



Hot Fun in the Summertime!

Summer is here and while you may be taking a vacation from work, you shouldn't take one from your health. No matter your vacation destination, here are some things to keep in mind to keep you and your family safe this summer.

Sun Safety

Protect yourself from exposure to the sun's rays and reduce your risk of sunburn, skin cancer and heat stress:

- Apply sunscreen with SPF 30 or higher, even on cloudy days
- Reapply sunscreen after swimming, sweating or being outdoors for more than two hours
- Wear a hat with a wide brim to shade your face, head, ears and neck
- Wear sunglasses that block both UVA and UVB rays
- Seek shade, especially during midday hours
- Drink plenty of fluids

Pool/Water Safety

Swimming is a great way to beat the summer heat and a fun way to get exercise. Follow these tips to keep this summer pastime safe:

- Never swim alone
- Do not leave young children or non-swimmers unattended
- Sign up for swimming lessons
- Do not jump or dive into the shallow end of a pool
- Learn CPR

Success Stories

The Live Better Louisiana wellness program marked its one year anniversary at the end of May. In that time, 15,000 OGB members have been screened at one of our on-site clinics. Some of them learned they had serious – and possibly life threatening – medical conditions they were completely unaware of.

A few of those people – who wished to remain anonymous – have shared their stories with us:

"I am 49 years old and battle with obesity, prediabetes and metabolic syndrome. Prior to my visit, I had not seen my primary care physician in more than 10 years, and I wasn't taking any

medication. Since meeting with my primary care doctor, I have a plan of action and new blood pressure medication. I want to thank the Catapult nurse practitioner for helping save my life!"

"At my first visit with Catapult, my blood pressure was critically high due to being out of medicine for three weeks. The nurse practitioner immediately scheduled an appointment with my doctor and got my husband to transport me. I am very grateful for the nurse practitioner's guidance and am following the plan of action she gave me to improve my self-care."

"Thank you, Catapult, for getting me in line. I am a prediabetic patient who has chosen to make healthier food choices and lost weight thanks to counseling from my Catapult nurse practitioner. My goal is to reverse my prediabetes."

Do you have a similar success story? Please [email us](#) and we will tell YOUR story in a future newsletter.

Upcoming Clinics

Below is a schedule of clinics scheduled for June. To sign up for one of these clinics, or to search for a date that works better for you, visit www.timeconfirm.com/ogb. (Dates and times are subject to change.)

Live Better Louisiana Clinics	
Date	Location
6/1/2015	Southeastern LA University Pennington Center University of New Orleans
6/2/2015	Holiday Inn (Baton Rouge - Retirees) Claiborne Building (Baton Rouge) Southeastern LA University Pennington Center Department of Public Safety (Baton Rouge) University of New Orleans
6/3/2015	Holiday Inn (Baton Rouge - Retirees) Southeastern LA University Pennington Center Department of Public Safety (Baton Rouge) Louisiana School for the Deaf and Visually Impaired (Baton Rouge) University of New Orleans
6/4/2015	Holiday Inn (Baton Rouge - Retirees) Central Louisiana State Hospital (Pineville) Bienville Building (Baton Rouge) Southeastern LA University Pennington Center Department of Public Safety (Baton Rouge) University of New Orleans
6/5/2015	Bienville Building (Baton Rouge) Southeastern LA University Pennington Center St. Landry Parish School Board - Resource Center (Opelousas)

	University of New Orleans
6/8/2015	Avoyelles PSB - Marksville HS (Marksville) DOTD District 45 (Baton Rouge) Bienville Building (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) St. Landry Parish School Board - Pupil Appraisal Center (Opelousas)
6/9/2015	Avoyelles PSB - Marksville HS (Marksville) LaSalle Building (Baton Rouge) Bienville Building (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) St. Landry Parish School Board - Pupil Appraisal Center (Opelousas)
6/10/2015	Avoyelles PSB - Marksville HS (Marksville) DCFS (Gonzales) DEQ - Southeast Regional Office (New Orleans) St. Landry Parish School Board - Pupil Appraisal Center (Opelousas)
6/11/2015	Avoyelles PSB - Marksville HS (Marksville) DOTD District 45 (Baton Rouge) State Military Department - (New Orleans) St. Landry Parish School Board - Eunice HS (Eunice)
6/12/2015	St. Landry Parish School Board - Eunice HS (Eunice)
6/15/2015	Pinecrest Supports and Services Center (Pineville) La Quinta Inn. (Baton Rouge – Retirees) St. Landry Parish School Board - Resource Center (Opelousas)
6/16/2015	Pinecrest Supports and Services Center (Pineville) La Quinta Inn. (Baton Rouge – Retirees) St. Bernard Parish School Board - Admin Building (Chalmette)
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6/18/2015	Pinecrest Supports and Services Center (Pineville) La Quinta Inn. (Baton Rouge – Retirees) Jefferson Parish School Board (Harvey) St. Landry Parish School Board - Resource Center (Opelousas)
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6/20/2015	Jefferson Parish School Board (Harvey)
6/22/2015	Office of Public Health (Alexandria)

	DCFS (Lake Charles) DCFS (LaPlace)
6/23/2015	Nicholls State University (Thibodaux) DCFS (Lake Charles)
6/24/2015	Nicholls State University (Thibodaux) LaSalle Building (Baton Rouge) Probation and Parole (Lake Charles)
6/25/2015	Renaissance Hotel (Baton Rouge – Retirees) DCFS (Houma)
6/26/2015	Renaissance Hotel (Baton Rouge – Retirees) New Orleans City Park
6/29/2015	Claiborne Building (Baton Rouge)
6/30/2015	Claiborne Building (Baton Rouge) Hampton Inn (Thibodaux – Retirees)

West Nile Virus

Mosquitoes are most active in the summer months. Protect yourself against West Nile Virus (WNV) and other mosquito-borne illnesses by following these guidelines:

- Use a bug spray with DEET
- Wear long sleeves, long pants and socks
- Take extra care during peak mosquito biting hours — dusk to dawn
- Empty standing water from flower pots, gutters, buckets, pool covers, etc.

There are no medications to treat or vaccines to prevent WNV infection. Fortunately, most people infected with WNV will have no symptoms. About 1 in 5 people who are infected will develop a fever with other symptoms. Less than 1% of infected people develop a serious, sometimes fatal, neurologic illness.

For more information, visit us at www.bcbsla.com/ogb

Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)



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