



GlobalHealthBeat

A Newsletter for Generations By GlobalHealth Members

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Benefit Reminders

These are helpful 2021 **benefit reminders**:



Fitness

Gym membership and home fitness kits.

www.GlobalHealth.com/medicare-advantage/other-benefits/fitness-benefit/



Hearing

Evaluation for hearing aids and an allowance for hearing aids when appropriate.

www.GlobalHealth.com/medicare-advantage/other-benefits/hearing-benefit/



Over-the-Counter Items

Catalog (www.GlobalHealth.com/medicare-advantage/member-materials) includes vitamins, first aid items, quit smoking aids and more.

www.GlobalHealth.com/pharmacy/order-otc/



Transportation

Rides to and/or from doctor office visits.

www.GlobalHealth.com/medicare-advantage/other-benefits/transportation-benefit/



Vision

No-cost eye exam and an allowance for glasses or contacts when appropriate.

www.GlobalHealth.com/medicare-advantage/other-benefits/vision-benefits/



Annual Wellness Visit

PCP visit to determine wellness and appropriate treatment options for you. Don't forget this is a \$0 copay!

Check your Evidence of Coverage (EOC) for benefit allowance maximums. Visit www.GlobalHealth.com to access your EOC.



Don't forget these Medicare services to help you **get and stay healthy**:



Preventive Services

The full list of available services can be found on the Healthy Living Tips section of our website at www.GlobalHealth.com.

We encourage you to make any appointments you may need today. If you need assistance making an appointment, our local customer care team is ready to serve you!

1-844-280-5555 (TTY: 711)

8:00AM to 8:00PM, Seven days a week (Oct 1 - Mar 31)

8:00AM to 8:00PM, Monday through Friday, (Apr 1 - Sept 30)

We encourage you to **use your benefits!**

You still have time to use your 2021 benefits before the end of the year!

Visit www.GlobalHealth.com/medicare-advantage/member-materials for more information.



2022 *Benefits*

Continue **saving in 2022** with your Generations by GlobalHealth Plan.



FREE Hearing Benefit



Quarterly **Over-the-Counter Allowance**



FREE Vision and Eyewear Allowance Benefit at LensCrafters® and More!



No Deductibles & a **Low** Maximum Out-of-Pocket



FREE Fitness Benefit, including a **NO COST** Fitbit® or Garmin®



\$0 Primary Care Physician Visits
Including In-Office & Telehealth



Transportation Benefit



Breast Cancer Screenings

Screenings, diagnostic exams and surgical procedures were severely limited or delayed across the country due to the COVID-19 pandemic. As long as your imaging center is following basic safety precautions, the risk for illness transmission is minimal and the benefits of screening outweigh the risk of illness exposure.

Early detection is important for improving breast cancer outcomes. That's why it is so important to get tested for breast cancer on a regular basis.



Here are some breast cancer screening facts:

Who should be screened and how often?

- Women who are between 50 and 74 years old are in the most common age bracket for breast cancer and should get a mammogram every two years.
- Women who are 40 to 49 years old should talk to their health care provider about when and how often to get a mammogram.

What are the types of breast examinations?

- Breast self-examinations allow you to become familiar with how your breasts look and feel so that you can spot any potential signs early, such as lumps, discomfort, or changes in size that may be of concern. Any changes you note should be reported to your health care provider.
- A clinical breast exam (CBE) is an examination of both breasts performed by a trained health professional.
- A mammogram is an x-ray of the breast, and it is the best way to find breast cancer early—when it is easier to treat and before it is large enough to be felt or cause other symptoms.

Breast cancer screenings cannot prevent breast cancer but may aid in early detection. Talk to your doctor about when these screening tests are right for you. You can assess your risk of breast cancer with the Breast Cancer Risk Calculator at www.assessyourrisk.org.

Osteoporosis Screening



Osteoporosis is defined as reduced bone mass and poor bone quality. Since osteoporosis doesn't cause any symptoms, it can go undiagnosed until a bone is broken with even the mildest impact. With the US population aging and the risk of osteoporosis increasing each year, getting screened is more important than ever.

At any given age, women have a higher rate of osteoporosis than men. Women account for 71% of osteoporosis fractures, but men have a higher rate of fracture-related deaths than women.¹ A bone density test measures how strong your bones are and can alert you to problems with your bones before you have a fracture.

1. Who should be screened?

- Women 65 and older.
- Postmenopausal women who are younger than 65 (menopause increases risk for osteoporosis).
- Men should talk to their health care provider about being screened for osteoporosis.

2. How often should you be screened?

- Every two years, or within 6 months of a bone fracture.

3. What kind of test is it?

- A bone mineral density test—known as a central DXA scan—is the most common method to check for osteoporosis. It's similar to an x-ray of your hip and/or spine and does not hurt.

