



GlobalHealthBeat

A Newsletter for Medicare Advantage Members

Annual Wellness Exam

pg. 1

Glaucoma Awareness

pg. 2

Remember to Take Your Medication

pg. 4

Colorectal Cancer Awareness

pg. 5

Diabetes Resources for You

pg. 6

100-Day Supply of Prescriptions

pg. 7

2022 Benefits

pg. 8



Annual Wellness Exam

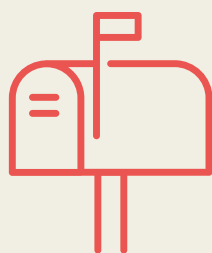
Preventive treatment is just as important as treatment of chronic conditions that are already present and may change over time.

At GlobalHealth, **your wellness is our priority!**

When you schedule an **Annual Wellness Visit**, you will receive high value care from a provider that will partner with you for an optimal health outcome by preventing or detecting problems early.

As you know, GlobalHealth offers a **\$0 copay** to your in-network primary care physician with no limit on how many times you see them. As an incentive in 2022, you will be rewarded with a **\$25 Prepaid Mastercard®** simply for making your health a priority by **completing an Annual Wellness Visit before December 31, 2022.**

**Be on the
lookout
in the mail**



for more information on this
new and exciting incentive.

If you need help scheduling an Annual Wellness Visit and/or other preventive care testing or have questions, please

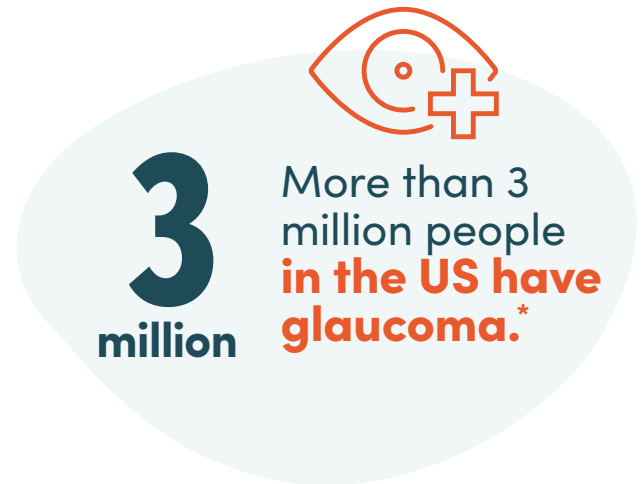
**Contact our Clinical
Quality team toll-free**

1-844-280-5538



Glaucoma Awareness

Glaucoma is a group of eye conditions that damage the optic nerve, which is vital for good vision. Glaucoma is the leading cause of irreversible blindness whereas 40% of vision can be lost without a person noticing since **glaucoma has no symptoms.**



Risk Factors for Glaucoma:

	Being over age 60	<input checked="" type="checkbox"/>
	Family history of glaucoma or are of African American, Asian, Hispanic, Irish, Inuit, Japanese, Latino, Russian and Scandinavian descent	<input type="checkbox"/>
	Have diabetes, heart disease, high blood pressure or sickle cell anemia	<input type="checkbox"/>
	Have vision issues, had previous eye injury or surgery	<input type="checkbox"/>
	Long term use of corticosteroids, especially long-term use of eye drops	<input type="checkbox"/>

All GlobalHealth plans have a **\$0 copay for routine eye exams** and supplemental eyewear allowance with max benefits through the EyeMed network. Glaucoma and diabetic retinopathy screenings are also a \$0 copay. Be sure to receive regular eye exams to preserve vision.


*According to the Glaucoma Research Foundation

Heart Health

Focusing on your heart health has never been more important as many people are unaware that they are suffering from heart disease until they experience a cardiac event. A few signs of heart disease are *fatigue, aches or pains, heart palpitations, shortness of breath and swollen feet.*

The National Heart, Lung and Blood Institute (NHLBI) recommends these heart healthy lifestyle tips:

- ✓ Be more physically active.
- ✓ Maintain a healthy weight.
- ✓ Eat a nutritious diet.
- ✓ Quit smoking.
- ✓ Reduce stress.
- ✓ Get 7-8 hours of quality sleep.



