



Louisiana



LIVE BETTER LOUISIANA
OUR GAME PLAN FOR BETTER HEALTH

Earn Your Premium Credit for 2023

Live Better Louisiana is OGB's game plan for better health. It is sponsored by the Office of Group Benefits and Blue Cross and Blue Shield of Louisiana at no extra charge to OGB members.

Get a no out-of-pocket preventive health check-up at a site near you.

Blue Cross and Catapult Health bring you lab-accurate diagnostic tests and a full Personal Health Report with check-up results and recommendations.

How Do I Earn My Credit?

- 1 Make an appointment at www.TimeConfirm.com/OGB or call **1-877-841-3058**.
- 2 Complete your clinic to get the credit.

If you are not able to go to a clinic, download a Primary Care Provider form at www.bcbsla.com/PCPform. Have your doctor complete the form and fax it to Catapult Health.



Deadline: Sept. 30, 2022

What you need to know:

- If you got your premium credit for a prior year, you will need to earn it again for 2023.
- **To get your checkup**, you must be the primary member on a 2022 OGB Blue Cross plan that is in effect at the time of the checkup.
- **To get the credit**, you must be the primary member on an OGB Blue Cross policy in 2023.

About the Catapult Health Check-up:

If you are pregnant or if you cannot come to a Catapult Health clinic in person, you can still earn your credit. Visit www.bcbsla.com/OGB, scroll down to OGB Customer Forms. Select and download the Catapult Expectant Mother or Catapult Health Primary Care Provider form. Follow the instructions on the form.

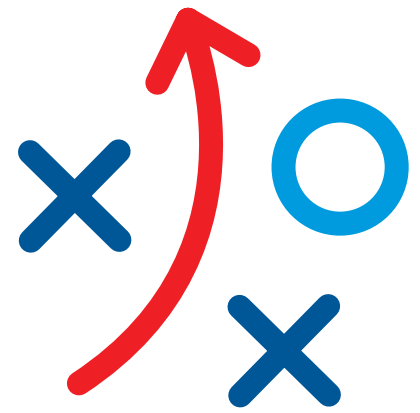
If you are using either form, it must be fully filled out and signed. For the PCP form, results from biometric tests taken between 10/1/2021 and 9/30/22 must be included. Catapult Health must get your form by Sept. 30, 2022, at 5 p.m. CDT.

If you have any questions about the Live Better Louisiana program, please call Blue Cross Customer Service at **1-800-392-4089** or email OGBhelp@bcbsla.com.

Please turn over.

Live Better Louisiana is OGB's game plan for better health.

LBL offers resources to help you make educated choices, prevent illness and manage any conditions that do appear.



Personal Health Assessment (PHA)

This confidential, online questionnaire gives you a picture of your overall health and measures health risks and behaviors. It also gives you a personalized risk report and action plan for health improvement, with recommendations and access to the appropriate resources.

If you have an online account, go to www.bcbsla.com/pha. Enter your username and password and click the blue LOGIN button. Once you're logged in, click the Take My Health Assessment icon and follow the instructions to take your PHA. (If you haven't yet activated your online account, go to www.bcbsla.com/activate first.)



Care Management Programs

Your health is important to us. Our health coaches want to support you in leading a fuller, healthier life. If you have been diagnosed with a serious or long-term health condition, our in-house team of doctors, nurses, social workers, dietitians and pharmacists offers health coaching, prescription incentives, educational materials and caring support.

As an OGB plan member, you are automatically enrolled in Population Health Management if you:

- Are enrolled in one of the Blue Cross health plans;
- Do not have Medicare as primary health coverage; and,
- Have been diagnosed with one or more of these ongoing health conditions: diabetes, coronary artery disease, heart failure, asthma and/ or chronic obstructive pulmonary disease (COPD).



Save Money on Prescriptions

Copayments for drugs prescribed for treating diabetes, coronary artery disease, heart failure, asthma and COPD are discounted when you participate in disease management services. Ready to join? Call **1-800-363-9159** and speak with one of our health coaches to get started.



Prevent Type 2 Diabetes

OGB offers eligible employees a 16-week online program called Omada*, designed to help participants lose weight and reduce the risk of developing Type 2 diabetes. Get a personal health coach, a wireless scale and pedometer, weekly online lessons and more. Visit omadahealth.com/ogb to learn the criteria and to sign up, if eligible.

*Omada is a program of Omada Health, an independent company that provides a diabetes prevention program to OGB members.



Quit Smoking

Quitting can be easier with free, confidential support. Call the Louisiana Tobacco Quitline at **1-800-QUIT-NOW** or enroll for free at www.quitwithusla.org. Choose phone counseling, web support or both.



Get Exclusive Discounts and Deals

Blue Cross brings OGB members deals on select health and wellness products and services through Blue365®. Discount offers include low-cost membership to 10,000+ gyms nationwide (with three-month commitment), 15% - 35% off name-brand fitness gear, 10-40% off Davis Vision products and discounts of 20-50% to a network of dentists. Find out more at www.Blue365Deals.com/bcbsla.