



Simple Habits for Healthy Living

A long-term study of more than 100,000 people found that five everyday habits can add nearly a decade of life free from chronic disease, such as heart disease, cancer, and type 2 diabetes.

Five key habits:

- Eat a healthy diet
- Exercise regularly
- Maintain a healthy weight
- Avoid smoking
- Drink alcohol in moderation

Women who followed four or five of these habits lived about 10 more healthy years after age 50 than those who followed none, with similar results for men. Even small improvements in diet and physical activity made a difference.

Mental Health & Sleep

Sleep and mental health are closely linked. Poor sleep can worsen mental health, while good-quality sleep supports focus, emotional balance, and stress management.

Tips for Better Sleep

- Keep a consistent sleep schedule
- Create a relaxing bedtime routine
- Avoid caffeine, alcohol, and tobacco in the evening
- Limit meals, fluids, and screen time before bed
- Stay active and keep your sleep space dark and comfortable

Quality sleep is essential for mental well-being. If sleep problems continue, talk with a healthcare provider.



Access2day Members Are Starting 2026 Happier and Healthier

Real results. Real stories. Real access to care.

At Access2day, we focus on making healthcare simple, affordable, and easy to use. Members count on Access2day for reliable access to care without the stress of long waits or unexpected costs.

Our latest survey results reinforce what we hear every day in our clinics: we're continuing to make a meaningful difference in how members experience healthcare.

What Members Are Reporting About Access2day

- 97.7% Overall Satisfaction
- 95.9% Say Access2day Improved Their Overall Health

Members consistently highlight the convenience of being able to walk into a clinic, receive quality care, and leave without worrying about copays or bills, especially since healthcare needs don't follow a schedule.

What Members Are Saying About Access2day

- *"It is so comforting to know that I have a clinic for medical issues. I would rather go to Access2day clinic than my regular primary care doctor. It takes less time, is free to me, and I get the prescription I need for an acute situation."*
- *"Having been a single mom with limited help, the no co-pay allows my children and me the access to a doctor for urgent care especially when I don't have the money for a co-pay. Otherwise, my children and I may not have been seen by a doctor."*

As we kick off the new year, we remain committed to helping members feel better, stay healthier, and start the year with confidence in their healthcare.

Ready to start your year feeling your best?

Find your nearest clinic at
www.access2dayhealth.com/locations.



Live Better Louisiana

Earn your **2027 premium credit** in one simple step by completing a **preventive health checkup**. Blue Cross partners with Catapult Health to offer free checkups at convenient locations statewide. You'll meet with a licensed nurse practitioner, receive lab-accurate tests, and get a personalized health report with results and recommendations.

How to participate:

Schedule online at www.TimeConfirm.com/OGB or call **1-877-841-3058**. Complete your clinic visit to earn the credit. If you can't attend a clinic, have your doctor fax a completed Primary Care Provider form (available at info.groupbenefits.org) to Catapult Health.

Important reminder:

You must complete your preventive health checkup by **September 30, 2026** to be eligible for the **2027 wellness credit**.

Live Better Louisiana Clinics

Date (Week)	Location
01/05 – 09/2025	Fletcher Technical Community College (Schriever) DCFS (Bogalusa)
01/12 – 16/2025	Pinecrest Supports and Services Center (Pineville) Morehouse PSB - Student Service Center (Bastrop)
01/19 – 23/2025	Central LA Supports and Services Center (Alexandria) Benson Towers (New Orleans) Washington PSB - Franklinton Primary School (Franklinton) Regional Planning Commission (New Orleans) Bienville Building (Baton Rouge)
01/26 – 31/2025	Region 4 - LTC Medicaid (Opelousas) Dept. of Agriculture and Forestry (Haughton)

Clear the Clutter for Your Health

January is *Get Organized Month*, a great time to refresh your space and start the year with clarity. Clutter can increase stress, affect mental health, and reduce productivity—7 in 10 Americans say a clutter-free home helps set the tone for a successful year.

An organized environment supports focus, reduces overwhelm, and creates a sense of calm and control. The good news is you don't have to tackle everything at once—small steps can lead to big results.

Easy Tips to Get Started

- Start small with one drawer, shelf, or inbox
- Spend 10 minutes a day decluttering
- Use labeled bins or digital tools to create systems
- Go paperless when possible
- Follow a “one in, one out” rule

Organization isn't about perfection—it's about creating a space that supports your well-being, reduces stress, and boosts productivity year-round.



Rescue Your Skin This Winter

Winter weather can dry out your skin as cold air, low humidity, and indoor heating strip away moisture. Untreated dryness can lead to itching, cracking, and flare-ups of eczema or dermatitis. In fact, 6 in 10 Americans say their skin feels “unhealthy” during the winter.

Winter Skin Care Tips

- Take shorter, lukewarm showers
- Moisturize daily, especially after bathing
- Choose gentle, fragrance-free products
- Use a humidifier indoors
- Drink plenty of water

If dry skin becomes severe or doesn't improve, talk with your healthcare provider for guidance.



Small Shifts for the New Year

The new year often brings big health resolutions, but drastic changes can be hard to maintain. Researchers say small, gradual adjustments—called “Small Shifts”—are more realistic and can lead to lasting improvements in health and overall well-being.