50% Nearly half of American adults **have high blood pressure.***

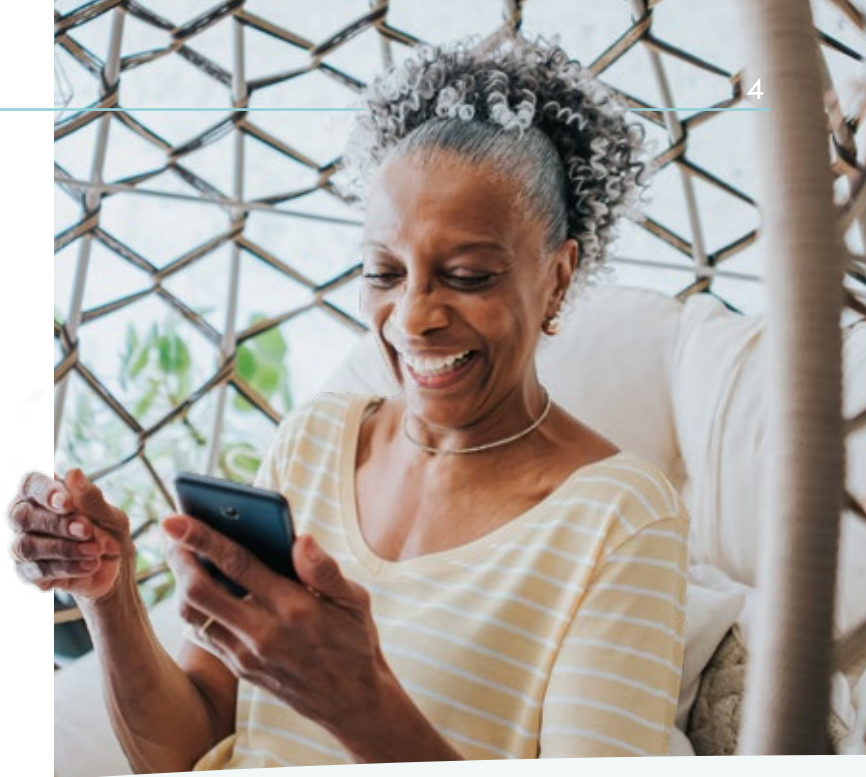


Helpful Tip

Keep a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars to share with your primary care provider.

Remember to Take Your Medication

Taking medication is important in following your treatment plan to stay healthy and symptom-free. Unfortunately, not taking medications correctly often leads to emergency room visits due to flares of your health condition(s).



Here are several examples as to why someone might not take their medication correctly: they simply forget, aren't sure if they took it or not, misunderstand the instructions, don't understand the importance of taking the medication for such conditions that don't have symptoms, unsure if a problem exists, or experience side effects.

Here are a few ideas to help you remember to take your medicine:

- ✓ **CREATE A ROUTINE** - Take medication with an activity you do at the same time every day.
- ✓ **KEEP VISIBLE** - Leave medication in a safe place that is easy to see.
- ✓ **SET AN ALARM** - Setting an alarm on your clock, watch or cell phone can be helpful.
- ✓ **POST A NOTE** - Put a reminder note somewhere that it can be seen every day.
- ✓ **USE A PILLBOX** - A pillbox with compartments for each day and dosing time can be a visual reminder to take medication and help prevent double doses.
- ✓ **FLIP PILL BOTTLE OVER** - Each time you take your medicine, flip the bottle over so you know you took it. Then at the end of the day, turn them right side up.
- ✓ **CARRY EXTRA DOSES** - Leave some extra doses in a container so you can take your medicine if you're away from home.
- ✓ **RECORD EACH DOSE** - Use a calendar or medication journal to check off when you take each dose.
- ✓ **USE A FREE MOBILE MEDICATION REMINDER APP** - Apps stores offer free medication reminder apps that you can download on your cell phone device.

Talk with your primary care provider to understand what medication(s) you are taking and why it is important to take the medication as directed and to also identify barriers on why you are unable to take your medication. Remember to contact GlobalHealth at 1-844-280-5555 (8am - 8pm, 7 days a week, Oct 1 - Mar 31; 8am - 8pm, Monday through Friday, Apr 1 - Sept 30) if you have questions regarding your pharmacy benefits.

March is Colorectal Cancer Awareness Month

According to the Colorectal Cancer Alliance, *colorectal cancer is the third most common cancer in the US, and the second leading cause of cancer death.* It affects men and women of all racial and ethnic groups, and is most often found in people 50 years or older. This disease takes the lives of more than 50,000 people every year. With early detection of the disease, it is estimated that well over half of the deaths that occur annually could be prevented. This is the very reason why it's so important that you speak with your primary care provider about colorectal cancer screening.

GlobalHealth's Clinical Quality Team outreaches throughout the year to members who are due for a colorectal screening test. *They can assist with scheduling a colonoscopy, which is typically recommended to be completed every 5 – 10 years*, or they can mail you an annual fecal immunochemical test (FIT) kit, which is completed every year. These preventive screenings are at no cost to the member.