4. What happens if you have osteoporosis?

Your doctor will talk to you about treatment, including medication and other steps to reduce the risk of future osteoporosis-related fractures. Fractures caused by osteoporosis, particularly hip fractures, are linked to restricted mobility, chronic pain, disability, and loss of independence, as well as a lower quality of life.

A bone density test is one of the front-line methods for screening against osteoporosis. With the risks that a bone break comes with, it's better to be safe and get screened so that you can stay healthy. You can find the Fracture Risk Calculator at www.americanbonehealth.org/calculator and bring the results to your doctor to discuss.

¹Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC4124750/

Reducing the Risk of Falls

Fall prevention is important for staying safe and healthy. Falls are more likely as you grow older due to health and physical changes.

Falls are the most common cause of both fatal and non-fatal accidents for people ages 65 and older.² Falls can result in hip fractures, broken bones and head injuries, and even minor falls can result in fear or depression, making it harder to stay active.

The good news is that most falls can be prevented! Here are some tips to reduce your risk of falling:

- Talk to your doctor. You and your doctor can discuss certain medications you're taking, any falls you've had in the past, and any health conditions that could increase your risk of falls. Your doctor can also help you with fall prevention steps such as exercise programs.
- Stay active. Gentle activities and exercises such as walking or tai chi can improve strength, balance, coordination and flexibility.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop which can make you feel wobbly.
- Be careful when walking on wet or icy surfaces as they can be slippery.
- Wear sensible shoes. High heels, floppy slippers, and shoes with slick soles can make you slip, trip and fall. Wear properly fitted, sturdy shoes with non-skid soles and skid-resistant socks when not wearing shoes.
- Remove home hazards and make your home safer:
 - Remove boxes, newspapers, electrical cords and phone cords from walkways.
 - Move coffee tables, magazine racks and plant stands from high-traffic areas.
 - Secure loose rugs with slip-resistant backing, tacks or double-sided tape or just remove them from your home completely.
 - Repair loose floorboards and carpeting right away.
 - Store clothing, dishes, food and other necessities where they are easy to reach.
 - Immediately clean spills.
 - Use nonslip mats in your bath or shower.
 - Use assistive devices like a bath seat, hand-held shower nozzles and grab bars for the tub. Also consider handrails for both sides of stairways, nonslip treads for bare-wood steps and a raised toilet seat with armrests.
 - Keep your home brightly lit, including nightlights in your bedroom, bathroom and hallways.
 - Place a lamp within reach of your bed.
 - Make clear paths to light switches.
- Get your eyes checked—make sure your prescription is up to date and you're using your eyewear as advised by your doctor.
- Get your hearing checked—even mild hearing loss can increase the risk of falling by three times. With more extensive hearing loss, that risk increases.

These tips can help you greatly reduce your risk of falls and stay safe.

²Source: www.cdc.gov/falls/facts.html

Flu and Pneumococcal Vaccines

Flu vaccinations are very important to help minimize the overall impact of respiratory illnesses on the population, as well as protect vulnerable populations at risk for serious illness.

The flu is a potentially serious disease that can lead to hospitalization and, in some cases, death. Every flu season is different, but millions of people get the flu every year, resulting in hundreds of thousands of hospitalizations and tens of thousands of deaths. The easiest way to help protect against influenza is to get a flu vaccine every year.

Everyone 6 months of age or older should get a flu shot or nasal spray every season. People at high risk of developing flu-related complications should especially consider the vaccine. The flu vaccine should be given by the end of October to be most effective but getting vaccinated late is better than being unvaccinated.

Pneumococcal disease is another serious illness for which a vaccine is recommended. Young children are susceptible, but older adults are at the highest risk of serious illness and death.

Sometimes, after these vaccines, you can experience redness, tenderness and soreness at the injection site. You could also get a low-grade fever or aches. These symptoms are mild and should disappear in a few days.

To schedule your flu or pneumococcal vaccines, contact your primary care physician or contact customer care to help schedule or find a location to get one or both of these vaccines.



Have you received your COVID-19 vaccine?

The Pfizer COVID-19 vaccine is safe, effective and FDA approved!¹

Plus, the U.S. Department of Health and Human Services announced plans to offer booster vaccinations in the fall to all Americans beginning eight months after their second vaccination. Many seniors who received their vaccine during the early rollouts may soon be eligible!²

For the latest information on the booster vaccine, visit www.cdc.gov.

Customer Care

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Source: ¹<https://www.fda.gov/news-events/press-announcements/fda-approves-first-covid-19-vaccine>

²<https://www.cdc.gov/media/releases/2021/s0818-covid-19-booster-shots.html>



Comprehensive Diabetes Care

If you're diabetic, taking care of yourself doesn't have to be difficult or scary—managing diabetes can be less complicated with the help of your doctor.