“Like for anything that you want to happen and last, you must make it a priority,” said Eric Ravussin, LSU Boyd Professor. He encourages people to schedule regular physical activity and make it part of their routine to support both physical and mental health.

Catherine Carmichael, research dietitian, suggests starting in the kitchen. “The new year is a great time to take inventory in your kitchen and clean out your pantry, freezer and refrigerator,” she said, noting this can inspire healthier eating habits.

Technology overload can also take a toll. “We are very distracted in our current life with technology and social media,” said Tiffany Stewart. She recommends taking short “brain breaks” by unplugging and giving your mind time to reset.

Planning ahead is another helpful shift. “Prior to a busy week, plan your meals and snacks,” said Candida Rebello. “If you indulge on occasion, it’s okay—just make sure the meals that follow are good for your health.”

For those focused on weight goals, Steven Heymsfield advises, “Make sure you eat a healthy diet with enough protein and keep up a good exercise program.” Amanda Staiano adds an important reminder: “Give yourself grace. Prioritize your physical and mental health. You’ve got this!”

Join the Small Shifts Program

Pennington Biomedical invites the community to take part in its *Small Shifts* campaign. Participants can sign up at pbrc.edu/smallshifts to receive a free health journal, habit tracker, meal planner, and recipes, along with monthly Small Shifts messages from researchers. Participants are also entered into monthly prize drawings, including water bottles, t-shirts, Bluetooth earphones, and more.



**Pennington Biomedical
Research Center**
Louisiana State University

Use 25LABLUE To Register for the Louisiana Marathon Today

The Louisiana Blue Marathon takes place January 17 & 18 in Baton Rouge. Kick off your new year’s resolution to move more by choosing from the marathon (26.2 miles), half marathon (13.1 miles), quarter marathon (6.55 miles), 5K (3.1 miles) or Kid’s marathon (1 mile, for children under age 12). The Louisiana Marathon celebrates 15 years of Louisiana spirit this year. Louisiana Blue members can use the discount code **25LABLUE** for 25% off all race registrations at www.thelouisianamarathon.com.



New Year, Healthier You

3 Tips to Replace an Unhealthy Habit:

Make a list – Reflect on your daily routine and write down habits you want to change, like skipping breakfast, sitting for long periods, or opting for sugary snacks.

Choose one habit to change – Pick one habit to change and make a simple plan. For instance, swap out an afternoon sugary drink with water or take a 10-minute walk during your lunch break.

Commit to 7 days – Focus on the new habit for the next 7 days. If you slip, no worries, and simply start over for another 7 days. Change is challenging, but Omada is here to support you every step of the way.

You have access to Omada as you pursue your health goals in 2026.

Get personalized health support from anywhere, **at no additional cost to you, if eligible.**

Apply today at omadahealth.com/ogb



Looking to **take the next step** towards your financial wellness?

Prudential
PATHWAYS



Have you visualized your retirement? Do you see yourself on a beach, traveling, or spending time with your loved ones? Join us for some timely information on your financial wellness strategy, including how to manage expenses, protect your savings, and create your dream outcomes from your income.

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 intimidating and more empowering through easy-to-understand educational programs.

How Public Employees Can Prepare for the Financial Challenges of Retirement

This seminar will cover important topics like these:

- How to fund retirement
- Understand and address retirement challenges
- How to navigate market uncertainty
- And more

[Option 1] Tuesday, January 13th | 11:30 a.m. – 12:30 p.m. CT

[Option 2] Wednesday, January 21st | 2:00 p.m. – 3:00 p.m. CT

Virtual – Zoom

Click Here to Register

January Health & Wellness Trivia Quiz

1. January is often a time for setting goals. What does the "S" in the common goal-setting acronym SMART stand for?
2. How many minutes of moderate-intensity activity does the CDC recommend per week for older adults?
3. Poor sleep can contribute to which type of health conditions?
4. Type 2 diabetes and high cholesterol can harm the brain by disrupting blood flow and increasing inflammation. (True or False)
5. What simple activity, mentioned in various January newsletters, is great for both physical and mental health?



One-Pan Chicken & Veggie Skillet



This one-pan chicken and veggie skillet checks all the boxes for real-life cooking. It's fast, flexible, and doesn't rely on specialty ingredients you'll only use once.

Ingredients:

- 1 lb chicken breast (or thighs), cut into bite-size pieces
- 1–2 tbsp olive oil
- 1 tsp paprika or Italian seasoning
- **Optional add-ins:** lemon juice, soy sauce, or a sprinkle of cheese
- 2 cups mixed veggies (fresh or frozen—broccoli, bell peppers, zucchini, or green beans)
- 1 tsp garlic powder
- Salt & pepper to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Season chicken with garlic powder, paprika, salt, and pepper.
3. Cook chicken 5–7 minutes until browned and cooked through.
4. Add veggies and cook another 5–7 minutes until tender.
5. Finish with a squeeze of lemon or splash of soy sauce if you like.

Make it a meal:

Serve over rice, quinoa, or eat as-is. Leftovers reheat well for lunch.

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