



### Healthways Gym \$25 enrollment fee waived through April 30, 2016

Healthways Fitness Your Way is a new way to get healthy and feel good on your own terms. It offers you the flexibility to workout at any network fitness location, on your time and on a budget that you can live with. Members enrolled in a Blue Cross Blue Shield health plan, have access to 9,000 participating fitness locations **for just \$25 a month**. And from now until April 30, 2016, the enrollment fee has been waived!

#### Follow the instructions below to enroll today!

1. Log in to [Blue365](#) (or register for access by following the instructions).
2. Under the tab **Browse Deals** select **Fitness**.
3. Select Healthways Fitness Your Way **Redeem Now**.
4. You will be directed to the Healthways Fitness Your Way landing page.

You can:

- ✓ [Search by ZIP code](#) for participating locations
- ✓ Review the Frequently Asked Questions before enrolling.
- ✓ Waive your enrollment fee by entering the code **STATELA** at checkout

To enroll by phone, call Healthways customer service at **1-888-242-2060 Monday - Friday, 8:00 am – 9:00 pm**. They can answer all of your questions and redeem your **STATELA** code. Act now! After April 30, 2016 you can sign up for your \$25/month gym membership, but will have to pay a \$25 enrollment fee.

### Brown Bag Lunch & Learn in the Claiborne Building, Rapides Room 3-230

**Topic:** Smoking Cessation

**Date:** Wednesday, April 13, 2016

**Time:** 11:30 - noon

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

Meeting number: **806 486 383**

Meeting password: **BX6Dxng5**

#### Join by phone

**+1-855-797-9485** US Toll free

Access code: 806 484 383

### QUIT with US. LA - Are you a long-time smoker who's ready to kick the habit?

Call **1-800-QUIT-NOW** a confidential, 24-hour toll-free tobacco cessation helpline that links people who want to quit using tobacco with trained, dedicated Quit Coaches® who help the callers create an individualized plan to quit. This individualized quit plan includes telephone coaching sessions, Web coach assistance and self-help materials. For more information visit [www.quitwithusla.org/](http://www.quitwithusla.org/)

## Live Better Louisiana Clinics

The second year of Live Better LA kicked off September 1<sup>st</sup> and clinics are being scheduled through August 2016. All participants who earned the premium discount for 2016 will need to complete a wellness checkup and Personal Health Assessment (PHA) to earn the discount again in 2017.

Below is a list of clinics scheduled throughout the state. You have until August 31, 2016 to complete your online PHA [www.bcbsla.com/MYPHA](http://www.bcbsla.com/MYPHA) and get your preventive health checkup in order to be eligible for the 2017 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. **Clinic dates and locations are added frequently, so check back if you don't see a convenient time or place.**

Live Better Louisiana Clinics	
Date	Location
04/04/2016	New Orleans-Delgado CC Charity School of Nursing (450 South Claiborne Ave.)
04/05/2016	Anacoco-Anacoco ES (4726 Port Arthur Ave.)
04/05-07/ 2016	Lake Charles-DOTD District 07 (5827 Highway 90 E.) Leesville-Pickering HS & ES (116 Lebleu Rd.)
04/08/2016	Baton Rouge-LA School for the Deaf & Visually Impaired (2888 Brightside Dr.) Leesville-Hicks High School (1296 Hicks School Rd.)
04/09/2016	Metairie-Holiday Inn (2261 N. Causeway Blvd.)
04/12/2016	Baton Rouge-Coastal Protection & Restoration Authority (450 Laurel St., Ste. 1501) Lake Charles-McNeese State University (4300 Jefferson Davis Dr.)
04/14/2016	Angie-Washington Parish-Varnado High School (25543 Washington St.) Baton Rouge-DOTD District 61 (8100 Airline Hwy.) Mt. Hermon-Washington Parish-Mt. Hermon School Library (36119 Hwy 38)
04/15/2016	Hammond-Southeastern LA Univ. (Pennington Ctr.-1350 N. General Pershing Ave.)
04/16/2016	Lake Charles-Hampton Inn (3175 Holly Hill Rd.)
04/18/2016	New Orleans-Delgado CC West Bank (2600 General Meyer Ave.)
04/18-22/ 2016	Baton Rouge-Department of Agriculture and Forestry (5825 Florida Blvd.) Baton Rouge-DOTD Headquarters (1201 Capital Access Rd.) Lafayette-South LA Community College (1101 Bertrand Dr.)
04/19/2016	New Orleans-Delgado CC Sidney Collier College (3727 Louisa St.)
04/21-22 /2016	Harvey-Jefferson Parish School Board (501 Manhattan Blvd.) Baton Rouge-Bienville Building (628 North 4 <sup>th</sup> St.)
04/25-28/ 2016	Pineville-Pinecrest Supports and Services Center (100 Pinecrest Dr.)
04/26/2016	Slidell-Delgado Community College Slidell (320 Howze Beach Rd.)
04/27-29/ 2016	Harvey-State Office Building-Probation & Parole (2150 Westbank Expressway)
04/30/2016	Bastrop-Morehouse Parish School Board-Student Service Center (1607 MLK South)
05/02-06/ 2016	Natchitoches-NSULA (175 Sam Sibley Dr.)
05/03/2016	Baton Rouge-1 <sup>st</sup> Circuit Court of Appeals (1600 North 3 <sup>rd</sup> St.)
05/04/2016	Baton Rouge-LaSalle Building (617 N. Third Street)
05/05/2016	Franklinton-Washington Parish-Franklinton Elementary School Gym (Jaguar Dr.)
05/06/2016	Franklinton-Washington Parish-Franklinton Primary School (610 Barker Dr.)
05/10/2016	Baton Rouge-Coastal Protection & Restoration Authority (450 Laurel St., Ste. 1501)
05/10-11/ 2016	Harvey-State Office Building-Probation & Parole (2150 Westbank Expressway) Leesville-West Leesville & Optional School (1100 Abe Allen Memorial Dr.)

