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## **Oklahoma health insurance provider shares information for National Women’s Health and Fitness Day**

*Understand your own personal health risks and how to avoid them; schedule a well-woman exam*

**OKLAHOMA** – To encourage women to get serious about their health and learn the facts they need to make smart health choices, National Women’s Health and Fitness Day took place Wednesday, Sept. 26. Across the country, more than 500 groups will host events for an estimated 50,000 to 75,000 women at senior centers, hospitals, health clubs and other community locations, according to the Health Information Resource Center. In light of National Women’s Health and Fitness Day, GlobalHealth, an Oklahoma-based health insurance provider, is providing information to help Oklahomans identify serious health concerns found in women before they become life threatening.

“On National Women’s Health and Fitness Day, we want to raise health awareness for women and stress the importance of regular physical exercise,” said Dr. Wesley Williams, medical director at GlobalHealth. “It is especially important to schedule an annual well-woman exam to ensure any unexpected health problems are detected and treated early. This yearly visit also helps build a stronger relationship with your gynecologist, who will be there to care for you through all stages of life.”

GlobalHealth is providing the following information to help Oklahoma women take control of their health:

**What is a well-woman exam?** The well-woman exam is an annual physical and discussion about your health, tailored to your age, family history and past health history. The exam screens for health problems unique to women, such as bone-mass measurements for osteoporosis, mammograms for breast cancer and pap smears for cervical cancer, according to the American Heart Association.

**How often should you schedule your well-woman exam?** It is recommended a woman’s first well-woman exam occurs in their mid-to-late-teens, with an annual well-woman exam every year after the age of 21. Going several years between exams can allow health problems to go

undetected and once-treatable diseases to become life threatening. Mammograms should occur once a year for women 40 years and older. Women between the ages of 20 and 39 should have a clinical breast exam at least every three years.

**What is a postpartum exam?** To ensure your body is physically recovering from labor and to address your emotional needs going forward, you should also see your healthcare provider within six weeks of giving birth for a postpartum exam. This is a time to address postpartum issues like breastfeeding, exercise, sex, birth control and work, and to receive a physical examination to detect possible problems early. As women have a higher risk of serious complications after giving birth than any time during pregnancy, a postpartum exam is crucial to detect incomplete healing, an overlooked infection or undiagnosed postpartum depression.

**Know your health options.** Depending on your health insurance and provider, preventive services like your well-woman exam may be covered by insurance with no out-of-pocket costs. It is important to research your healthcare options to ensure your health plan offers coverage tailored to your needs.

### **About GlobalHealth**

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering 44,000 individuals in all 77 Oklahoma counties. Working proactively with our members, 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 and Medicare Advantage members. GlobalHealth employs more than 225 associates throughout Oklahoma. To learn more, visit [www.GlobalHealth.com](http://www.GlobalHealth.com).

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