



# GlobalHealthBeat

A Newsletter for Generations State of Oklahoma Group Retirees (HMO)

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## \$0 Copay 90-day Supply



Your Generations Medicare Advantage Plan benefits offer you the flexibility and convenience of filling most medications for a 90-day supply.

You have the option of using local in-network pharmacies or CVS Caremark's safe and efficient home delivery pharmacy.

- *Tier 1 and Tier 2 medications are \$0 cost-sharing in the Initial Coverage Stage when you fill a 90-day supply at a Preferred Retail or Mail Order pharmacy.*
- *You also receive a discount on your copay when you fill Tier 3 medications for a 90-day supply at a Preferred Retail or Mail Order pharmacy.*
- *Gap coverage for the following: All Tier 1 medications, all Tier 2 medications, Tier 3 insulins, insulin syringes and Tier 3 oral antidiabetics.*

Talk to your physician about receiving prescriptions for a 90-day supply. For assistance locating a pharmacy that offers preferred cost-sharing, your plan's pharmacy directory can be found on our website ([www.GlobalHealth.com](http://www.GlobalHealth.com)), or call us at 1-866-494-3927, 24 hours a day, 7 days a week (TTY users may call 711).



## Get Help with Over-the-Counter (OTC) Products

You are eligible for a \$50 quarterly benefit to be used toward the purchase of OTC health and wellness products available through our mail order service. One order is allowed per quarter:

**Quarter 1:** January 1 – March 31

**Quarter 2:** April 1 – June 30

**Quarter 3:** July 1 – September 30

**Quarter 4:** October 1 – December 31

To receive the most out of your OTC benefit, please visit <https://www.globalhealth.com/state-of-oklahoma-retiree/member-materials/> for a full listing of rules members need to follow.

### You may order OTC items:

**Online** at [www.cvs.com/otchs/globalhealth](http://www.cvs.com/otchs/globalhealth)

**Call** 1-888-628-2770 (TTY: 1-877-672-2688)

Mon - Fri, 8:00 a.m. to 7:00 p.m. Central.

## **Medication** Adherence

### **Taking medications?**

Medication adherence means that you are taking your medications when and how your physician prescribed them. Taking your medications as prescribed is important in helping control long-term chronic conditions and improving your overall health and well-being.

### **Routines & Reminders**

The easiest way to stay on track with your medications is to set up a routine for when you take them.

- Make taking medications part of your morning or bedtime routine or with meals.
- Use pill organizers that can hold up to a week's worth of medications at a time. Some pill organizers have space for medications up to four times a day.
- Ask your pharmacy if they offer services to pre-package your medications that show the day and time to be taken.
- If you like smart phone apps, both Apple and Android systems have medication reminder apps available for free.

### **Talking with your Doctor**

Be sure to talk to your physician about all the medications you take. You can keep a list of your medications in your wallet or smart phone.

- Include the dosage, how often you take it, and how you take it (for example, by mouth or shot).
- Include over-the-counter, herbal and supplements. Don't forget the medications you only take once a month or only when you need them, like pain relievers or antacids.
- Tell your physician when you last took the medications. Be open and tell your provider if you skip, forget or have trouble taking your medications.



Ask questions to be sure you understand each medication and why you are taking it, any side effects, or special instructions, like diet restrictions.

### **Medication costs**

Your Member Materials and Formulary have detailed information about your cost share and which medications are covered by your plan. Talk with your physician or pharmacist if you are having problems paying for your medications.

- They can help you decide if there are less expensive options such as generics.
- They may know about medication assistance programs.
- Do not split or break pills into smaller pieces to save money unless your physician or pharmacist says it is okay. Your pharmacist can split them for you if it is approved.
- 90- day prescriptions, automatic refills and mail order are other ways to save money and stay compliant.