<b>05/11/2016</b>	Baton Rouge-State Archives Building (3851 Essen Lane) Baton Rouge-Probation & Parole (2715 Wooddale Blvd., Ste. 400) Leesville-Vernon Middle School (1410 Nona St.)
<b>05/12/2016</b>	New Orleans-Delgado CC City Park (916 Navarre Ave.)
<b>05/13/2016</b>	New Orleans-4 <sup>th</sup> Circuit Court of Appeal (400 Royal St.) Pineville-Central LA State Hospital (242 West Shamrock St.)
<b>05/16-18/ 2016</b>	Baton Rouge-Dept. Wildlife & Fisheries (2000 Quail Dr.) New Orleans-University New Orleans (2000 Lakeshore Dr.) Ruston-LA Tech University (331 Keeny Circle LA Tech Campus)
<b>05/20/2016</b>	Fort Polk-North Polk Elementary School (4978 University Pkwy.)
<b>05/19-21/ 2016</b>	Harvey-Jefferson Parish School Board (501 Manhattan Blvd.)
<b>05/24/2016</b>	Alexandria-Probation & Parole (2800 South MacArthur Dr.)
<b>05/25/2016</b>	Franklinton-Washington Parish School Board Central Offc. Media Ctr (800 Main St.)
<b>05/26-27/ 2016</b>	Pineville-Central LA State Hospital (242 West Shamrock St.)

### Chicken & Spinach Orzo Dinner

Short on time, this meal can be prepared in 30 minutes. Hot, homemade chicken, spinach and orzo can be a quick weeknight dinner for four. Made with leftover chicken or store-bought rotisserie chicken, meal prepping for this recipe is a breeze.

#### Ingredients

- 2 teaspoons olive oil
- 1 large onion, halved and sliced
- ¼ cup chicken broth or dry sherry
- 3 tablespoons raisins or currants
- 1 ½ cups shredded, cooked chicken breast (from rotisserie chicken)
- 8 cups packed spinach, torn into pieces
- ¼ teaspoon salt
- 8 ounces of uncooked orzo (pasta shaped like grain of rice)
- ¼ cup slivered almonds or toasted pine nut
- ¼ cup shaved fresh Parmesan cheese

1. Heat oil in a large nonstick skillet over medium heat. Add onion; cook, stirring occasionally, 15 minutes or until onions are golden brown.
2. Stir in chicken broth, raisins and chicken. Add spinach. Cover with lid and cook for 3 minutes tossing occasionally with tongs until spinach wilts. Stir in salt.
3. Cook orzo in boiling water for 8 minutes or until tender; drain. Toss together drained orzo and spinach mixture. Sprinkle with almonds and cheese. Serve immediately.

\*\*\*Makes approximately 4 servings\*\*\*

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)  
Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)