



Mental Health Awareness Month

Supporting a loved one dealing with mental and/or substance use disorders

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help:

1. **IDENTIFY AN APPROPRIATE TIME AND PLACE.**
Consider a private setting with limited distractions, such as at home or on a walk.
2. **EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
3. **ACKNOWLEDGE THEIR FEELINGS AND LISTEN.**
Listen openly, actively, and without judgement.
4. **OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
5. **BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What To Say:

- "I've been worried about you. Can we talk? If not, who are you comfortable talking to?"
- "I see you're going through something. How can I best support you?"
- "I care about you and am here to listen. Do you want to talk about what's been going on?"
- "I've noticed you haven't seemed like yourself lately. How can I help?"



May is Women's Health Awareness Month!

As we step into May, we are reminded that it is Women's Health Awareness Month, a time dedicated to empowering women to prioritize their well-being. It is easy to get caught up in the hustle and bustle of daily life, but taking care of yourself should always be a top priority.

Originally established as an awareness campaign, Women's Health Month serves as a reminder for women everywhere to schedule their routine check-ups and screenings.

Prioritizing your health now can help you catch preventable illnesses early on. That is why we are inviting you to take full advantage of the wellness resources available at our clinics throughout Women's Health Month.

Did You Know?

Scheduling regular check-ups and screenings can help to safeguard one's health, potentially catching illnesses one may not know they have. We look to make the process of getting your wellness checkup even more rewarding with the Live Better Louisiana (LBL) Wellness Program.

The LBL Wellness Program is an easy-to-use wellness incentive program offered by the Office of Group Benefits and Access2day Health, allowing OGB members to save \$120 on health coverage premiums.

Saving is as easy as 1-2-3:

1. Visit any Access2day clinic for an LBL Wellness check-up and bring the [LBL Wellness form](#).
2. Follow the directions on the form.
3. You will save \$10 a month on your 2025 health insurance premiums!

Celebrate this Women's Health Awareness Month by taking advantage of the wellness resources available to you at all Access2day Health clinics! Find your nearest location today:



Live Better Louisiana

Earn your 2025 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to a **site near you**. 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 you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at info.groupbenefits.org, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **September 30, 2024** to get your preventive health checkup in order to be eligible for the 2025 wellness credit!

Live Better Louisiana Clinics	
Date	Location
05/01 – 03/2024	DOTD District 58 (Chase)
	Sabine PSB - Central Office (Many)
	Commissioner of Insurance (Baton Rouge)
	VFMC (Jackson)
	Acadiana Area Human SVC District (Lafayette)
	Vernon PSB - Hicks HS (Leesville)
	Vernon PSB - Vernon Middle School (Leesville)
	University of Louisiana Lafayette (Lafayette)
	Bienville Building (Baton Rouge)
	St. Bernard Port - Harbor & Terminal (Chalmette)
05/06 – 10/2024	Vernon PSB - North Polk Elementary School (Fort Polk)
	Southeast Louisiana Flood Protection Authority West (Marrero)
	DOTD District 05 (Monroe)
	DOTD District 08 (Alexandria)
	DOC Headquarters (Baton Rouge)
	Probation and Parole (Monroe)
	Supreme Court of LA (New Orleans)
	Ouachita PSB - Lenwil Elementary (West Monroe)
	Delgado CC West Bank Campus (New Orleans)
	Vernon PSB - Hornbeck High School (Hornbeck)
05/13 – 17/2024	DOTD District 07 (Lake Charles)
	Louisiana Tech University (Ruston)
	Probation and Parole (Covington)
	St. Helena Central College and Career Academy - St Helena PSB (Greensburg)
	DOTD District 61 (Baton Rouge)
	University of New Orleans (New Orleans)
	Sabine PSB - Ebarb High School (Noble)
	Central Louisiana State Hospital (Pineville)
	Washington PSB - Franklinton High School (Franklinton)
	Vernon PSB - Simpson High School (Simpson)
05/19 – 24/2024	Dixon Correctional Institute (Jackson)
	DOTD Headquarters (Baton Rouge)
	Region 4 Medicaid (Lafayette)
	Beauregard PSB - East Beauregard HS (DeRidder)
	Claiborne Building (Baton Rouge)
	Central LA Supports and Services Center (Alexandria)
	ULL New Iberia Research Center (New Iberia)
	Louisiana State Penitentiary (Angola)
	State Military Department (New Orleans)
	St. Bernard PSB (Chalmette)
05/28 – 31/2024	Avoyelles PSB - Avoyelles HS (Moreauville)
	Northwest LA Human Services District (Shreveport)
	SOWELA Tech Community College (Lake Charles)
	Northwest LA Human Services District (Shreveport)
	East Baton Rouge Housing Authority (Baton Rouge)
	Dept of Agriculture and Forestry (Baton Rouge)
	Dept of Natural Resources - LaSalle Building (Baton Rouge)