## Check out these exciting *benefits for 2021!*



No Referrals Required  
for In-Network  
Specialist Visits



Unlimited \$0  
Primary Care  
Physician Visits



\$50 Quarterly  
Over-the-Counter  
Benefit



Low MOOP  
of \$3,450



Routine Hearing  
Exam and \$500  
Toward Hearing Aids



\$200  
Eyewear  
Benefit



Fitness  
Benefit

Generations by GlobalHealth continues to offer the  
*lowest premium* of all plans for State of Oklahoma  
Retirees for 2021!

For a full listing of benefits and limitations, please reference your Evidence of Coverage.



## **Reminder** to Get Your Flu and Pneumococcal Vaccines

There has been a decrease in use of routine preventive medical services in 2020, including immunizations. GlobalHealth encourages members to continue or start routine vaccinations essential for protecting people and communities from vaccine-preventable diseases and outbreaks, including flu and pneumonia.

The flu vaccination is very important to reduce flu because it can help reduce the overall impact of respiratory illnesses on the population. It can also protect vulnerable populations who are at risk for severe illness and thus lessen the burden on the health care system.

The flu is a potentially serious disease that can lead to hospitalization and, in some cases, death. Every flu season is different, but millions of people get the flu every year, with hundreds of thousands being hospitalized and tens of thousands dying from flu-related cases.

Another serious illness with a recommended vaccine is pneumococcal disease. The disease is common in young children, but older adults are at the greatest risk of serious illness and death.

**Getting your annual flu and pneumococcal vaccines is the best way to help protect against the flu and pneumonia.**



## Home Fitness Kits



**Home Fitness Kits can be used by members who prefer to exercise at home or while traveling, instead of signing up for a gym membership.**

Members can select up to two home fitness kits per year at no cost. There are no geographic limitations or requirements for use of the home fitness kits.

### Examples of the more than 30 fitness kits offered include:

- Aquatic Exercise
- Chair Aerobics for Everyone
- High Intensity Bootcamp
- Total Body Workout
- Upper and Lower Body Workouts

To register, go to [www.globalhealth.com/medicare-advantage/other-benefits/fitness-benefit/](http://www.globalhealth.com/medicare-advantage/other-benefits/fitness-benefit/)

## Are You at Risk for Diabetes?

- More than one million people in Oklahoma, nearly 35% of the adult population, have prediabetes with blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as diabetic.
- Every year an estimated 26,000 people in Oklahoma are diagnosed with diabetes.
- People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes.

### Risk Factors for Type 2 diabetes are the following:

- Are overweight
- Have a first-degree relative (mother, father, sister, or brother) with diabetes
- Are African American, Latino, American Indian, Asian American or Pacific Islander
- Have a history of cardiovascular disease
- Have high blood pressure
- Have an HDL (“good”) cholesterol level less than 35 mg/dl and/or a triglyceride level greater than 250 mg/dl
- Have polycystic ovary syndrome
- Are physically inactive
- Have other clinical conditions associated with insulin resistance
- Have gestational diabetes or delivered a baby over 9 pounds

You can complete a quick self-assessment at <https://www.diabetes.org/risk-test> and discuss the results with your doctor. Your doctor may also talk to you about a diabetes prevention program.



## The Generations Kitchen Table

### Whole Wheat Banana Nut Bread

- $\frac{1}{3}$  cup vegetable oil
- $\frac{1}{2}$  cup honey
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 cup mashed bananas
- $1\frac{3}{4}$  cups whole wheat flour
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon baking soda
- $\frac{1}{4}$  cup hot water
- $\frac{1}{2}$  cup chopped walnuts

**1.** Preheat oven to 325° F (165° C). Grease a 9x5-inch loaf pan.

**2.** In a large bowl, beat oil and honey together. Add eggs, and mix well. Stir in bananas and vanilla. Stir in flour and salt. Add baking soda to hot water, stir to mix, and then add to batter. Blend in chopped nuts. Spread batter into prepared pan.

**3.** Bake for 55 to 60 minutes, or until a toothpick inserted in the center of the loaf comes out clean. Cool on a wire rack for a half hour before slicing.