Here are some tips on how to manage your diabetes and what steps you can take to stay one step ahead.

- Talk to your doctor about healthy eating, exercise, sleep habits, stress levels or side effects from other medications.
 - Many foods break down into blood sugar, which is used for energy to fuel our brain, heart and muscles. There is no single “magic” diet for diabetes, but you can follow a few simple guidelines to help find what works for you to manage your blood sugar.
 1. Choose whole, unprocessed foods over processed foods.
 2. Eat non-starchy vegetables.
 3. Limit or avoid foods with added sugars and refined grains.
 4. Drink water instead of soda, diet soda or sugary drinks.
 5. Low-carb, vegetarian and Mediterranean diets have shown a positive effect on managing A1C.



- Ask your doctor about Diabetes Self-Management Education & Support (DSMES)—a service to help people navigate a diabetes diagnosis.



- **Check your blood sugar often and talk with your doctor about your levels.**

- Set specific blood sugar goals and a threshold for when you should call your doctor if your blood sugar is too high or too low.

- Have your A1C checked at least twice a year—and more often if recommended by your doctor.
 - A1C tests monitor how well your diabetes treatment is working. The test results give you a picture of your average blood sugar level over the past two or three months.
 - The goal for most adults with diabetes is an A1C that is less than 7% but levels vary by each person's age and other factors.
- Work on keeping your blood pressure and your blood sugar in a healthy range. Talk to your doctor about how you can do this if diet and exercise don't seem to be helping.
- Have a urine test at least once a year to check for protein or microalbumin. Diabetes can lead to kidney problems, and a urine test is an effective way to check on your kidney health.



- **Diabetes can mess with more than just your blood sugar—cholesterol levels can rise with the disease too.** The American Diabetes Association recommends that people with diabetes be on a statin medication—even if their levels are good—to prevent high cholesterol proactively. Statin medications can also reduce blood pressure and help keep the arteries “clean” inside, reducing the risk of heart attack.

- Brush up on your dental care and oral hygiene skills and control your blood sugar to prevent gum disease.
- Plan ahead when traveling in order to stay ready for any diabetic emergency.



- **Get a diabetic eye exam at least once a year.** Retinopathy is a complication of diabetes, as are cataracts and glaucoma, and, if left untreated, can cause blindness. Getting your eyes tested once a year by an optometrist or an ophthalmologist could help catch retinopathy early.

- Take any prescribed medication as directed. If you are having trouble affording your medication at any point reach out to your provider to discuss other options.
- Talk to your doctor or join a support group to help manage the feelings that might come with managing diabetes. You can find the Oklahoma chapter of the American Diabetes Association by visiting www.diabetes.org/community/local-offices/oklahoma.

When it comes to diabetes, you can keep yourself safe by being proactive. You can work towards a better quality of life with diabetes by making sure to follow all of these steps, especially the necessary testing.

Sudoku

	1	4	7	9				2
	5		8	1	4		9	7
					5		8	
9								5
		8			3			1
1				2	9		6	
5	7		6		2		1	
		1		5	7			
6					1	5		9

1	7	6					9	8
2			6	8	1		7	5
		8					6	2
8	5	1		3		6	4	7
			7	1	6		5	3
6	3	7	5	4	8			1
9	6		1		3			4
						2		9
3	8	5		2	9	7		

			8		6			
		1			3		5	
4	2	3						8
				8	4		2	
				6			1	3
			5		7		4	
		7		5				
	3	9				5	7	1
5		8				3		4

	2	8	9	3	5			7
4				6		8	2	5
	5	6	4	8				
		5				1	7	3
				5	7	2	4	8
		7						
	1					6		
					9	3	8	2
	6	2						

Word Search

Bike Ride

Find and circle all of the vocabulary words that are hidden in the grid. The words may be hidden in any direction.

K A J U P D O K Q G A H W H E E L T J
 R T S E A T U D F M W A T E R M G Y S
 N A T I O M O W Z P I F M Z E N X T G
 A M A Z X W O X A P I R I T S L I A M
 E R C B E K E M O H O B W B A U I L T
 M V T E K S A B S Z H W X D S M S F A
 C P U M P P C R C V Q Q E H P C I Q R
 K W I M U M A R G N Y P Q K E K Z K S
 C R R R L E F V Z Z P Q A D E E I X E
 G H O Z G W H M N E K O P S D A T D P
 R V A F X B E D O W N H I L L M I X T
 M B E I M U L N I U O S J P Y S I A L
 R R I Y N N M L S T R O H S Y J N R C
 N E Z R A B E L D N A H W R A D L M S
 G K I C K S T A N D V P T N E C L F E
 M M P Q G L E R K C A N S M E F I A K
 F E N D E R I T Z A U O U S C E H V A
 V L M F I B G V O O Y J R X P A P G R
 I H G T H E S I C R E X E P P N U P B

