



# GlobalHealthBeat

A Newsletter for Medicare Advantage Members

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## Your Opinion *Counts!*

*Each year CMS randomly surveys select members* about the care they received. If you are chosen to receive a survey, share your opinion on topics such as access to care, care coordination, customer service, and rating of health plan. It doesn't take long to complete!

If selected, *you will receive the survey in the postal mail or a telephone call* from an independent company that completes surveys for CMS and GlobalHealth. Your survey responses are compiled with other data for the Star Ratings and *helps us understand what's important to you* by sharing insight into the quality of care you want from GlobalHealth for your healthcare needs.

# Knowing Your Numbers for Cholesterol

*Heart disease and stroke are two of the leading causes of death in the United States* and consuming foods with too much saturated and trans-fat cholesterol puts you at risk. Since there are no signs or symptoms of high cholesterol, the best way to find out if you have it is to **have your cholesterol checked**.

Your Primary Care Provider (PCP) can do a blood test to measure your cholesterol levels. The test is a lipid profile, which may be collected while “fasting” or “non-fasting.” The test looks at four types of fat in your blood: total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides (blood fats).



## Lowering Your Risk

✓ **Eat a heart-healthy diet.** Reduce how much saturated and trans-fat you eat, including those found in red meat and dairy products made with whole milk. Limit fried foods and eat lots of fruits, veggies, whole grains, fish, and poultry. Many diets fit this general description, such as the DASH diet.

✓ **Get active!** Just 150 minutes of moderate intensity exercise a week is enough to lower both cholesterol and high blood pressure.

✓ **Lose weight.** Even losing a few pounds can help improve high cholesterol numbers.

✓ **Quit smoking.** The benefits of quitting are quick—within twenty minutes, your blood pressure and heart rate recover from the cigarette-induced spike, and within a year, your risk of heart disease is half that of a smoker!

**Always consult with your PCP** before making lifestyle changes and to learn more about treatment options, such as medications that can help treat cholesterol.

If you are prescribed a cholesterol medication, it is important that you take the medication even if you are able to lower your cholesterol, as it decreases your long-term risk of a heart attack or stroke.

Sources:

<https://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia>  
<https://www.cdc.gov/cholesterol/prevention-management.htm>

# It's Sunscreen Season!

Spending time outside is a great way to be physically active. To protect your skin, stay in the shade, wear protective clothing, a hat with a brim, and sunglasses, but most importantly **wear sunscreen!**



## Helpful Tips

1. Wear sunscreen every day.
2. Use a broad-spectrum sunscreen with a higher sun protection factor (SPF). Be sure to check the expiration date.
3. Apply 30 minutes before going outdoors so that it absorbs into your skin.
4. Apply to all exposed areas including your face and ears, shoulders and arms, and your legs and tops of your feet. Ask for help to apply on those hard-to-reach areas.
5. Follow package instructions on how often to reapply especially when swimming, sweating, or toweling off.
6. Use a lip balm with sunscreen.



**Remember** to stay hydrated and check your local news for health and safety updates on weather as extreme heat poses a greater risk to the elderly, children, and pets.

# Bladder Control

Bladder problems can affect your quality of life and contribute to other health issues. *Your primary care provider may be able to help* you treat bladder leakage, also known as urinary incontinence, by recommending certain lifestyle changes or adjusting the amount of medicine that you take.



## Here are some tips to keep control of your bladder:

- ✓ *Drink smaller amounts of fluids throughout the day.* Talk to your doctor about any special diets.
- ✓ If you get up several times during the night, *drink more of your fluids in the morning and afternoon* rather than at night.
- ✓ *Don't drink too little fluid*—this can irritate your bladder and cause irritation and infections.
- ✓ *Consider avoiding or limiting certain foods and beverages* that can irritate your bladder such as alcohol, caffeine, carbonated beverages, artificial sweeteners, spicy, acidic, or citrus foods and chocolate.
- ✓ *Maintain a healthy diet* to minimize constipation. Straining during bowel movements can damage the pelvic floor.
- ✓ *Shed extra pounds* to keep the pressure off your bladder.
- ✓ *Train your bladder and strengthen your pelvic floor*—talk to your doctor or a physical therapist about various exercises and how to do them correctly.
- ✓ *Stop smoking*—smokers are more likely to have bladder control issues and more severe symptoms.
- ✓ *Talk to your doctor about specialized methods of bladder control*—medications, injections, and surgeries are all options you can discuss with them.

