



# GlobalHealthBeat

A Newsletter for Generations Medicare Advantage Members

## Risk Factors for Stroke

pg. 4

## Men's Health Countdown

pg. 5

## Preventing Falls in the Yard

pg. 6

## COVID-19 Vaccinations

pg. 7

## Generations Kitchen Table

pg. 9

## Word Search and Sudoku Puzzles

pgs. 11 & 12







## You Are **Not Alone**

**It may seem like you are alone in suffering with depression or anxiety, but these conditions are more common than you think and there are many ways to seek help.**

Depression and anxiety are not problems you just have to live with; treatments are available. Treatment can include therapy and/or taking medications. Your doctor or a qualified mental health professional can help you determine what treatment is best for you.

### **Talking with your Doctor**

#### **Some common goals of therapy include:**

- Improving physical and mental health
- Quitting smoking and stopping drug and alcohol use
- Overcoming fears or insecurities
- Coping with stress
- Making sense of past painful events
- Identifying the triggers that worsen your symptoms
- Improving relationships with family and friends
- Understanding why something bothers you and creating a plan to deal with these issues when they arise

### **Medication**

#### **Talk to your doctor about whether medication might be right for you.**

Several antidepressant medications are available, so you and your doctor have many options in finding the right one for you. Sometimes it takes several tries to find the best medication and the right dosage, but it is worth the time it takes to find the right fit.

Your Generations Medicare Advantage plan covers both therapy *and* medication.

#### **To set up an appointment, contact:**

##### **Office Visit:**

##### **Beacon Health Options**

**1-888-434-9202 (TTY: 711)** 7am – 5pm Central  
Monday through Friday

##### **Telehealth Visit:**

##### **Contact your health care professional.**

They will assist with scheduling your appointment and ensuring you are prepared for your telehealth visit. If you don't have a mental health professional already, call Beacon Health Options.



## Telehealth Services for Behavioral Health

You have access to mental health and substance use disorder professionals via telehealth. There is no copay or coinsurance. Counseling services available for:

- Anxiety
- Depression
- Bipolar Disorder
- Stress management
- Grief and loss
- LGBTQ support
- Trauma & PTSD
- Relationship issues
- Panic disorders
- Addictions
- And more!

***To schedule your appointment via telehealth, contact your health care professional. They will assist with scheduling your appointment and ensuring you are prepared for your telehealth visit.*** If you don't have a mental health professional already, contact Beacon Health Options.

For more information, reach out to our Customer Care team.



## COPD

If you have been diagnosed with chronic obstructive pulmonary disease, or COPD, you likely know that it cannot be cured. However, you can help prevent complications and slow the progression of the disease.

Your Generations Medicare Advantage plan covers many services from diagnosis to medical and prescription drug treatments. Talk to your doctor about all of your treatment options. See your Evidence of Coverage for a description of your benefits.

If you are a smoker, now is the time to quit! Follow your treatments for COPD exactly as your doctor prescribes. They can help you breathe easier, stay more active and avoid or manage severe symptoms.

**Call your doctor right away** if your symptoms are not improving with treatment or are getting worse, or if you notice symptoms of an infection, such as fever.

**Call 911** if you can't catch your breath, if you experience severe blueness of your lips, have a rapid heartbeat, or feel foggy and have trouble concentrating.





## May is **Stroke Awareness Month**

To find out about your specific risk factors for stroke, talk to your doctor.

Some factors may be:

- An unhealthy diet that is high in salt, saturated fats, trans fats and cholesterol
- Inactivity, or lack of exercise
- Drinking too much alcohol
- Using tobacco in any form
- Certain medical conditions

**Use the letters in “F.A.S.T.” to spot the signs of stroke and know when to call 9-1-1.**



### **Face Drooping**

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?



### **Arm Weakness**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



### **Speech**

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.



### **Time to Call 9-1-1**

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



## Men's Health Top 10 Countdown

**June is Men's Health Month,** a national observance used to raise awareness about health care for men.

Men's Health Month focuses on encouraging boys, men and their families to practice and implement healthy living decisions.

Some of the best things you can do for your health cost you **nothing** with your Generations Medicare Advantage plan\*.

- #10.** Hearing aid evaluation and routine vision exam
- #9.** Routine dental cleaning
- #8.** Mental health office and telehealth visits
- #7.** Substance use disorder office and telehealth visits
- #6.** PCP visits – office and telehealth
- #5.** Gym membership and home fitness kits
- #4.** Preventive services (e.g. immunizations and screenings)
- #3.** Stop smoking sessions
- #2.** Lab work\*\*

**And...**

- #1.** Get your annual wellness visit

\*Limitations may apply. See your Evidence of Coverage. \*\*\$10/visit in Generations Value (HMO) Plan.



## Preventing Falls in the Yard

The weather is getting warmer and you might be looking forward to getting outdoors to work in your yard or garden. There are things you can do to reduce your risk of falling.



