



## Fall Allergies

Fall finds us thinking about cooler weather, changing leaves, and football games. After enduring a hot and humid summer, you may look forward to spending more time outdoors enjoying cooler temperatures. For those of us suffering from mold and ragweed pollen allergies, fall brings seasonal symptoms which can include sneezing, sniffing, runny nose, and nasal congestion.

Ragweed pollen is spread through the air and is highest during the morning hours, on windy days, or shortly after a rainstorm when the plant is drying out. Symptoms caused by a ragweed pollen allergy usually start around the middle of August/September and last until October/November. Follow the tips below to tackle your fall allergies:

1. **Reduce your pollen exposure** - Keep your windows closed (house and car), air conditioner on, and make sure to change the filters frequently.
2. **Monitor pollen and mold counts** – Check the local newspapers and TV news weather reports to get a daily pollen update and stay indoors as much as possible when the pollen count is high (usually mid-morning to early afternoon).
3. **Time your outdoor workouts** – It's much better to exercise early in the morning before the winds pick up.
4. **Avoid yard work (raking leaves and mowing lawns)** – If you must do it yourself, wear a face mask and goggles.
5. **Shower off pollen** – When you come inside, shower and change into fresh clothes to keep from bringing pollen in the house and the bed.
6. **Take medicine** – It's much better to start taking medicine before you start experiencing symptoms (runny nose, itchy eyes, etc.).

If you suffer from fall allergies, you don't have to dread autumn's arrival. Knowing how to reduce your exposure to mold and pollen can make a big difference.

## Live Better Louisiana

Due to the Live Better Louisiana deadline being extended to the 9<sup>th</sup> of September, the third year of the program kicked off **September 10** and we are gearing up to hold Catapult Health clinics from **October 2016 through August 2017**. All participants who earned the premium discount for 2017, will need to complete the following requirements **by August 31, 2017** to earn the discount again in **2018**:

- Participate in a Catapult Health clinic or submit a Primary Care Provider (PCP) form.
- Complete the Personal Health Assessment (PHA) on the Blue Cross Blue Shield website at [www.bcbsla.com/MYPHA](http://www.bcbsla.com/MYPHA). Members must have a Blue Cross online account to complete the PHA. An account can be created at [www.bcbsla.com/Activate](http://www.bcbsla.com/Activate). If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.

*The Live Better Louisiana wellness program is for OGB members who are enrolled in a Blue Cross health plan*

only. Members enrolled in the Vantage Medical Home HMO plan may click [here](#) for more information on Vantage Health Plan's wellness programs.

### Upcoming Clinics

Below is a list of clinics scheduled throughout the state. You have until **August 31, 2017** to complete your online PHA and get your preventive health checkup in order to be eligible for the 2018 wellness credit! To sign up for one of these clinics, or find a date and location that works best for you, visit [www.timeconfirm.com/ogb](http://www.timeconfirm.com/ogb) or call 1-877-841-3058.

Live Better Louisiana Clinics	
Date	Location
10/24-25/2016	Baton Rouge-Claiborne Building (1201 North Third Street)

### Brown Bag Lunch & Learn in the Claiborne Building, Iowa Room 1-153

**Topic:** Women's Health  
**Date:** Wednesday, October 12, 2016  
**Time:** 11:30 - noon

If you cannot attend at the Claiborne Building, click the following link to [Join WebEx meeting](#)

Meeting number: **806 702 042**

Meeting password: **pMEXUf4x**

#### Join by phone

Dial In Number **+1-844-441-8816**

Conf Code: 4552049

### October 24<sup>th</sup> is Food Day

**Food Day** inspires Americans to change their diets *and* food policies. Every October 24, thousands of events all around the country bring Americans together to celebrate and enjoy real food and to push for improved food policies. October 24<sup>th</sup> is a day to decide to make changes in our own diets and to take action to solve food-related problems in our communities at the local, state, and national level.

#### Why Food Day?

The typical American diet is contributing to obesity, diabetes, heart disease, and other health problems. Those problems cost Americans more than \$150 billion per year in health care costs. By choosing food that is healthy, tasty, made from whole ingredients and provides essential nutrients, you can save your health and even your life.

#### Join the Movement

The most important ingredient in Food Day is you! Use October 24<sup>th</sup> to start—or celebrate—eating a healthier diet and putting your family's diet on track. Food Day is not just a day; it's a year-long catalyst for healthier diets and a better food system. Let's use this energy to make a meaningful and long-lasting difference! For more information about Food Day, visit [www.foodday.org](http://www.foodday.org).

### Take Steps Towards Better Health

Would you like to take advantage of FREE fitness fun and have your questions answered by local physicians while you walk at your own pace? Walk with a Doc will take place in Baton Rouge and on the Westbank

(Gretna) in the month of October (**see dates, time, and place below**). This is a grassroots movement to bring the benefits of regular exercise to patients/employees through a physician led walking program. This event is free to the public, so please bring your friends and families along. There is no fee for this event, but we ask that you please visit [www.LSMS.org](http://www.LSMS.org) and register to help plan for resources.

**When: Saturday, October 15, 2016 from 8:30 am – 9:30 am**

**Where: BREC Perkins Community Park  
7122 Perkins Road, Baton Rouge, LA 70808**

**When: Tuesday, October 18, 2016 from 6:00 pm – 7:00 pm**

**Where: Oakdale Park  
650 Wall Blvd., Gretna, LA 70056**

### Easy One-Pot Jambalaya

Save time in the kitchen with this easy one-pot jambalaya cooked with brown rice, chicken, shrimp, andouille sausage, and Cajun seasoning. If you are watching your salt intake, you can modify the recipe by using a lower sodium sausage or half the amount of andouille and choose a salt-free Cajun seasoning.

#### Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1 medium green bell pepper, chopped
- 3 stalks celery, chopped
- 1 cup brown rice, uncooked
- 1 ½ pounds boneless skinless chicken breasts, chopped
- 12 ounces andouille sausage, sliced
- 1 ½ cups low-sodium chicken broth
- ½ cup dry wine
- 1 (14 ounce) can diced tomatoes
- 2 teaspoons Cajun seasoning
- 1 teaspoon dried thyme
- ½ pound shrimp, peeled and deveined
- ¼ cup fresh parsley, chopped
- Kosher salt to taste

1. In a large pot add the olive oil and heat to medium. Add the chopped onion, bell pepper, celery and brown rice. Sauté about 10 minutes, stirring frequently until vegetables have softened.
2. Add the chicken and andouille sausage and continue sautéing about 3 minutes until chicken is slightly browned, but not cooked through.
3. Add the chicken broth, white wine, diced tomatoes, Cajun seasoning, and dried thyme and stir everything together. Bring pot to a full boil, then reduce the heat and simmer for 40 to 50 minutes until rice is soft.
4. Add the peeled raw shrimp and fresh parsley and cook about 5 minutes, until shrimp is cooked through. Allow the jambalaya to sit and thicken about 10 to 15 minutes before serving. Add salt as desired.

\*\*\*Makes approximately 8 (1 ½) cup servings\*\*\*

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

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