



**FOR IMMEDIATE RELEASE**

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## **Oklahoma HMO shares wellness tips for 2020**

*Healthy lifestyle choices can prevent health problems down the road*

**OKLAHOMA** – There’s no better time than a new year and a new decade to begin thinking about your personal health goals. According to recent studies, people who view life with a sense of purpose are two to four times less likely to develop Alzheimer’s disease, and those who are upbeat and content are less likely to develop heart disease. GlobalHealth, an Oklahoma-based health insurance provider, is sharing tips to help Oklahoma seniors set practical health goals for themselves.

“The new year provides seniors the perfect opportunity to make their health a priority,” said Dr. Wesley Williams, medical director at GlobalHealth. “Deciding to make healthy lifestyle choices can help prevent health problems down the road and can positively affect your general outlook on life.”

GlobalHealth is providing information to help Oklahoma seniors give their health and wellness a boost in 2020.

**Schedule your annual wellness visit.** If you are a Medicare beneficiary, schedule your annual wellness visit (AWV) with your primary care physician (PCP). This is a specific visit to discuss your health history and address any health concerns with your PCP. You should bring your immunization records, a list of all of your medications and the names of all of your healthcare providers to this appointment. It’s important to schedule an AWV every 12 months as they help prevent future health problems and allow your PCP to create a complete history of your health.

**Fall-proof your home.** With 1 in 3 adults over the age of 65 suffering from a fall each year, it’s important to ensure your home is safe. Remove rugs from high-traffic areas of your home and consider replacing your glass shower doors with a curtain or unbreakable plastic. If you wear glasses or contacts, make sure and have your prescription checked at least once a year, as this can reduce your chance of falling as well.

**Stay physically active.** According to the National Institute of Aging, regular exercise can delay or prevent a variety of diseases, including diabetes, cancer, stroke, heart disease and osteoporosis. Staying active can also increase your balance and stability, and improve your quality of life and life expectancy. New studies have even found that exercise can improve your mood in general and reduce symptoms of depression.

**Spend time with others.** Socializing is especially important for seniors as it can help keep you mentally, physically and emotionally fit. Take time this new year to schedule activities with others, whether volunteering and spending time with your grandchildren or taking advantage of community resources. Spending time with others not only helps in managing stress, but can help with self-esteem and sense of worth.

### **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](http://www.GlobalHealth.com).

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