



**FOR IMMEDIATE RELEASE**

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## **Oklahoma HMO educates mothers on importance of routine visits with OBGYNs**

*GlobalHealth offers education on prenatal and postpartum health to ensure healthy living*

**OKLAHOMA** – Mothers who do not get prenatal care are five times more likely to experience infant loss than mothers who do get care, according to the Office on Women’s Health. This month, GlobalHealth, an Oklahoma-based health maintenance organization (HMO), is working to educate mothers on the importance of routine visits with their physician during pregnancy and after.

These appointments are critical to discuss topics like prenatal care and postpartum depression. An obstetrics and gynecology (OBGYN) physician can give mothers the tools to help them and their babies remain healthy.

“Getting access to prenatal care as soon as you learn you’re pregnant is a pivotal step to help ensure a healthy pregnancy,” said John Wiscaver, senior vice president and chief strategy officer at GlobalHealth. “Receiving prenatal care early on in your pregnancy can help your physician detect any health concerns and provide the best course of treatment.”

This month, GlobalHealth is offering the following tips to help mothers prepare for pregnancy and increase chances of healthy births:

**The benefits of vitamins.** Physicians recommend taking a multivitamin or prenatal vitamin that has at least 400 micrograms of folic acid daily, according to the Centers for Disease Control and Prevention. These vitamins will help your baby receive nutrients and vitamins that are critical for healthy development.

**Smoking, alcohol or drug use.** These can cause long-term health issues or even death. Smoking, drinking alcohol and using drugs can pass several side effects and diseases to your baby such as asthma, colic, childhood obesity, sudden infant death syndrome and fetal alcohol syndrome, according to The American Congress of Obstetricians and Gynecologists. If you have trouble giving these things up, talk with your physician. A physician will be able to provide support and resources to help you quit.

**Moderate exercise should be a priority.** Unless your physician tells you otherwise, aim for completing at least 2.5 hours of moderate-intensity aerobic activity spread evenly throughout each week.

**Rest often.** Make it a point to get plenty of sleep throughout your pregnancy. Poor sleep quality and quantity during pregnancy can disrupt normal immune processes and lead to lower birth weights and other complications, according to a University of Pittsburgh School of Medicine study.

**Stay informed.** Books, educational videos and community classes are great resources to help prepare for motherhood. Check with local organizations on available resources, including your health and insurance providers.

“Visiting with your OBGYN after you deliver your baby is also important to ensure you’re in good physical health. During this postpartum visit, you should also discuss your emotional health to determine if you need additional support or treatment,” Wiscaver said. “When you are feeling your best, your baby and you enjoy the positive benefits.”

### **About GlobalHealth**

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering more than 44,000 individuals in all 77 Oklahoma counties. Working proactively with each member, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state and education employees, federal employees, municipal employees, Medicare Advantage members and private employers. GlobalHealth employs more than 250 associates throughout Oklahoma. To learn more, visit [www.globalhealth.com](http://www.globalhealth.com).

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