

## Introducing a new fall risk program

**Summary:** Knowing if your patient has fallen is important even if they are not hurt badly.

### Did you know?

Every 11 seconds, an older American is treated in an emergency room due to a fall.

Every 19 minutes, an older American dies from a fall.

About 2.8 million fall-related injuries are treated in emergency room annually.

### Fall risk assessments

We want to empower our members to stay safe and healthy at any age. This includes helping them reduce the risk of falling. This year, our nursing team will administer fall risk assessments for members in the Case Management program.

We will be asking members the following questions to determine their risk or fear of falling:

- “Have you fallen and hurt yourself in the past year?”
- “Have you fallen two or more times in the past year?”
- “Do you fear falling because of balance or gait?”
- “Have you spoken to your doctor about any of the above?”

As part of the interventions, we will be asking our members to speak with their doctors about falls and fall prevention.

### What if I need assistance?

If you have questions about this communication or need assistance with any other item, contact your local Provider Relations representative or call Provider Services toll free at 1-866-805-4589.