- Stand up slowly.
- Use an assistive device if you need help feeling steady when you walk.
- Avoid using ladders – ask someone for assistance.
- Remove mosses, fungi, and lichen that make garden paths slippery when wet.
- Mark the leading edge of outside steps (for example, with white paint) so that they are easier to see.
- Install grab rails next to steps that do not have hand rails.
- Repair broken, uneven or cracked paths, patios and other walking surfaces.
- Wear sunglasses and a hat to reduce sun glare.
- Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet.
- If you are the least bit unsure about the safety of tackling a job, call in professionals.
- Continue to maintain physical strength with routine exercise.

Always tell your doctor if you have fallen since your last checkup, even if you weren't hurt when you fell. A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid or other recommendations to help prevent future falls.

Here are some free resources for more information on how to stay safe:

***National Resource Center on Supportive Housing and Home Modifications***  
[www.homemods.org/national-directory](http://www.homemods.org/national-directory)

***Rebuilding Together***  
[www.rebuildingtogether.org/find-your-local-affiliate](http://www.rebuildingtogether.org/find-your-local-affiliate)

***National Falls Prevention Resource Center***  
[www.ncoa.org/center-for-healthy-aging/falls-resource-center](http://www.ncoa.org/center-for-healthy-aging/falls-resource-center)

## COVID-19 Vaccinations

**COVID-19 Vaccines are now available to any Oklahoma resident over the age of 16 for Pfizer and 18 for Moderna. We strongly encourage that you schedule an appointment for your first dose if you have not already.**

Two weeks after you have received your second dose of the Pfizer or Moderna vaccine you are considered to be fully vaccinated. Health officials still recommend wearing masks indoors in public places, social distancing, and frequent hand-washing to help prevent the spread of COVID-19. The CDC has stated that masks are no longer necessary in non-crowded outdoor situations for fully vaccinated individuals. Currently, the vaccines are believed to provide immunity for six months, after which a booster will likely be recommended.

**For more information on CDC Guiding Principles for Fully Vaccinated People, visit [www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html).**

If you or someone you know is homebound and has not been contacted by DHS to schedule an appointment, there are several options:

- The Oklahoma City-County Health Department is working with DHS to help homebound individuals get vaccinated. If a person absolutely cannot leave their home the DHS is helping coordinate visits from nurses.
- Local organizations such as the VA or Meals on Wheels may be able to help make or provide transportation to appointments.
- LIFE Senior Services is working to help seniors in the Tulsa area without internet or email register through Oklahoma's Vaccine Appointment Scheduler: [www.lifeseiorservices.org/seniorline/2020\\_Census1.asp](https://www.lifeseiorservices.org/seniorline/2020_Census1.asp)

## Let's Get Fit - **GlobalFit®**

In addition to your supplemental fitness benefit, you have access to a great **discount** fitness program called GlobalFit®. GlobalFit® offers discounts on:

- Gym memberships at thousands of facilities nationwide
- Home fitness equipment
- Nutrition counseling services
- Jenny Craig®
- Healthy lifestyle programs
- Health coaching
- Digital learning programs
- Fitness apps

**Members can register at no cost here: [www.globalfit.com/globalhealth](https://www.globalfit.com/globalhealth).**





## Over-the-Counter (OTC) Benefit



Your Generations plan includes a \$50 quarterly over-the-counter benefit that can be used on health items such as allergy medicines, vitamins, bandages and more!

Please remember that you **cannot** roll over any unused amount into future quarters.

- ✓ **\$50 allowance** January – March 2021
- ✓ **\$50 allowance** April – June 2021
- ✓ **\$50 allowance** July – September 2021
- ✓ **\$50 allowance** October – December 2021

For more information about how to use this benefit, visit [www.globalhealth.com/pharmacy/order-otc/](http://www.globalhealth.com/pharmacy/order-otc/).



Don't forget, you have the option to take a **digital hearing test** from the comfort of your home. When using this option, you can complete the test online, order hearing aids and chat live with a representative if you have questions.

Visit [www.nationshearing.com/globalhealthMA](http://www.nationshearing.com/globalhealthMA) to learn more.



# The Generations Kitchen Table

## Lemon-Garlic Chicken with Green Beans

- 1 pound chicken breast cutlets
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 6 cups green beans (about 1 pound), trimmed
- 4 cloves of garlic, thinly sliced
- 1 teaspoon grated lemon zest
- 1 teaspoon chopped fresh thyme, plus leaves for garnish
- ¼ cup unsalted chicken broth
- ¼ cup dry white wine
- 1 tablespoon lemon juice
- ¼ cup toasted pine nuts (*see Quick Tips below*)
- Lemon wedges for garnish

**Total Time:** 20 minutes

**Serving Size:** 4



**QUICK TIPS**

Pine nuts add buttery texture and crunch to this dish. Got extra? Toss them onto soups or salads or refrigerate in an airtight container for up to 1 month or freeze for up to 6 months.



