



Live Better Louisiana Deadline Approaching

There are only a few weeks left (**deadline August 31, 2018**) to earn your 2019 premium credit! You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

What do you do? Schedule your appointment online at www.TimeConfirm.com/OGB or call **1-877-841-3058**. Complete your clinic to get the credit. **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.**

Upcoming Clinics

Live Better Louisiana Clinics	
Date	Location
08/01 – 03/2018	Elayn Hunt Correctional Center (St. Gabriel)
	Nicholls State University (Thibodaux)
	Office of Attorney General (Baton Rouge)
	LaSalle Building (Baton Rouge)
	South Louisiana Community College (Lafayette)
	DEQ - Southeast Regional Office (New Orleans)
	St. Helena Central College and Career Academy - St Helena PSB (Greensburg)
08/06 – 10/2018	1st Circuit Court of Appeals (Baton Rouge)
	Central Louisiana State Hospital (Pineville)
	Bienville Building (Baton Rouge)
	Department of Public Safety (Baton Rouge)
	Calcasieu Child Welfare (Lake Charles)
	La Quinta Inn Baton Rouge/Denham Springs (Denham Springs)
	Media Center - Ouachita Parish School Board (Monroe)
	Supreme Court of LA (New Orleans)
	Cameron PSB - Hackberry High School (Hackberry)
	Beauregard Parish School Board - K R Hanchey ES (DeRidder)
	Nunez Community College (Chalmette)
	Lakeside Jr/Sr- Webster Parish School Board (Sibley)
	Cameron PSB - Grand Lake High School (Lake Charles)
Louisiana Key Academy	
08/13 – 18/2018	Cameron PSB - Johnson Bayou High School (Cameron)
	Northshore TCC Hammond Area Campus (Hammond)
	Iberville Building (Baton Rouge)
	Baton Rouge Marriott (Baton Rouge)
	Claiborne Building (Baton Rouge)
	University of New Orleans (New Orleans)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	DHH - Office of Public Health (New Orleans)
	Department of Public Safety (Baton Rouge)
	Holden School - Livingston PSB (Holden)
	DCFS (Shreveport)

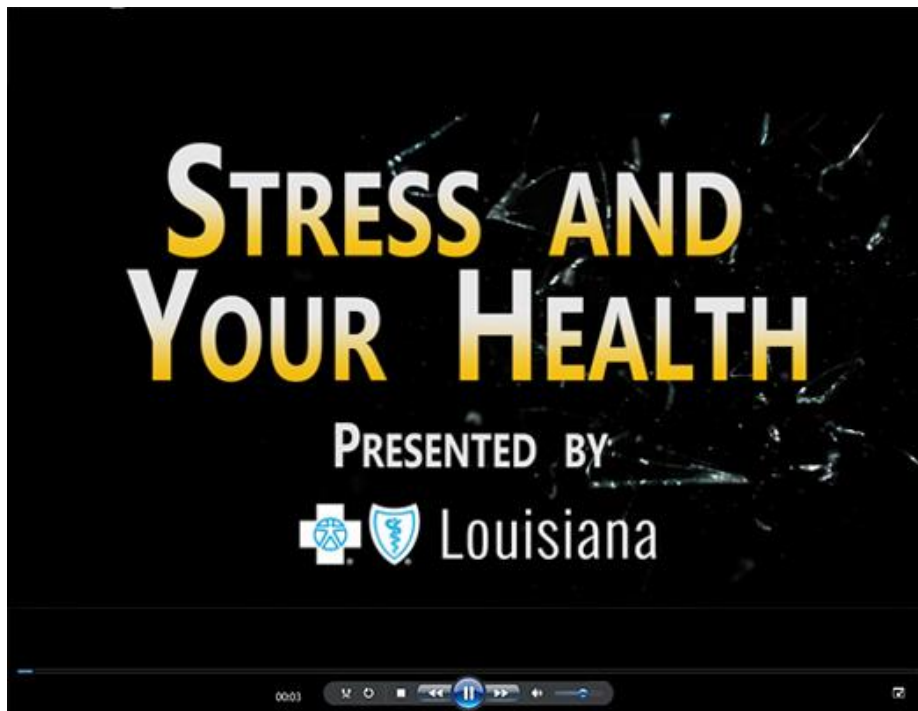
LA School of Math Science & Arts (Natchitoches)
Holiday Inn (Metairie)

08/20 – 24/2018 Cameron PSB - South Cameron High School (Grand Chenier)
DOTD District 08 (Alexandria)
Claiborne Building (Baton Rouge)
Delgado CC City Park (New Orleans)
Leesville High School - Vernon PSB (Leesville)
Northshore TCC Lacombe Campus (Lacombe)
Northwestern State University (Natchitoches)
Eastern Louisiana Mental Health System (Jackson)
Lallie Kemp Charity Hospital (Independence)
Department of Wildlife and Fisheries (Lafayette)
Eastern Louisiana Mental Health System - Main Compound ASSA (Jackson)
Beauregard Parish School Board - East Beauregard HS (DeRidder)
Evans High School - Vernon PSB (Evans)
Parkway Elementary School - Vernon PSB (Leesville)
LSU AgCenter (Baton Rouge)
Media Center - Ouachita Parish School Board (Monroe)

