



FOR IMMEDIATE RELEASE

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Contact: Cynthia Townsend

cynthia.townsend@globalhealth.com

(Office) 918.878.7335

Oklahoma HMO shares flu prevention information

Millions of Americans are impacted by the flu each year

OKLAHOMA – The flu impacts millions of people in the U.S. each year. In Oklahoma, nearly 90 deaths and 3,000 hospitalizations were reported for the 2018-2019 flu season.

An annual vaccine is recommended to prevent both flu and pneumococcal disease. GlobalHealth is providing information to encourage Oklahomans to get vaccinated.

“Vaccines can lower the risk of disease, hospitalizations and death in children and older adults,” said Devin Wilcox, assistant vice president at GlobalHealth. “Even if you get sick, vaccines can reduce the seriousness and length of the illness.”

GlobalHealth is providing information to keep Oklahomans healthy.

What is the flu? The flu is a respiratory illness caused by an influenza virus. Older people, young children and people with cancer, diabetes, heart disease or asthma are more at risk to develop the flu.

What is pneumococcal disease? Pneumococcal disease is an infection caused by bacteria that results in diseases like ear infections and meningitis. Pneumococcal disease is most common in young children, but older adults are at greater risk of serious illness and death.

Why should I get vaccinated? Vaccines can keep you from getting sick and prevent major medical events connected with heart disease, diabetes and lung disease. They can also protect women during and after pregnancy. The flu vaccine can lower the risk of having to go to the doctor by 40-60%. In addition, the flu vaccine can lower the risk of flu-associated hospitalizations by 82%.

Who should get vaccinated? Everyone six months or older should get a flu vaccination. All children younger than two years old and all adults over the age of 65 should get the

pneumococcal vaccine. Those between 19 and 64 who smoke should also get vaccinated. There is no pneumonia season, so your PCP can decide the best time for you to be vaccinated.

About GlobalHealth

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its 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, education and municipal employees, federal employees and individuals who are eligible for Medicare. To learn more, visit www.GlobalHealth.com.

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