



## A Healthier New Year without a New Year's Resolution!

For many people, January 1st represents a time of renewal. As the new year rolls in, we find ourselves with an opportunity to start with a clean slate a whole new year to fill with bettering ourselves, changing our attitudes, being physically active, losing weight, quitting tobacco, spending more time with our families, and the list goes on and on. Whatever our resolutions, we are ready to make a change for the better.

What New Year's Resolutions are you going to make? Losing weight, being slimmer, not eating sweets or joining a gym. Are these the same New Year's Resolutions you have made in previous years? If the answer is yes then stop and don't make them this year. Allow this pressure to be removed, stop giving yourself a hard time.

Instead focus on making healthy lifestyle changes. Remember, there are stages a person goes through when making a change in behavior. When making a change, don't get discouraged. We all relapse! Don't give in saying "I've blown it now I'll just eat the whole cake or smoke the whole pack of cigarettes and start again tomorrow." Instead, begin again at that moment, moving toward your goal. Be sure when you set your goal not to set it too high. Start by losing 2-5 pounds or walking 1-2 blocks. Don't try to run a marathon or lose 100 pounds too fast. Take it slow in small steps. Remember, everyone gets discouraged, but don't give up!

## 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 Form** (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
01/10/2017	Baton Rouge-Coastal Protection & Restoration Authority (150 Terrace Ave.)
01/11-12/2017	Alexandria-LA Special Education Center (5400 Coliseum Blvd.)
01/13/2017	Jonesboro-Jackson Parish School Board (315 Pershing Highway)
01/16-18/2017	Natchitoches-Northwestern State University (175 Sam Sibley Dr.)
01/20/2017	Baton Rouge-LA Retirement Systems Building (8401 United Plaza Blvd., 4 <sup>th</sup> floor) West Monroe-OPSB Student Support Services (800 Claiborne Street)
01/23-26/2017	Lafayette-ULL Student Union (620 McKinley Street)
01/25-26/2017	New Orleans-DCFS Economic Stability (1630 Iberville St., Ste. 1000)
01/27/2017	Leesville-Vernon Middle School (1410 Nona Street)
01/30/2017	Simpson-Simpson High School (4262 Hwy 8)
01/31/2017	Leesville-East Leesville Elementary (203 Belview Rd.)
02/01-02/2017	Baton Rouge-Probation and Parole (2751 Wooddale Blvd., Suite 400) Rosepine-Rospine Elementary School (1208 Texas Ave.)
02/03/2017	Rosepine-Rosepine High School (502 Louisiana Ave.)
02/10/2017	Jennings-SW LA Veterans Home (1610 Evangeline Rd.)
02/15/2017	Baton Rouge-LA Retirement Systems Building (8401 United Plaza Blvd., 4 <sup>th</sup> floor)
02/20-21/2016	Franklinton-Washington Parish Franklinton Primary Sch Auditorium (610 Barker Dr.)

### Winter Superfoods

Winter may be cold, dark and bleak, but it is peak season for some of the plate's most powerful produce, also known as superfoods. Superfoods often don't come with labels like those on packages or boxes. They are natural products that come from the earth. Choose to add a few of the following rich, nutrient-dense foods to your diet this winter.

1. **Pomegranates** - Excellent source of fiber (7 grams per 1 cup serving), the seeds are filled with cancer-fighting polyphenols with greater antioxidant potential than red wine and green tea. Enjoy in both seed and juice form. Beware of the added sugar in juice and buy 100% juice varieties stored in dark containers (keeps vitamin C from degrading from light exposure) when possible.
2. **Swiss Chard** - Very nutritious, contains 560 micrograms of vitamin K (700% of the daily value) and over 200 times the daily recommendation for vitamin A, plus the added benefits of iron, folate, vitamin C and potassium. Swiss chard can be wilted into soups, pastas and casseroles as well as tossed into a fresh salad. Don't toss the thick stems and stalks. Slice the stems thinly and use them like celery adding crunch to tuna or chicken salad.
3. **Turmeric** - Vibrant yellow spice lends a distinctly peppery, earthy flavor to curry powders. Contains curcumin that is being studied for its anti-inflammatory and cancer fighting antioxidant properties. You can grate fresh turmeric over scrambled eggs or roasted root vegetables, stir into brown rice or simmer with milk and honey for a cozy bedtime tea.
4. **Cabbage** - One cup shredded has over 40% of your daily needs for cold-fighting vitamin C. Red cabbage varieties have high amounts of anthocyanin, an antioxidant known to have strong heart-

healthy benefits. Cabbage can be easily chopped into slaws, salads, tacos, soups and sandwiches.

5. **Beets** - Contain a hefty dose of antioxidants and 4 grams of fiber, with only 60 calories per cup. You can roast them for a sweet buttery side. If you are short on time, raw beets are a great addition to slaws and salads. If you eat the greens, they are slightly bitter. Chop them up and sauté in a bit olive oil, salt, and pepper to eat or toss into whole grains or roasted root vegetables.
6. **Parsnips**- High in fiber and potassium, as well as a hefty dose of nutrients including vitamin c, folate and manganese which helps with blood sugar regulation and brain function. The next time you are craving potatoes or French fries try parsnips. They contain more fiber and fewer calories. Try roasting them for a deep, nutty, caramel-like flavor that goes well with stews.
7. **Citrus (Oranges, Tangerines, Grapefruits, Lemon, Limes)** - Contains a powerful flavonoid called hesperidin, which provides heart healthy benefits by improving circulation and helping to lower blood pressure. A spritz of lime or lemon over roasted fish or vegetables can add a pop of flavor in place of adding salt.
8. **Sweet Potatoes** - Contain more fiber and vitamins A and C than white potatoes. One serving provides 400% of your daily vitamin A, an essential vitamin that promotes better eye, tooth and skin health. Enjoy them roasted, broiled, baked, or sautéed.

### Slow Cooker Chicken and Lentil Chili

With only 10 minutes of prep time, this recipe allows you to come home on a cold winter day to a warm meal that soothes the soul and relaxes the mind. Enjoy this nutritious dish that's hearty, healthy and full of budget friendly vegetables.

#### Ingredients

- 1 medium onion, chopped
  - 2 cups chopped carrots
  - 3 cloves garlic, minced
  - 1 pound boneless, skinless chicken breasts, cut into bite size pieces
  - 1 cup dried brown lentils, rinsed
  - 1 cup dried black beans, rinsed
  - 4 cups no-salt-added, fat-free chicken broth
  - 1 (8-ounce) can no-salt-added tomato sauce
  - 3 tablespoons chili powder
  - 1 tablespoon plus 1 ½ teaspoons ground cumin
  - ½ teaspoon salt
  - ½ cup reduced-fat sour cream
  - ½ cup shredded cheddar cheese
  - 1 tablespoon fresh cilantro leaves
1. Coat slow cooker with cooking spray. Place onions, carrots, and garlic in bottom. Top with chicken, lentils, and black beans. Stir in broth, tomato sauce, chili powder, cumin and salt.
  2. Cook on low for 8 hours. Stir before serving. Top each serving with 1 tablespoon sour cream and 1 tablespoon cheese. Garnish evenly with cilantro.

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

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