



### Be Involved in Your Health Care

It's a new year and a great time to start "Living Better." Your health care is a team effort and you are the most important part of the team. Here are a few tips that will help you take charge of your care:

- **Speak up** – Write down any questions you have about your health and take the list with you to your doctor. Be sure to talk with your doctor about any changes since your last visit, such as: recent illnesses or surgeries, new medicines you are taking (including over-the-counter medicines, herbs or home remedies and vitamins), and any health concerns or issues.
- **Keep track of important health information** – Keep all of your health information in one place to make it easier to manage your health care. Take this information with you to every medical appointment.
- **Know your family health history** – The health history of your family is also an important part of your personal health record. [Use this handy family health history](#) tool to keep track of conditions that run in your family.
- **See a doctor regularly for checkups** – Regular checkups can help find problems early, when they may be easier to treat. Visit one of the Live Better Louisiana on-site clinics for even more convenient care.
- **Follow up after your appointment** – It can take time and hard work to make the healthy changes you talked about with your doctor. Remember to call if you have any questions and to schedule follow-up appointments for tests or lab work, if needed.

When you play an active role in your health care, you can improve the quality of care you and your family receive.

### Upcoming Clinics

You can get a head start on keeping track of your important health information by attending one of the Live Better Louisiana wellness clinics. Below is a schedule of clinics scheduled for the next two weeks.

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
01/16/2015	Evangeline Parish School Board - Vidrine ES (Ville Platte) University of New Orleans (New Orleans)
01/17/2015	Pointe Coupee Parish School Board- Central Office (New Roads)
01/20/2015	DOTD District 07 (Lake Charles) Claiborne Building (Baton Rouge)

	Evangeline Parish School Board - Basile HS (Basile)
<b>01/21/2015</b>	DOTD District 07 (Lake Charles) Claiborne Building (Baton Rouge) Evangeline Parish School Board - Chataignier ES (Chataignier)
<b>01/22/2015</b>	Evangeline Parish School Board - Mamou ES (Mamou)
<b>01/23/2015</b>	Evangeline Parish School Board - Mamou ES (Mamou)
<b>01/26/2015</b>	LA Delta Community College (Monroe)
<b>01/27/2015</b>	Evangeline Parish School Board - Bayou Chicot ES (Turkey Creek) DOTD District 08 (Alexandria) Department of Wildlife and Fisheries (New Orleans)
<b>01/28/2015</b>	Evangeline Parish School Board - Ville Platte ES (Ville Platte) DOTD District 08 (Alexandria) Probation and Parole (Harvey)
<b>01/29/2015</b>	Northwest Louisiana Technical College (Shreveport) Evangeline Parish School Board - James Stephens Montessori (Ville Platte) LA Delta Community College (West Monroe) Probation and Parole (Harvey)
<b>01/30/2015</b>	Evangeline Parish School Board - Ville Platte HS (Ville Platte) Probation and Parole (Harvey)

### Celebrate Fitness

No matter what your resolution is this year, physical activity can help you focus and achieve your goals. This month, start the habit of waking up early to move that body. Try these three tips for success:

- **Prepare the night before** – Get your workout clothes, shoes, and favorite playlist ready.
- **Place your alarm far away** – By the time you turn it off, you'll be up on your feet.
- **Get some sunrays** – Soak up those rays to feel energized by standing near an open window or placing your bed to face east.

Being active helps you be healthier and stronger — and feel your best — at every age. Getting 30 minutes of moderate exercise at least five days a week helps lower your risk of serious illness and improves your mood.

### Portion Control

It's no secret that portion sizes have gotten bigger over the past 20 years and those larger portions add up! Just 100 extra calories per day can lead to a weight gain of 10 pounds per year. Maintaining a healthy weight is a balancing act — balance calories in with calories out. Here are a few tips to assist with portion control:

- **Start with a glass of H<sub>2</sub>O** – Drink a big glass (16 ounces) before you eat. Filling your belly with water will naturally make you less likely to overeat.
- **Use smaller dishes** – If you downsize your portion size and feel it looks too small, serve it on a smaller plate so it looks larger. Using a smaller plate or bowl can also help you eat less.
- **Don't skip meals** – If you are starving, you are more likely to eat an extra-large portion. For most people, the best plan is to eat three well-designed meals and one snack.

- **Eat slowly** – Taking your time while eating increases enjoyment and decreases portions. Remember to chew slowly, put down your fork between bites, and sip water to make your meal last longer.
- **Don't eat from the bag or box** – When you purchase snack foods, divide them into smaller serving sizes. For example, if you buy a bag of pretzels or nuts that has 10 servings, divide the contents of the container into 10 smaller baggies ahead of time.
- **Know your “rules of thumb”** – Did you know that three ounces of lean meat is equivalent to a deck of cards? And one cup of breakfast cereal is about the size of a fist? For a handy cheat sheet, print and carry this [serving size card](#) from the National Heart, Lung, and Blood Institute.
- **Develop good “eating out” habits** - First, fill up your plate with green veggies, and get full on those before eating other food. Then, when ordering, ask the server to bring you a “to go box” right away and place half of your meal in there.

For more tips on portion size and healthy eating in general, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

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

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