



August is National Immunization Awareness Month

As summer comes to a close and the kids head back to school, it's the perfect time to make sure **you and your child(ren)** are up to date on vaccines. Vaccines are not just for kids. In fact, they are recommended throughout our lives, especially if you are an older adult or have a chronic health condition.

We all need vaccinations to help protect us from serious diseases like the flu, measles and pneumonia but it's also important to know which vaccinations you need and when to get them. Everyone age 6 months and older needs to get a flu vaccine every year, however, other vaccinations work best when they are given at certain ages.

- If you have a child age 6 or younger, [click here](#) to find out which shots your child needs
- [Click here](#) to find out what shots teenagers and adults need
- Always talk to your doctor to make sure that everyone in your family gets the vaccinations they need.

Most schools and day care centers require children to be up to date on vaccinations before enrolling or starting school in order to protect the health of all students. If you are unsure of school immunization requirements, check with your child's doctor, school, child care provider, college health center, or local health department.

Live Better Louisiana Clinics

There are only a few weeks left (**deadline August 31, 2016**) to complete your online Personal Health Assessment (PHA) 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 or call 1-877-841-3058. **If there are no clinic dates and locations available in your area, you can have your doctor complete a [Primary Care Provider \(PCP\) form](#) and fax or mail it to Catapult Health by 5:00 pm August 31st.**

Live Better Louisiana Clinics

Date	Location
08/01-02/2016	Baton Rouge- LSU Ag Center (LSU Campus 101 Efferson Hall Rm. 212)
08/08-12/2016	Baton Rouge-DOTD Headquarters (1201 Capital Access Road)
08/09-10/2016	Greensburg-St. Helena Parish School Board (137 College Street)
08/09/2016	Grand Chenier-South Cameron High School (753 Oak Grove Hwy.) Hackberry-Hackberry High School (1390 School Street) Lake Charles-Grand Lake High School (1039 Hwy 384 Grand Lake)

08/15/2016	Monroe-DOTD District 05 (8010 Desiard Street)
08/17/2016	Morgan City-South Central LA Technical College (900 Youngs Road)
08/15-18/2016	Baton Rouge-Claiborne Building (1201 North 3 rd Street) Hammond-Southeast LA Univ. (Pennington Ctr.-1350 N. General Pershing Ave.) Pineville-Pinecrest Support and Services Center (100 Pinecrest Dr.)
08/23-25/2016	Natchitoches-NSULA (175 Sam Sibley Drive) Baton Rouge-Claiborne Building (1201 North 3 rd Street)
08/25-26/2016	Lake Charles-SOWELA (Arts & Humanities Bldg. 3820 Sen. J Bennett Johnston Ave.)
08/30/2016	Monroe-DOTD District 05 (8010 Desiard Street)
08/31/2016	Baton Rouge-Bienville Building (628 North 4 th Street)

2016 Men's Health Conference

When: Saturday, August 27, 2016 from 7:00 am – 1:00 pm

**Where: Pennington Biomedical Research Center
6400 Perkins Road Baton Rouge, LA 70808**

Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, children, and other family members, men's health is truly a family issue. This conference offers **FREE** Health Screenings and special smaller group sessions with medical professionals to men from Baton Rouge and the surrounding areas. It gives men an opportunity to explore ways to better care for themselves and their health. Please register at <http://www.lamenshealth.org>.

Tips for using Backpacks!

Back-to-school season is here and it's time for parents to gather school supplies. While back-to-school shopping may be the only time you think about backpacks, you should really give them some thought all year. Selecting the wrong one or using them the wrong way can cause back pain. Here are a few tips:

- Buy a backpack with two padded, adjustable shoulder straps. Have your child use both shoulder straps (the wider the straps the better), adjusted so the backpack fits close to the upper part of the back. Carrying a backpack over one shoulder can lead to neck and muscle spasms, and lower back pain. If possible, encourage children to make more frequent trips to their lockers between classes to replace books.
- Consider a pack with wheels. There are guidelines and considerations to keep in mind with this kind of pack. Many schools and school districts don't allow rolling backpacks due to kids tripping over them in the halls. Be sure you find out if you can have one and find out the right way to pack it and carry it to be safe.
- A child should carry no more than 10% of his/her body weight. For example, if a child weighs 80 pounds, then the book bag should weigh no more than 8 pounds. A load this size should be light enough to walk and stand up straight without hunching forward or leaning to the side. Look for a backpack with multiple compartments inside so the weight can be distributed evenly.

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

Topic: Improving Health & Wellness at Work

Date: Wednesday, August 10, 2016

Time: 11:30 - noon

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

Meeting number: **805 619 431**

Meeting password: **8M34shau**

Join by phone

+1-855-797-9485 US Toll free

Access code: 805 619 431

Tuna Avocado Egg Salad

This super tasty lunch recipe can be prepared in about 10 minutes. Mayonnaise is replaced with creamy avocado that is high in healthy fats, vitamin K, fiber, and potassium to give it a healthier twist. It can be served as wrap, but the salad would also be great on whole wheat bread or even stuffed in a tomato. Lettuce and tomato can be used to dress the wrap or sandwich to get a vegetable serving.

Ingredients

- 1 (5 ounces) can tuna packed in water, drained and shredded with a fork
 - 2 large hard-boiled eggs, chopped
 - 2 hard-boiled egg whites, chopped
 - 2 tablespoons plain Greek yogurt
 - 1 tablespoon lemon juice
 - ¼ teaspoon paprika
 - Dash, garlic powder
 - Salt and pepper, to taste
 - 1 large Hass avocado (or 2 small avocados), pitted and diced
 - 5 large whole grain tortillas
1. Combine all ingredients in a medium bowl, except for the diced avocados. Stir in the diced avocados last.
 2. Spoon ½ cup of tuna egg salad mixture to 1 large tortilla. Roll and enjoy!

Makes approximately 5 servings

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

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