08/30 – 31/2018 Holiday Inn Downtown Alexandria (Alexandria, LA)
Southeastern Louisiana University (Hammond) Pennington Center
SOWELA Tech Community College (Lake Charles)
Claiborne Building (Baton Rouge)
DOTD District 58 (Chase)
Denham Springs Junior High - Livingston PSB (Denham Springs)
Office of Attorney General (Baton Rouge)
Dept. of Agriculture and Forestry (Woodworth)
LSU AgCenter (Baton Rouge)

Live Better Louisiana Health Capsule – “Stress and Health”

Are you stressed? [Stress](#) is the way our bodies and minds react to something that upsets our normal balance in life, such as when you feel frightened or threatened. It’s a normal thing, but it can be bad when you have too much stress. Watch to learn more about how stress can affect your health and what you can do about it.



August is Children’s Eye Health and Safety Month

It's back-to-school time and along with purchasing those school supplies and uniforms, it's also time to make a comprehensive eye exam for your child. The inability to see clearly affects not only academic performance but also athletics and self-esteem.

Common signs of vision troubles in children include:

- frequently rubbing eyes;
- squinting;
- tilting or turning head to look at objects;
- wandering eyes; or
- squeezing eyes

If your child displays any of these symptoms you should schedule an appointment to have their eyes checked. The most common conditions that can affect a child's vision are:

- lazy eye;
- crossed eyes;
- color blindness;
- nearsightedness;
- farsightedness; and
- astigmatism

Many of these conditions, if diagnosed early, can be treated and vision can be restored.

Eye safety is just as important as eye health. From sports to recreation, to toys and fireworks, an eye injury can happen at any time. By taking proper precautions, providing age-appropriate toys or proper protective eyewear, you can protect your child from injury. If your child should experience an eye injury, DO NOT allow your child to rub or touch the eye, DO NOT apply medication to the eye, and DO NOT attempt to remove any debris from the eye. IF the injury is caused by a chemical in the eye, flush the eye with water. For all eye injuries, seek medical attention immediately.

Back-to-School Health Tips

Getting kids ready to start the new school year means safeguarding their health so they'll be physically ready for the challenges of heading back to school. Consider these tips for a healthy start to your child's new school year:

- **Wash hands, sing a song** – The most effective way to avoid spreading or catching germs is hand washing. To make sure your child has spent enough time on this healthy task, ask them to sing the alphabet song or "Happy Birthday to You" from start to finish as they wash the fronts and backs of their hands and in-between fingers.
- **Don't forget the shots** – Make sure your child's immunizations are up to date. Some schools won't allow students to attend without verification of these immunizations. Flu vaccines are also recommended for all school-age children.
- **Reinstate routines** – At least a week before classes start, shift your kids from summer carefree sleep hours to bedtime schedules more in line with the school year.
- **Power up with good nutrition** – Provide your child with healthy meal options. This includes breakfast. Students who eat breakfast are more alert during class than those who don't.
- **Find a safe backpack** – Backpacks are great when used properly. Before you buy one consider a backpack's construction. Look for the following to choose the right backpack for your child:
 - A lightweight pack
 - Two wide, padded shoulder straps
 - A padded back
 - A waist belt
 - Multiple compartments
- **Use and pick up the backpack properly** – Make sure kids use both shoulder straps. Also tighten the straps enough for the backpack to fit closely to the body. The pack should rest evenly in the middle of the back and not sag down to the buttocks.

Pizza Pie Pinwheels



These cheesy wheels will become one of your new favorite snacks and the kids will absolutely love them. Pizza Pie Pinwheels are incredible easy to make and they're a great handheld snack for after school.

Ingredients

- 1 sheet refrigerated pie dough
- 3 oz. pizza sauce
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ¼ tsp. salt
- ¼ c pepperoni
- 1 c Cheddar Jack cheese, shredded
- ½ c mozzarella cheese, shredded

1. Preheat oven to 350°. Line pan with parchment paper.
2. Stir together pizza sauce, basil, oregano and salt.
3. On a floured surface, roll out pie dough.
4. Spread sauce mixture onto dough, then top with both cheeses and pepperoni.
5. Roll dough together from the longest side, then slice into ½-inch slices.
6. Put sliced dough onto cookie sheet, flat side down, a few inches apart.
7. Bake for 18-20 minutes, or until cheese is melted and wheels are golden brown.
8. Serve with additional pizza sauce, topped with basil, for dipping.

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

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