



April is Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, we encourage you to educate yourself and your loved ones about the dangers of drinking too much.

Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems. 88,000 deaths are annually attributed to excessive alcohol use with Alcoholism being the 3rd leading lifestyle-related cause of death in the nation.

Alcohol abuse and alcoholism can affect all aspects of a person's life. Over time, excessive alcohol use can lead to numerous health problems, chronic diseases, neurological impairments and social problems. Here are some strategies to help you or someone you may know cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women and 2 drinks a day for men
- Learn the definition of a "[standard drink](#)"
- Recognize the [signs](#) of harmful alcohol use
- Don't drink when you are upset
- Limit the amount of alcohol you keep at home
- Avoid places where people drink a lot
- Make a list of reasons not to drink

Live Better Louisiana Health Capsule

How is stress affecting your health? Learn more about the impact stress has on your body in this month's Health Capsule on [Stress Management!](#)

Live Better Louisiana

Catapult Health clinics are currently being scheduled. 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. Members must have a Blue Cross online account to complete the PHA. An account can be created at www.bcbsla.com/Activate.
 - If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.
 - Assistance with completing the Online PHA will be available at some clinics.

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 or call 1-877-841-3058.

Live Better Louisiana Clinics

Date (Week)	Location
04/03 – 08/2017	Baton Rouge-DOTD Headquarters Grambling State University Pinecrest Supports and Services Center (Pineville) Washington Parish - Franklinton High School Northwest Louisiana Human Services District - (Shreveport) Sabine Parish School Board - Florien High School (Florien)
04/10 – 15/2017	Vernon Parish School Board - Central Office (Leesville) Supreme Court of LA (New Orleans) Bossier City Civic Center McNeese State University (Lake Charles) State Military Department - (New Orleans) Vernon Parish School Board - Parkway Elementary School (Leesville)
04/17 - 22/2017	DOTD District 07 (Lake Charles) Probation and Parole (Shreveport) Louisiana Tech University - (Ruston) LSERS Office (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) Central Office - Jefferson Parish School Board (Harvey) Galvez Building (Baton Rouge)
04/24 – 29/2017	South Louisiana Community College (Lafayette) University of New Orleans (New Orleans) DOTD District 61 East Baton Rouge (Baton Rouge) VFMC (Jackson) Orleans Parish Civil District Court (New Orleans) LA Special Education Center (Alexandria) Bossier Parish Community College (Bossier City) Nicholls State University (Thibodaux) Central LA Technical Community College (Alexandria) 4th Circuit Court of Appeal (New Orleans)

2017 Capitol Area Heart Walk

When: Saturday, April 8, 2017

Time: 8:00 am Check-In

9:00 am 5K with 1 mile option

Where: LSU Old Front Nine

Nicholson at Nicholson Ext., Baton Rouge, LA 70803

Heart disease and stroke affects all of us. Join the Heart Walk, start Heartwalking and make the commitment to being healthy for good. Help to build healthier lives, free of cardiovascular diseases and stroke. [Click here to register.](#)

Express Shrimp & Sausage Jambalaya

Healthy eating doesn't mean sacrificing your favorite foods. Create a rich, satisfying dinner on any weeknight with this Cajun favorite that is ready in 25 minutes or less.

Ingredients

- 1 teaspoon canola oil
- 8 ounces andouille sausage, or low-fat kielbasa, cut in to ¼-inch-thick slices
- 1 16-ounce bag frozen bell pepper and onion mix
- 1 14-ounce can reduced-sodium chicken broth
- 2 cups instant brown rice
- 8 ounces raw shrimp, peeled and deveined
- Cajun seasoning to taste

1. Heat oil in a Dutch oven over medium-high heat. Add sausage, Cajun seasoning and pepper-onion mix; cook, stirring occasionally, until the vegetables soften, 3 to 5 minutes.
2. Add broth to the pot and bring to a boil. Add rice, stir once, cover and cook for 5 minutes. Add shrimp and stir to incorporate. Remove from heat and let stand, covered, until the shrimp are opaque and cooked through, 5 to 6 minutes. Fluff with a fork and serve.

Makes approximately 4 servings (Serving size 1 ½ cups)

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

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