CHILLY | HAYSTACK | SCARECROW | YELLOW LEAVES |
| COLD | HICKORY NUTS | SCHOOL | |
| CROPS | LONGER NIGHTS | SEASON | |

Source: www.puzzles-to-print.com

Answers on page 14.

The Generations
Kitchen Table

Butternut Squash
Apple Soup

Total Time: 65 minutes
Serves: 4-6

Ingredients

- 1 medium yellow onion, chopped (about 1 cup)
- 1 celery rib, chopped (about ¾ cup)
- 1 carrot, chopped (about ¾ cup)
- 2 tablespoons unsalted butter
- 1 butternut squash, seeded, peeled, and chopped (6 to 8 cups)
- 1 large tart green apple, peeled, cored, chopped (squash to apple ratio should be 3:1)
- 3 cups chicken stock or vegetable stock
- 1 cup water
- Pinch nutmeg
- Pinch cinnamon
- Pinch cayenne
- Salt and pepper to taste

For Garnish (Optional)

- Fresh parsley, chopped
- Chives, chopped
- Dash smoked paprika
- Sour cream



Directions

- 1 Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.
- 2 Add the butternut squash, apple, stock, and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.
- 3 Use an immersion blender to purée the soup, or work in batches and purée the soup in a stand blender.
- 4 Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste. Garnish with chopped fresh parsley or chives and, if you want, a dollop of sour cream.



If you finely chop (½-inch) the butternut squash, apple, carrot, celery, and onion, they'll cook more quickly.

Dental Hygiene
and Oral Health

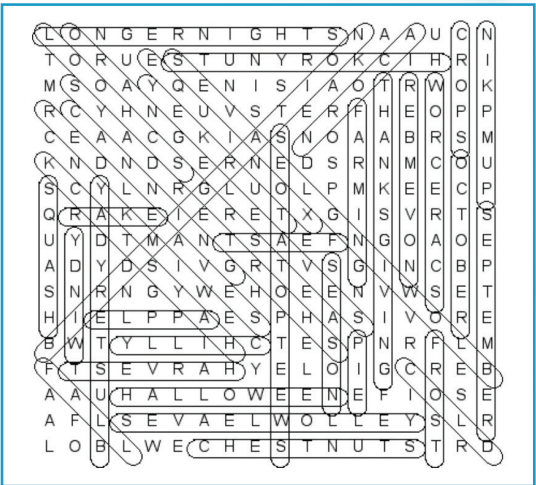
Oral health is more important to your overall health than you may realize. Your mouth is filled with bacteria and is the entry point to your digestive and respiratory tracts. The body's natural defenses and good oral health, such as brushing and flossing, keep bacteria under control. Without proper oral hygiene, bacteria can lead to oral infections, tooth decay and gum disease.

Studies suggest that oral bacteria and certain gum disease may play a role in some diseases, such as diabetes, cardiovascular disease, and osteoporosis, which can lower the body's resistance to infection causing more severe oral health problems.

Certain medications can reduce saliva which helps to protect your mouth. Tell your dentist about the medications that you take and about changes in your overall health.

Contact GlobalHealth at
1-844-280-5555 (TTY: 711)
if you have questions about
your dental benefits.

Word Search
(answers)





210 Park Ave., Suite 2800
Oklahoma City, OK 73102-5621

Important Plan Information

Helpful Contacts

Customer Care:

1-844-280-5555 (TTY: 711)

8:00AM to 8:00PM,

Seven days a week (Oct 1 – Mar 31)

Monday through Friday (Apr 1 – Sept 30)

Generations Medicare Advantage Plans Part D (Prescription Drug) Questions:

1-866-494-3927 (TTY: 711)

Available 24 hours per day,
7 days per week

Beacon Health Options-Behavioral Health:

1-888-434-9202 (TTY: 711)

7:00AM to 5:00PM,
Monday through Friday

GlobalHealth is an HMO plan with a Medicare contract. Enrollment in GlobalHealth depends on contract renewal. GlobalHealth has been approved by the National Committee for Quality Assurance (NCQA) to operate a Special Needs Plan (SNP) in 2022. This approval is based on a review of GlobalHealth's Model of Care. GlobalHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. GlobalHealth cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. GlobalHealth tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính.

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