5-10
years

Colonoscopies
are recommended
**every 5 – 10
years.**



50k

50,000 people
**die every
year from
colon cancer.**

For more information,
Contact our Clinical
Quality team toll-free

1-844-280-5538

Diabetes Resources for You

Did you know that your GlobalHealth Medicare Advantage Plan covers these preventive services to detect and treat diabetes (available at no cost and without prior authorization):



Diabetes Screenings

➤ <https://www.medicare.gov/coverage/diabetes-screenings>



Diabetes Self-Management Training

➤ <https://www.medicare.gov/coverage/diabetes-self-management-training>



Diabetes Prevention Program

➤ <https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>



Nutrition Therapy Services

➤ <https://www.medicare.gov/coverage/nutrition-therapy-services>



Resources

The following links provide more information about Diabetes risk factors and prevention.

- [Medicare Diabetes Prevention & Diabetes Self-Management Training \(PDF\)](#)
- [Medicare Diabetes Prevention Program Expanded Model \(PDF\)](#)
- [CMS Office of Minority Health: Health Observances](#)



100-Day Supply of Prescriptions

GlobalHealth's mission is to provide genuine care to help our members reach their optimal health. As part of this effort, **we've introduced a benefit to help you save money:**

Refill prescriptions less often and have plenty of medication on hand.



You are now eligible to receive extended supplies of select medications — up to 100 days or more — for a \$0 copay! Even if the 30-day supply of an eligible drug has a copay, you will pay NOTHING when you utilize 100-day supplies and fill your prescription at a **preferred network pharmacy**.



How can you take advantage of **\$0 copay** for 100-day supplies?

Simply have your doctor write your next prescription for a 100-day supply of your eligible maintenance medication and send it to a preferred retail or mail service pharmacy. Your pharmacist will do the rest.

How do I confirm I'm using a **preferred pharmacy**?

To locate a preferred pharmacy, visit GlobalHealth.com and click "Find a Pharmacy." Enter your zip code and select "Preferred Retail" and "Preferred Mail Service" as your pharmacy type. Additionally, for this and other questions, please **contact Customer Care at 1-844-280-5555** (8am - 8pm, 7 days a week, Oct 1 - Mar 31; 8am - 8pm, Monday through Friday, Apr 1 - Sept 30).



2022 Benefits

Our benefits could help you get more than **\$3,000¹** in yearly savings!

- ✓ **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
- ✓ Quarterly Over-the-Counter Allowance
- ✓ **No** Deductibles
- ✓ One of the **Lowest Maximum Out-of-Pockets** in Oklahoma
- ✓ **NEW!** Lower Hospital Copays¹
- ✓ **\$0** Primary Care Physician Visits, including In-Office & Telehealth

New for 2022

Find out if you're eligible to get an extra \$900 in savings every year!¹

\$25
/month

Credit on Your
**Part B
Premium¹**

\$25
/month

Over-the-
Counter
Allowance¹

\$25
/month

**Healthy
Benefits
Grocery Card**
Redeemable at
Walmart®¹

¹Not applicable to all plans.

The Generations

Kitchen Table

Roasted Salmon & Tomatoes with Garlic

Total Time: 25 minutes

Serving Size: 6

Ingredients

- 1 pint cherry tomatoes, halved
- ¼ cup Kalamata olives, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 4 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1¼ pounds salmon fillet, cut into 4 portions



Serve this atop a bed of greens or with a cauliflower rice side dish.



Directions

- 1 Preheat oven to 400 degrees F.
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- 2 Stir tomatoes, olives, 1 tablespoon oil, garlic, thyme, 1/4 teaspoon salt and 1/4 teaspoon pepper together in a medium bowl. Spread the mixture on half of a large rimmed sheet pan. Brush the remaining 1 tablespoon oil all over the salmon pieces; sprinkle with the remaining 1/4 teaspoon each salt and pepper. Place on the empty side of the sheet pan.
.....
- 3 Bake at 400 degrees until the tomatoes have broken down and the salmon is just cooked through, 12 to 15 minutes. Serve the tomato mixture atop the salmon.



You deserve a
Medicare plan that
gives you more!



Helpful **Contacts**

Contact our Customer Care
team toll-free

8am – 8pm, 7 days a week (Oct 1 – Mar 31)
8am – 8pm, Monday through Friday (Apr 1 – Sept 30)

1-844-280-5555

TTY: 711

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

Available 24 hours per day, 7 days a week

1-866-494-3927

TTY: 711

Beacon Health Options –
Behavioral Health

7am – 5pm, Monday through Friday

1-888-434-9202

TTY: 711

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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