



Stack the numbers in your favor!

Knowing your numbers—like your cholesterol, BMI and blood pressure— can help you take control of your health. Participating in one of the Live Better Louisiana onsite wellness clinics is an easy way to make sure your numbers are in check. And, if your numbers need improvement, they can help you put a game plan together to get healthier.

Upcoming Clinics

Clinics are happening all over the state. Below is a schedule of clinics scheduled for the latter part of November. To sign up for one of these clinics, or to search for a date that works better for you, click here www.timeconfirm.com/ogb.

Live Better Louisiana Clinics	
Date	Location
11/19/2014	Pinecrest Supports and Services Center (Pineville)
	DOTD District 07 (Lake Charles)
	Acadiana Area Human SVC District (Lafayette)
	Southeastern LA University (Hammond)
	DOTD District 02 (Bridge City)
	St. Bernard Parish School Board - St. Bernard Middle School (Chalmette)
	Office of Attorney General (Baton Rouge)
	Department of Wildlife and Fisheries Headquarters (Baton Rouge)
	DCFS (Shreveport)
	LA War Veterans Home (Jackson)
11/20/2014	Supreme Court of LA (New Orleans)
	Pinecrest Supports and Services Center (Pineville)
	DOTD District 07 (Lake Charles)
	Southeastern LA University (Hammond)
	St. Bernard Parish School Board - Chamlette High School (Chalmette)
	Metropolitan Human Services District (New Orleans)
	Office of Attorney General (Baton Rouge)
	Louisiana School for the Deaf and Visually Impaired (Baton Rouge)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
	Supreme Court of LA (New Orleans)
11/21/2014	Pinecrest Supports and Services Center (Pineville)
	Claiborne Building (Baton Rouge)
	Southeastern LA University (Hammond)
	Northeast Delta Human SVC Auth (Monroe)
	St. Bernard Parish School Board - Chamlette High School (Chalmette)
	Dept of Agriculture and Forestry (Baton Rouge)

Office of Attorney General (Baton Rouge)
Louisiana School for the Deaf and Visually Impaired (Baton Rouge)
11/22/2014 Claiborne Parish School Board
11/24/2014 St. Bernard Parish School Board - Admin Building (Chalmette)
11/25/2014 St. Bernard Parish School Board - Admin Building (Chalmette)

Thinking Prevention

When you get into the habit of talking preventive measures — like always buckling your seatbelt or wearing protective gear when playing sports— staying healthy will become second nature.

Be mindful of your health, at work or at play, by keeping current with your immunizations and other preventive care. You can keep your immune system strong — especially during cold and flu season— by eating right, staying active and getting enough rest.

A flu shot is the best way to protect yourself from getting the flu and spreading it to others. If you have not received a flu shot yet, it's not too late. Visit your primary care physician, local pharmacy or even a Live Better Louisiana wellness clinic to get your shot today! And remember, if you do get sick; help protect others by staying home until you are healthy.

Healthy Eating During the Holidays

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity, and fun. By implementing a few simple tips you can stay healthy through the holiday season.

Tips for Healthy Holiday Eating

1. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain.
2. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite.
3. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions.
4. If you overeat at one meal go light on the next.
5. Bring your own healthy dish to a holiday gathering.
6. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating.

Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals, and don't restrict yourself from enjoying your favorite holiday foods. In the long run, your mind and body will thank you.

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