### Directions

- 1 Sprinkle chicken with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Cook the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 3 to 4 minutes per side. Transfer to a plate.
- 2 Add the remaining 1 tablespoon of oil and green beans to the pan. Sprinkle with the remaining 1/2 teaspoon of salt and 1/4 teaspoon of pepper and cook, stirring occasionally, until tender-crisp, about 2 minutes. Stir in garlic, lemon zest and thyme; cook, stirring, until fragrant, about 1 minute. Add broth, wine and lemon juice and return the chicken and any accumulated juices to the pan. Cook, stirring occasionally, until the liquid is reduced by half, about 1 minute more.
- 3 Serve topped with pine nuts, more thyme and lemon wedges, if desired.

# Word Search

## Animals

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

```

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

BED  
BEVY  
BRACE  
BROOD  
CACKLE  
CLAN  
CLUTCH  
COALITION  
COLONY

CONGRESS  
DROVE  
FLOCK  
HERD  
HIVE  
HORDE  
MOB  
NEST  
PACK

POD  
PRIDE  
RABBLE  
ROOKERY  
SCHOOL  
SHREWDNESS  
SLEUTH  
SWARM  
TROOP

Answers on page 12.



# Sudoku

	6						7	1
						3	5	8
	2	3				9		6
					5			
			9			1		
	3	4				7	2	
		6		8	4			
7	1							
8	4			1	3			2

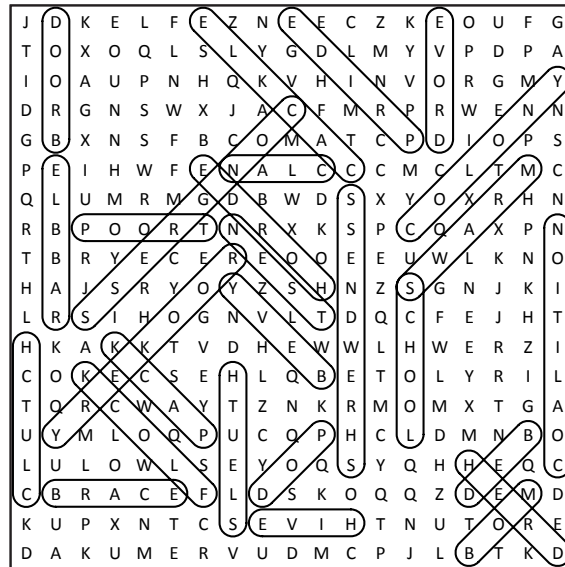
2			3	8	7			
	3							
	1			5				9
					4	7		5
	2						9	
	4	8						
				1			8	
			5	6			3	
5		2			8			6

		6	8	5				9
							2	
		4	1		6		7	3
				6				
5	2	8			1	7	4	
9								
					2	8	6	4
	7		5				3	2
				3				

				9			5	1
4				8				
5	1					7		
		2		1	5			
			4		8		3	
	8	6			2			
	9						8	2
	6							
						4	1	

Answers on page 12.

## Word Search and Sudoku (answers)



5	6	8	4	3	9	2	7	1
4	7	9	6	2	1	3	5	8
1	2	3	8	5	7	9	4	6
2	8	1	3	7	5	4	6	9
6	5	7	9	4	2	1	8	3
9	3	4	1	6	8	7	2	5
3	9	6	2	8	4	5	1	7
7	1	2	5	9	6	8	3	4
8	4	5	7	1	3	6	9	2

2	5	9	3	8	7	4	6	1
6	3	7	9	4	1	2	5	8
8	1	4	2	5	6	3	7	9
9	6	3	8	2	4	7	1	5
1	2	5	6	7	3	8	9	4
7	4	8	1	9	5	6	2	3
3	7	6	4	1	9	5	8	2
4	8	1	5	6	2	9	3	7
5	9	2	7	3	8	1	4	6

2	3	6	8	5	7	4	1	9
7	1	5	9	4	3	6	2	8
8	9	4	1	2	6	5	7	3
1	4	7	2	6	8	3	9	5
5	2	8	3	9	1	7	4	6
9	6	3	4	7	5	2	8	1
3	5	9	7	1	2	8	6	4
6	7	1	5	8	4	9	3	2
4	8	2	6	3	9	1	5	7

6	2	3	7	9	4	8	5	1
4	7	9	5	8	1	6	2	3
5	1	8	2	3	6	7	9	4
7	4	2	3	1	5	9	6	8
9	5	1	4	6	8	2	3	7
3	8	6	9	7	2	1	4	5
1	9	5	6	4	7	3	8	2
8	6	4	1	2	3	5	7	9
2	3	7	8	5	9	4	1	6



## Important Plan Information

### Helpful **Contacts**

**Customer Care:**  
**1-844-280-5555 (TTY: 711)**

8:00AM to 8:00PM Central,  
Seven days a week (Oct 1 - Mar 31)  
8:00AM to 8:00PM Central,  
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,  
Calls are handled by the GlobalHealth  
Pharmacy Services Team  
Monday through Friday,  
8:00AM to 6:00PM

**Beacon Health  
Options-Behavioral Health:**  
**1-888-434-9202**  
**(TTY: 711)**

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