## **Protect** Your Medical Identity

Identity theft doesn't end with your bank information or credit card. It can happen to your medical card too. Below are do's and don'ts to help keep your medical identity safe, prevent fraud and keep health care costs down.

<i>DO</i>	<i>DON'T</i>
Treat your GlobalHealth Plan ID card the way you treat your Social Security number.	Loan or sell your GlobalHealth Plan ID card.
Keep your GlobalHealth Plan ID card in a safe place, the way you protect your money or checkbook—out of sight of everyone. You should also be careful to protect other personal information and documents, such as your driver's license and bank account number.	Share your GlobalHealth Plan ID card or number, records or other medical information with anyone except your physician or other health care professional.
Review your Explanation of Benefits or claims for unexpected activity.	Give your GlobalHealth Plan ID card or number to anyone who has not provided you with medical services.
Only share your GlobalHealth Plan ID card number or other medical information with your physician, clinic, hospital, drug store or other health care professionals that you know.	Give your GlobalHealth Plan ID card or number to door-to-door or telephone salespeople.
Call GlobalHealth Customer Care as soon as possible if you think someone has used your GlobalHealth Plan ID card or number that should not have.	Give your GlobalHealth Plan ID card or number to those you do not know who offer you free medical equipment, tests or screenings.



## Preventive Care

COVID-19 may have made it difficult to see your doctor, review your overall health and discuss care activities that you should address this year. You still have time to do this whether you choose to visit your physician in person or through a telehealth online visit.

As a member of GlobalHealth, you are eligible for an annual wellness visit at no cost to you. Your annual wellness visit is a good opportunity for you to discuss with your primary care physician (PCP) the best way for you to achieve your optimal health.

### Your annual wellness visit includes:

1. An in-depth discussion of your health history, family history and surgical history
2. Medication review (please bring a list of your current medications including name, dose and how often you take them)
3. Weight, body mass index (BMI) and blood pressure check
4. Your nutrition and physical activity

### At an annual wellness visit, your PCP may:

- Ask you questions about a variety of topics such as your vision, hearing, falls and depression.
- Recommend age-related health screenings such as a colonoscopy, cholesterol screening, mammogram and diabetes screening.
- Discuss if you may need assistance with your daily activities such as cooking, daily living activities or medication issues.
- Review your care received from other physicians or specialists, such as Veteran Affairs (VA).

These details help your physician give suggestions to help you maintain your wellness, prevent hospitalizations and reduce risk for chronic diseases.

**Please take a moment to call your PCP to schedule your annual wellness visit today.**

## COVID-19

GlobalHealth is committed to helping our members stay informed about COVID-19.