Preventive vs. Corrective Care

Cars, homes, boats cost a fortune to fix when something breaks. However, you can head off those bigger costs by spending some time and money on preventive maintenance. But so many of us don't do maintenance on our most important asset – our own bodies! As we age, it is important to take the time to see a primary care doctor at least once a year. We don't think twice about changing the oil in our car or having the brakes checked each year keep us safe. Why don't we apply the same level of attention to our own bodies? Blood pressure checks, getting cancer screenings and regular blood work can find problems BEFORE they get too bad. In this video, Blue Cross and Blue Shield of Louisiana Healthcare Economist Mike Bertaut illustrates how “body maintenance” works with your health insurance to minimize the cost of preventive care. It could help you avoid the huge problems and costs of corrective care.



Deep, Meaningful Breathing: May's Small Shift is a Breath of Fresh Air

In a world where the pace of life can feel relentless and the demands on our mental health ever-growing, it's crucial to carve out moments of tranquility and self-care. That's why Pennington Biomedical Small Shifts team has chosen deep breathing as the bite-sized portion of support for this month. Here are a few ways to incorporate deep breathing into your dialing routing:

- **Morning Mindfulness:** Start your day with a few minutes of deep breathing as soon as you wake up. Sit comfortably, close your eyes, and focus on inhaling deeply through your nose, allowing your belly to expand, then exhaling slowly through your mouth.
- **Midday Reset:** Take short breaks throughout the day to pause and recalibrate with a few rounds of deep breathing. A moment of mindful breathing can refresh your mind and enhance your productivity.
- **Evening Relaxation:** Wind down in the evening with a gentle breathing exercise to ease tension and promote restful sleep.

Throughout this month, the Small Shifts campaign will be sharing resources and tips to inspire and support you on your journey towards mental wellness. Keep an eye out for our weekly emails and social media updates for encouragement. Sign up for the campaign at www.pbrc.edu/smallshifts.

Be Active!

Regular physical activity is good for everyone's health. Regular physical activity increases your chances of living a longer, healthier life. It also reduces your risk for high blood pressure, heart disease, diabetes, and some types of cancer.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

This month, challenge yourself to get 30 minutes of physical activity every day. No matter what shape you are in, you can find activities that work for you.

LET'S
Be Active
Everyone
Everywhere
Everyday



Change may be inevitable, but it doesn't need to be intimidating. When it's time to switch lanes, be prepared to take the driver's seat and keep your financial wellness on track. Join us for a financial wellness educational seminar hosted by industry innovator, Prudential Pathways.

Prudential Pathways aims to make building a financial planning strategy less overwhelming and more empowering through easy-to-understand educational programs.

Retirement – Your Next Chapter

This seminar will cover important topics like these:

- Understand your path to retirement
- Create your retirement strategy
- Assess your retirement readiness
- And more

Tuesday, May 14 11:30am-12:30pm (CT)
Wednesday, May 22 2:00pm-3:00pm (CT)
via Zoom

[**Click Here to Register**](#)

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Rotisserie Chicken Tacos with Salsa Verde



Delicious and low-calorie? Grab the tortillas and start cooking.

Ingredients:

- 8 corn tortillas
- 3 cups shredded rotisserie chicken
- 1 ½ cups bottled salsa verde
- ½ cup Cotija or Feta cheese
- 1 medium onion, minced
- 1 cup chopped fresh cilantro
- 2 limes squared


Instructions:

1. Heat the tortillas in a large skillet or sauté pan until lightly toasted. Combine the chicken with the salsa in a large mixing bowl, then divide evenly among the tortillas.
2. Top with crumbled cheese, onion, and cilantro.
3. Serve with lime wedges.

This recipe serves 4 adults.

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