**These methods can take time and practice to see results—keep at it! If you're still having problems after trying these, talk to your primary care provider about a different approach.**

Sources:  
Johns Hopkins Medicine – Solutions for a Leaky Bladder  
Mayo Clinic – Bladder Control: Lifestyle Strategies Ease Problems

*It is that time of  
the year for your*  
**FREE** annual  
**flu shot.**

Regardless of current COVID rates, it is very important for you to get your flu shot to protect yourself and your loved ones against the flu and its potentially serious complications.

**When using an  
in-network pharmacy:**

Call to confirm vaccine availability and when an immunization-certified pharmacist can give you the shot. You will need to show your GlobalHealth insurance card and a valid ID.

**Pneumonia Shots**

While there is no “season” for pneumonia shots, consult with your primary care provider to learn when the best time is for you to be vaccinated. Like the flu shot, you can get the pneumonia shot at your PCP’s office or at an in-network pharmacy.



Remember that the annual flu shot is **covered 100%** by GlobalHealth, with no copay.



**Contact** your primary care physician to schedule your flu shot or visit an in-network pharmacy.

Sources:

Centers for Disease Control and Prevention – Key Facts about Seasonal Flu Vaccine  
Centers for Disease Control and Prevention – Pneumococcal Vaccination: What Everyone Should Know  
What are the benefits of flu vaccination? | CDC


# World Alzheimer's Day is on September 21<sup>st</sup>

According to the Alzheimer's Association, **55 million people are living with Alzheimer's and other dementias worldwide.** Alzheimer's disease is a degenerative brain disease and the most common form of dementia. Dementia is not a specific disease. It's an overall term that describes a group of symptoms.

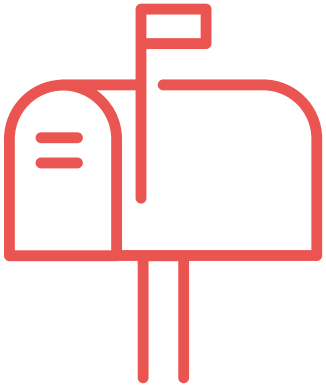


**Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills.**  
**Ten early signs and symptoms of Alzheimer's are:**

- 1.** Memory loss that disrupts daily life
- 2.** Challenges in planning or solving problems
- 3.** Difficulty completing familiar tasks
- 4.** Confusion with time or place
- 5.** Trouble understanding visual images and spatial relationships
- 6.** New problems with words in speaking or writing
- 7.** Misplacing things and losing the ability to retrace steps
- 8.** Decreased or poor judgement
- 9.** Withdrawal from work or social activities
- 10.** Changes in mood and personality



If you notice any of the above warning signs for yourself or a loved one, **don't ignore them.** Schedule an appointment with your primary care provider.



# Your ANOC Is Coming

Look for your 2023 Annual Notice of Changes (ANOC) to come in the mail at the end of September. It tells you about any new benefits, changes to your current benefits, and any changes to how you get your benefits.





# Did You *Hear*?

*Your plan includes one routine hearing exam each year at no cost.* In addition, you are eligible for a no cost hearing aid evaluation and a hearing aid allowance. See your Evidence of Coverage for your hearing aid allowance amount.

*You can go to any GlobalHealth hearing specialist for your routine hearing exam.*

## Your hearing aid benefit includes:

- ✓ Wide selection of hearing aids from all major manufacturers
- ✓ 60-day trial period from date of fitting
- ✓ 60 batteries per year per aid
- ✓ 3-year manufacturer repair warranty

*Hearing is an important part of your overall health.* Be sure to use your benefits this year.



You must go to a NationsHearing audiologist for your hearing aid evaluation and to get hearing aids if you need them.

### To schedule an appointment, call:

Oklahoma: **877-241-4736 (TTY: 711)**

Texas: **1-877-202-4718 (TTY: 711)**

*Monday – Friday, 8 am to 8 pm Eastern time*



# Worldwide *Coverage*

This is the perfect time to plan a vacation. There are so many places to see and things to do, here and abroad. GlobalHealth has you covered.

