



### Live Better LA Wellness Program a Success in 2015

We saw some great wins from the first year of the program:

- OGB, Blue Cross and Blue Shield of LA and Catapult Health held nearly **800 clinics** across the state in 2014-2015.
- More than **20,000 OGB members** received a clinic checkup.
- More than **13,000 OGB members** met the qualifications to earn a \$120 premium credit on their 2016 Blue Cross health insurance premiums.

The second year of the program kicked off **September 1<sup>st</sup>** and we are gearing up to hold Catapult Health clinics from **January through August 2016**. All participants who earned the premium discount for 2016, will need to complete the following requirements **by August 31, 2016** to earn the discount again in 2017:

- Participate in a Catapult Health clinic or submit a Primary Care Provider (PCP) form.
- Complete the Personal Health Assessment (PHA) on the Blue Cross Blue Shield website at [www.bcbsla.com/MYPHA](http://www.bcbsla.com/MYPHA). Members must have a Blue Cross online account to complete the PHA. An account can be created at [www.bcbsla.com/Activate](http://www.bcbsla.com/Activate). If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.

### Upcoming Clinics

Below is a list of clinics scheduled throughout the state in 2016. You have until **August 31, 2016** to complete your online PHA and get your preventive health checkup in order to be eligible for the 2017 wellness credit! To sign up for one of these clinics, or find a date and location that works best for you, visit [www.timeconfirm.com/ogb](http://www.timeconfirm.com/ogb) or call 1-877-841-3058.

Live Better Louisiana Clinics	
Date	Location
01/08/2016	Baton Rouge-Renaissance Hotel (7000 Bluebonnet Blvd.)
01/09/2016	Baton Rouge-Renaissance Hotel (7000 Bluebonnet Blvd.)
01/15/2016	Covington-Holiday Inn (45 Louis Prima Dr.) Lake Charles-Hampton Inn (3175 Holly Hill Rd.) West Monroe-Holiday Inn Express (603 Constitution Dr.)
01/16/2016	Metairie-Holiday Inn (2261 N. Causeway Blvd.) Shreveport-Hilton Shreveport (104 Market St.)
01/23/2016	Metairie-Holiday Inn (2261 N. Causeway Blvd.)
01/25/2016	Lafayette-ULL Student Union (620 Mckinley St.)
01/26/2016	Lafayette-ULL Student Union (620 Mckinley St.)

<b>01/27/2016</b>	Lafayette-ULL Student Union (620 Mckinley St.)
<b>01/28/2016</b>	Lafayette-ULL Student Union (620 Mckinley St.)
<b>04/09/2016</b>	Metairie-Holiday Inn (2261 N. Causeway Blvd.) Shreveport-Hilton Shreveport (104 Market St.)
<b>04/15/2016</b>	Baton Rouge-Renaissance Hotel (7000 Bluebonnet Blvd.) West Monroe-Holiday Inn Express (603 Constitution Dr.)
<b>04/16/2016</b>	Baton Rouge-Renaissance Hotel (7000 Bluebonnet Blvd.) Covington-Holiday Inn (45 Louis Prima Dr.) Lake Charles-Hampton Inn (3175 Holly Hill Rd.)
<b>04/23/2016</b>	Metairie-Holiday Inn (2261 N. Causeway Blvd.)

### Healthy Holidays: Maintain Don't Gain

The holidays will be here before we know it. Thanksgiving starts the season of overeating, stress and parties. The combination of eating more calories and moving less during the holiday season can lead to gaining a few pounds, but it doesn't have to be this way. Consider these tips from the *Eat Smart, Move More North Carolina Holiday Challenge* to help keep the pounds at bay this holiday season:

- If you have been trying to lose weight before the holidays, it is especially hard to continue to do so once they arrive. Therefore, the challenge is to try to **maintain weight and not gain** any during the weeks from Thanksgiving until after the first of the year.
- Once you know the times when your big family meals will be served, **build some activity into the day**. Involve all family members in playing a game in the yard or have everyone go on a walk around the neighborhood. Be sure to provide relief time in the kitchen so the cook can get physical activity, too.
- **Eat a light breakfast** and even a small snack before the big meal. Trying to save up calories in anticipation of a big meal can backfire by leaving you so hungry by the time the meal is served that you eat too much.
- Before putting food on your plate, **survey all the food choices that are being offered**. You may not want to fill your plate with the first thing you see if there is something you prefer at the other end of the table. The tendency might be to eat everything on your plate if you do this, realizing later that you ate too much.
- **Eat foods with the lowest number of calories first**, such as salads with low-fat dressings, or soups, steamed veggies and lean meats. Then you may be too full to overindulge in the higher calorie dishes.
- **Exercise moderation and practice portion control**. It may be tempting to eat several big pieces of meat smothered in gravy and mashed potatoes. But the serving size for a portion of meat is the size of a deck of playing cards and for mashed potatoes a serving is half a cup.
- **Choose only one dessert**. It is not necessary to deny yourself dessert every time, but take only a small piece when you do have it. Small samples of several desserts could actually be the equivalent of one giant piece of a single item. You might be consuming more calories than you realize.

### Healthy Holiday Cooking

Sweet potatoes are one of nature's nutrient-dense foods and are rich in beta carotene, vitamin C, and vitamin E. Combining them with onions, and almonds is a perfect side dish of powerhouse antioxidants and other nutrients. As an alternative to the extra sugary sweet potato casserole, try this delicious recipe packed with nutrition.

## Roasted Sweet Potatoes and Onions

### Ingredients

- 4 to 5 sweet potatoes, peeled and cut into 1-inch cubes
- 2 large Vidalia or other sweet onions, cut into wedges
- 3 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and freshly ground black pepper, to taste
- ¼ cup sliced almonds, toasted

1. Toss together all ingredients, except almonds, and place on a baking pan lined with aluminum foil.
2. Bake at 450 degrees for 30 minutes or until tender, stirring occasionally.
3. Place foil over the top for the first half of roasting time.
4. Remove from the oven and sprinkle with almonds.

\*\*\*Makes 8 servings\*\*\*

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

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