

HealthFirst

Health Plans

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Health First Health Plans' Senior Safety Day Proves Itself a Hit with Members

Melbourne, Fla. -- When you think of the term “senior safety,” consider what pops into your mind.

Preventing falls? Aging services? Being cared for at home?

Those are correct – and, really, just the start.

[Health First](#) Health Plans, Brevard’s not-for-profit health insurance company, dedicated a morning last week to cover those subjects and so much more at [Health First Health Plans](#) 2025 Senior Safety Day. It was the third annual event the Health Plans offered to its valued members, held at the Melbourne Hilton-Rialto.

“We want to create situations or events like this for free for you to come and learn,” said Matt Gerrell, President of Health First Health Plans, in a short video that kicked off the day. “I want to make certain that you have all the tools you need to be safe.”

Health First Health Plans mission, to improve the health and wellness of the communities it serves, aligned perfectly with the event, attended by nearly 80 members.

And it wasn’t just physical health presenters tapped into. There was practical advice shared by others in the community, too. Take a look:

- **Neighborhood safety:** [Melbourne Police](#) Officer Mark Lang tackled digital safety – such as how to avert text and email scams. He touched on phishing [scams](#), too, which create a sense of urgency or claim the recipient won a prize – but with pressure to take immediate action.
- **Importance of first aid:** Rob Spivey, [First Flight's](#) Program Nurse Manager, spoke on: how critical first aid is; how to identify a heart attack or stroke; how to clear airways for yourself or others when choking; the importance of having a first aid kit and fire extinguisher; and why embracing technology can be essential during a medical crisis –

think smart watches that detect falls and summon emergency responders. Learn more about First Flight, which just added a second helicopter to serve North Brevard, [here](#).

- **Trauma/Fall prevention:** Jessica Henwood, Trauma RN, [Trauma Center](#), explored how falls are the leading cause of injuries for those 65 and up. She shared advice on how to prevent them. (The Trauma Center offers fall prevention courses at no cost to you at Health First Hospitals. Sign up [here](#) or call 321.434.1913.)
- **In-home safety:** Melissa Buchanan, Health First [Private Duty Nursing](#) Clinical Operations Manager, spoke of how home health aides and other associates are available to help those needing personal care (bathing and dressing), light housekeeping, laundry, meal preparation, grocery shopping and more. Click [here](#) or call 321.549.1804 to learn more.
- **Health First Aging Services:** Rebecca Osgood, Patient Educator with the [Memory Disorder Clinic](#), Health First Medical Group, shared how services are individualized for each patient to focus on their specific needs, how caregivers are often the “silent patient,” and even led a fun brain teaser game, similar to “Simon Says,” drawing laughter from the crowd as they played along. (To schedule a free memory test, or for more information, [click here](#) or call 321.434.7614.)
- **Medication tips from [Health First Family Pharmacy](#):** How to talk to providers about splitting pills, not stockpiling (or sharing) meds, reminder tools and expiration dates.
- **[Cybersecurity](#) and phone security:** Emphasis on using a password manager app, not storing personal information on phone or computers, as well as how the less on your phone or computer, the better.
- **Skin health:** [Forefront Dermatology](#) providers shared the importance of broad-spectrum sunscreen, at-home monthly skin checks and the importance of making annual dermatologist check-ups a priority.

While this list isn’t exhaustive, it’s a place to start. Health Plans member Karen Harrison, who was feverishly taking notes throughout the day, said she was especially happy with the information shared about how to prevent falls, as well as cybersecurity tips. She signed up for a couple of events this year and looks forward to more.

And she appreciates the free perks being budget friendly.

“There is no charge for them, and you get a lot of information,” Harrison said.

Member Robert Nelson’s a fan, too. Most beneficial to him?

“The safety around your home and your cars was important,” Nelson said. He finds the wide variety of topics tackled “in depth.”

“I love my plan,” Nelson told a Health First Health Plans associate. “I love Health First Health Plans, and I love everything you guys do for us.”