### What can you do to help keep yourself and others healthy?

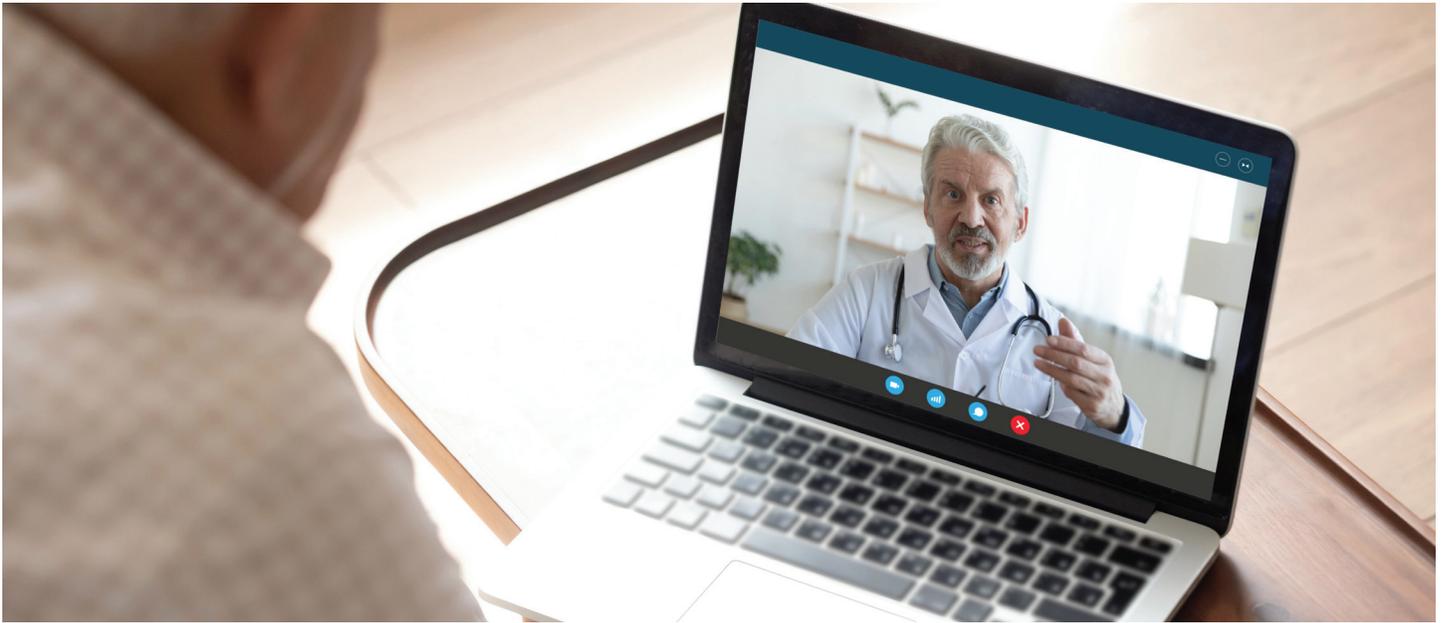
The virus is thought to primarily spread from person to person through respiratory droplets such as sneezing or coughing. The best way to stop the spread of the virus is to prevent exposure.

1. Stay home when you are sick.
2. Cover your mouth or sneeze into a tissue, then throw the tissue in the trash. If you don't have a tissue, cough or sneeze into your arm or elbow.
3. Don't touch your eyes, nose and mouth.
4. Avoid being close to someone who is sick – stay at least six feet away.
5. Clean and disinfect high-touch objects and surfaces using a regular household cleaning spray or wipe.
6. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
7. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
8. Follow the Centers for Disease Control and Prevention's recommendations for using a facemask.
  - All people two years of age and older should wear a cloth face covering in public settings and when around people who don't live in your household.
  - If you have symptoms of COVID-19, you should wear a facemask to help prevent the spread of the disease to others.
  - If you're taking care of someone with COVID-19, you should wear a facemask.

### What GlobalHealth benefits cover COVID-19 treatment in 2021?

The following GlobalHealth benefits are covered at no cost to members when receiving COVID-19 treatment:

- Urgent Care
- Emergency Room
- Inpatient Hospital Care
- Specialist Visits
- Skilled Nursing Facility
- Outpatient Hospital Observation Services
- Part B Drugs



**GlobalHealth is offering Telehealth services as another way to visit your primary care physician (PCP).** For a complete listing of benefits with waived copays for COVID-19 treatment and additional Telehealth services, please call the Customer Care number located on the back of your member ID card or visit [www.GlobalHealth.com](http://www.GlobalHealth.com) to view your plan's Evidence of Coverage (EOC).

Do you have questions about  
your benefits or how your plan works?

**Your Plan Member Materials are a great place to start!**

Visit [www.globalhealth.com/state-of-oklahoma-retiree/member-materials/](http://www.globalhealth.com/state-of-oklahoma-retiree/member-materials/)  
for a complete listing of your Plan's Member Materials.



## 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 – 6:00PM

**Beacon Health  
Options-Behavioral Health:**  
**1-888-434-9202**  
**(TTY: 866-835-2755)**

GlobalHealth is an HMO plan with a Medicare contract. Enrollment in GlobalHealth depends on contract renewal. GlobalHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-280-5555 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-280-5555 (TTY: 711).

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