**GlobalHealth covers your emergency and urgent care services nationwide as well as throughout the U.S. Territories with a simple copay.**

Remember, you are also covered for **up to \$50,000** in expenses for emergency services and/or urgently needed services **outside the U.S.** and its territories. You just pay your plan's emergency services copay.



# Benefit Reminders

We encourage you to use your benefits!  
You still have time to use your 2022 benefits  
before the end of the year!

Visit [www.GlobalHealth.com/medicare-advantage/member-materials](http://www.GlobalHealth.com/medicare-advantage/member-materials)  
for more information.



## Helpful 2022 Benefit Reminders:



### Dental

Allowance for two preventive visits per year, including cleaning, oral exam, and routine x-rays, as well as comprehensive services such as fillings, crowns, and dentures.

[Dental Benefits | GlobalHealth](#)



### Nurse Line

Call and talk to a nurse 24/7.

[Nurse Line Benefits | GlobalHealth](#)



### Over-the-Counter Items Catalog

Includes vitamins, first aid items, quit smoking aids and more.

[www.GlobalHealth.com/  
pharmacy/order-otc/](http://www.GlobalHealth.com/pharmacy/order-otc/)



### Fitness

Gym membership and a home fitness kit.

[Fitness Benefit | GlobalHealth](#)



### Routine Physical Exam

[Physical Exam Benefit | GlobalHealth](#)



### Hearing

Evaluation for hearing aids and an allowance for hearing aids when appropriate.

[Hearing Benefit | GlobalHealth](#)



### Transportation

Rides to and/or from doctor office visits.

[Transportation Benefit | GlobalHealth](#)



### Meals

Meals delivered when discharged from an inpatient hospital stay or skilled nursing facility stay.

[Meal Benefit | GlobalHealth](#)



### Vision

No-cost eye exam and an allowance for glasses or contacts when appropriate.

[Vision Benefits | GlobalHealth](#)

Check your Evidence of Coverage (EOC) for benefit allowance maximums.

Visit [www.GlobalHealth.com](http://www.GlobalHealth.com) to access your EOC.

# *Member Reward Program for* **Annual Wellness Visits**



GlobalHealth members are rewarded with a **\$25 Prepaid Mastercard®** simply for making their health a priority by completing an **Annual Wellness Visit before December 31, 2022.**

GlobalHealth offers a **\$0 copay** to members who use an in-network primary care physician (PCP) with **no limit** as to how many times the member visits their PCP.

At GlobalHealth **a member's optimal health is our priority.** We believe that preventive treatment is just as important as the treatment of chronic conditions that are already present and may change over time.



When a member has an **Annual Wellness Visit**, they receive evidence-based care from a provider that **partners with them** for an optimal health outcome by preventing or detecting problems early.



# Discounts

Did you know you can get discounts just because you are a GlobalHealth member?

## ChooseHealthy

- ✓ You can get discounts on services for acupuncture, chiropractic care, nutrition services, therapeutic massage, physical therapy, occupational therapy, and podiatry
- ✓ Use in addition to GlobalHealth network and benefits
- ✓ Discounts available on fitness and activity trackers, exercise equipment, shoes and apparel, nutrition and healthy eating, and health living
- ✓ Register at [www.ChooseHealthy.com](http://www.ChooseHealthy.com)

## EyeMed Vision

- ✓ Laser vision correction – 15% off retail or 5% off promo price
- ✓ Additional pairs benefit – 40% off complete pair eyeglass purchase or 15% off conventional contact lenses

## GlobalFit

- ✓ Discounts on diet program, fitness education and tools, gym memberships, health coaching programs, home exercise equipment and fitness tech, nutrition consultation program, travel, entertainment, and apparel.
- ✓ Activate your discounts at [www.globalfit.com](http://www.globalfit.com)

## CVS Extra Care Card

- ✓ 20% discount on thousands of non-sale priced CVS/pharmacy store brand products
- ✓ There are some excluded items, such as alcohol, tobacco products and lottery tickets
- ✓ See stores for details

**Visit our website for more details.**

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.