- | | | |
|-------------|-----------|--------|
| BASKET | GEARSHIFT | SHORTS |
| BRAKES | HANDLEBAR | SNACK |
| CHAIN | HELMET | SPEED |
| COUNTRYSIDE | KICKSTAND | SPOKE |
| DOWNHILL | MAP | TANDEM |
| EXERCISE | PEDAL | TIRE |
| FENDER | PUMP | UPHILL |
| FLAT | RIM | WATER |
| FORK | SEAT | WHEEL |

The Generations Kitchen Table

Easy Chicken & White Bean Soup

- 2 teaspoons extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into ¼-inch rounds
- 1 tablespoon chopped fresh sage, or ¼ teaspoon dried
- 2 14-ounce cans reduced-sodium chicken broth
- 2 cups water
- 1 15-ounce can cannellini beans, rinsed
- 1 2-pound roasted (rotisserie) chicken, skin discarded, meat removed from bones and shredded (4 cups)
- salt and pepper to taste

Total Time: 25 minutes **Serving Size:** 6



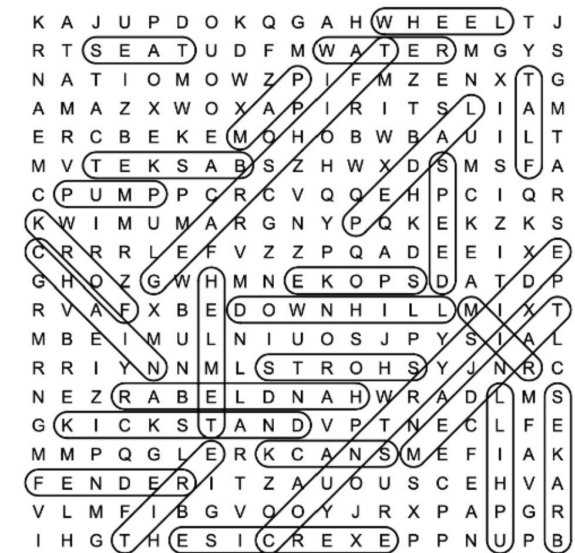
Make this recipe ahead and cover and refrigerate for up to 2 days.



Directions

- 1 Heat oil in a Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil.
- 2 Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.
- 3 Serve hot with cornbread, or see our Quick Tips for how to make this dish ahead and store it!

Word Search and Sudoku (answers)



8	1	4	7	9	6	3	5	2
2	5	3	8	1	4	6	9	7
7	9	6	2	3	5	1	8	4
9	2	7	1	6	8	4	3	5
4	6	8	5	7	3	9	2	1
1	3	5	4	2	9	7	6	8
5	7	9	6	4	2	8	1	3
3	8	1	9	5	7	2	4	6
6	4	2	3	8	1	5	7	9

1	7	6	2	5	4	3	9	8
2	9	3	6	8	1	4	7	5
5	4	8	3	9	7	1	6	2
8	5	1	9	3	2	6	4	7
4	2	9	7	1	6	8	5	3
6	3	7	5	4	8	9	2	1
9	6	2	1	7	3	5	8	4
7	1	4	8	6	5	2	3	9
3	8	5	4	2	9	7	1	6

9	7	5	8	1	6	4	3	2
6	8	1	4	2	3	9	5	7
4	2	3	7	9	5	1	6	8
3	9	6	1	8	4	7	2	5
7	5	4	9	6	2	8	1	3
8	1	2	5	3	7	6	4	9
1	4	7	3	5	9	2	8	6
2	3	9	6	4	8	5	7	1
5	6	8	2	7	1	3	9	4

1	2	8	9	3	5	4	6	7
4	3	9	7	6	1	8	2	5
7	5	6	4	8	2	9	3	1
2	4	5	8	9	6	1	7	3
6	9	1	3	5	7	2	4	8
3	8	7	1	2	4	5	9	6
9	1	3	2	7	8	6	5	4
5	7	4	6	1	9	3	8	2
8	6	2	5	4	3	7	1	9

Important Plan Information

Helpful *Contacts*

Customer Care:
1-844-280-5555 (TTY: 711)

8:00AM to 8:00PM,
Seven days a week (Oct 1 - Mar 31)
8:00AM to 8:00PM,
Monday through Friday (Apr 1 - Sept 30)

**Generations Medicare
Advantage Plans Part D
(Prescription Drug) Questions:**
1-866-494-3927 (TTY: 711)

Available 24 hours per day,
7 days per week

**Beacon Health
Options-Behavioral Health:**
**1-888-434-9202
(TTY: 711)**

7:00AM to 5:00PM,
Monday through Friday

GlobalHealth is an HMO plan with a Medicare contract. Enrollment in GlobalHealth depends on contract renewal.

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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