



### Save \$120 Annually on Your Health Insurance Premium!

If you're enrolled in a Blue Cross and Blue Shield of Louisiana health plan through OGB, you can save \$120 annually (\$10/month) by participating in the Live Better Louisiana wellness program. The premium credit will take effect January 1, 2016\*\*.

To qualify for the discount, complete the following steps by August 15, 2015:

- Participate in an on-site wellness check-up\*
- Complete your Personal Health Assessment (PHA) on the BCBSLA website

\* You may also complete the checkup at your primary care physician's office by asking your doctor to fill out this [form](#).

\*\* The premium credit will be applied with your January 1, 2016 premium billing.

### Upcoming Clinics

If you haven't yet completed your assessment, click [here](#) for the PHA. Then, find a Live Better Louisiana wellness clinic happening near you and schedule your appointment! Below is a schedule of clinics scheduled for the month of April. 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](http://www.timeconfirm.com/ogb).

Live Better Louisiana Clinics	
Date	Location
04/06/2015	DOTD Headquarters (Baton Rouge) DCFS (Lake Charles)
04/07/2015	DOTD Headquarters (Baton Rouge) University of Louisiana - Lafayette Central LA Technical Community College (Alexandria) LSU - Peabody Hall (Baton Rouge)
04/08/2015	DOTD Headquarters (Baton Rouge) University of Louisiana - Lafayette DCFS (Bogalusa) LSU - Peabody Hall (Baton Rouge)
04/09/2015	DOTD Headquarters (Baton Rouge) University of Louisiana - Lafayette Bossier Parish Community College (Bossier City) Vernon Parish School Board - West Leesville & Optional School (Leesville) LSU - Peabody Hall (Baton Rouge)
04/10/2015	DOTD Headquarters (Baton Rouge) ULL New Iberia Research Center (New Iberia)
04/13/2015	LSU - Office of Facility Services (Baton Rouge) East Feliciana Parish - Clinton Elementary

	Rayburn Correctional Center (Angie) Vernon Parish School Board - Rosepine HS (Rosepine)
<b>04/14/2015</b>	David Wade Correctional Center (Homer) LSU - Office of Facility Services (Baton Rouge) East Feliciana Parish High School Rayburn Correctional Center (Angie)
<b>04/15/2015</b>	LSU - Office of Facility Services (Baton Rouge) Rayburn Correctional Center (Angie) Bossier Parish Community College (Bossier City) Vernon Parish School Board - Leesville HS (Leesville) South Louisiana Community College (Lafayette)
<b>04/16/2015</b>	LSU - Office of Facility Services (Baton Rouge) Delgado CC City Park (New Orleans) South Louisiana Community College (Lafayette) DOTD District 04 (Bossier City)
<b>04/17/2015</b>	LSU - Office of Facility Services (Baton Rouge) Delgado CC West Bank Campus (New Orleans) South Louisiana Community College (Lafayette) DOTD District 04 (Bossier City)
<b>04/20/2015</b>	DOTD District 05 (Monroe)
<b>04/21/2015</b>	David Wade Correctional Center (Homer) Department of Wildlife and Fisheries (Opelousas) DOTD District 05 (Monroe) Baton Rouge Community College (Baton Rouge) Vernon Parish School Board - Vernon Middle School (Leesville) DCFS (Covington)
<b>04/22/2015</b>	Elayn Hunt Correctional Center (St. Gabriel) Avoyelles Correctional Center (Cottonport) DOTD District 61 East Baton Rouge (Baton Rouge) Washington Parish - Pine School Baton Rouge Community College (Baton Rouge)
<b>04/23/2015</b>	Elayn Hunt Correctional Center (St. Gabriel) Avoyelles Correctional Center (Cottonport) DOTD District 61 East Baton Rouge (Baton Rouge) Jefferson Parish School Board (Harvey) Baton Rouge Community College (Baton Rouge) DOTD District 04 (Bossier City)
<b>04/24/2015</b>	Elayn Hunt Correctional Center (St. Gabriel) Avoyelles Correctional Center (Cottonport) Louisiana Correctional Institute for Women (St. Gabriel) Jefferson Parish School Board (Harvey) DOTD District 04 (Bossier City)
<b>04/25/2015</b>	Jefferson Parish School Board (Harvey) Sabine Parish School Board - Florien High School (Florien)
<b>04/27/2015</b>	Southeastern LA State University (Hammond) Pennington Center Washington Parish - Franklinton Primary School Dept. of Agriculture and Forestry (Baton Rouge)

	University of Louisiana - Lafayette Northwestern State University (Natchitoches)
<b>04/28/2015</b>	University of Louisiana - Lafayette McNeese State University (Lake Charles) Washington Parish - Franklinton Elementary School Northwestern State University (Natchitoches) David Wade Correctional Center (Homer)
<b>04/29/2015</b>	DOTD District 61 East Baton Rouge (Baton Rouge) University of Louisiana - Lafayette McNeese State University (Lake Charles) Washington Parish - Franklinton Junior High School Northwestern State University (Natchitoches)
<b>04/30/2015</b>	University of Louisiana - Lafayette Washington Parish - Franklinton High School Dept. of Agriculture and Forestry (Baton Rouge) Northwestern State University (Natchitoches)

### Spring = Allergies

Spring is here and that means allergy season is here as well. Normally, your immune system helps to defend you against harmful germs but sometimes it overreacts to other substances, causing allergies.

Take control of allergies with these tips for allergy relief at home:

- **Leave your shoes at the door** – Wear slippers or socks instead of spreading allergens from outside.
- **Shed those clothes** – Change your clothes to help stop transferring pollen all over your home.
- **Keep your place squeaky clean** – Regularly vacuum, dust, and do laundry to help keep your allergies at bay.
- **Start a “closed door” policy** – Keep the pollen outside by keeping your door closed.
- **Use an air purifier** – A good-quality air purifier can help filter out allergens and control the dust.
- **Try an over-the-counter remedy** – Several types of nonprescription medicines can help ease allergy symptoms. They include: oral antihistamines, decongestants, nasal spray, and combinations medications (antihistamine with a decongestant.)

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available with a visit to your primary care physician.

### Reduce Your Risk - Get Screened

Cancer is the 2<sup>nd</sup> most common cause of death in the United States, exceeded only by heart disease. Over the past 20 years, researchers have made great progress in the fight against cancer. We now have better tools to decrease risk and medical advances have made many forms of cancer more preventable, detectable and treatable.

Prevention and screening are still the best defenses against cancer. The earlier cancer is found, the better the prognosis. Screening can detect the following cancers at an early stage, when they are most treatable:

- Breast
- Colon
- Cervix
- Prostate
- Oral
- Skin

You can reduce your risk of developing cancer by changing your lifestyle and habits. Here are some things you can do to reduce your cancer risk:

- Say NO to tobacco
- Eat more fruits and vegetables
- If you drink alcohol, do so in moderation
- Increase your daily physical activity level
- Use sunscreen (at least SPF 15) when you are outdoors

Spring is a great time to make small, healthy lifestyle changes that can have a big impact on cancer prevention and our overall health.

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)