



### Feeling Blue this Holiday Season? Make Positive Changes!

Use the tips below to make positive changes and to have a more enjoyable holiday season:

- Identify what it is about the holidays that get you down. Once identified, deal with it directly.
- If doing the “same old thing” gets you down, don’t do the same old thing.
- Don’t expect miracles; keep your expectations of others and self realistic.
- Don’t “overdo”: plan ahead of time, prioritize what needs to be done and try to involve others with the preparation.
- Don’t worry about how things should be or what you should do, but do what you can do and more importantly what you want to do.
- If the holidays make you feel out of control, “take control” over the holidays by taking timeouts for yourself. Have more self-compassion and accept your limitations.
- Use humor; try to see the lighter side of life and not take yourself so seriously.
- Stick to a budget for gift giving and food shopping, or even consider alternatives to gift giving.
- Do not over-eat or drink too much alcohol as way to cope with stress.
- Make time for your physical and mental wellness: i.e., brisk 20-30 minutes walks, yoga, massage, or other activities to calm you down and give you a better perspective on what is important in life.

Remember to take one day at a time. Don’t allow anxieties to build up about events that will happen during the holidays.

### Live Better Louisiana

Catapult Health clinics are currently being scheduled. All participants who earned the premium discount for 2017, will need to complete the following requirements **by August 31, 2017** to earn the discount again in **2018**:

- Participate in a **Catapult Health clinic** or submit a **Primary Care Provider Form** (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.

*The Live Better Louisiana wellness program is for OGB members who are enrolled in a Blue Cross health plan only. Members enrolled in the Vantage Medical Home HMO plan may click [here](#) for more information on Vantage Health Plan’s wellness programs.*

### Upcoming Clinics

Below is a list of clinics scheduled throughout the state. You have until **August 31, 2017** to complete your online PHA and get your preventive health checkup in order to be eligible for the 2018 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
12/01-02/2016	Baton Rouge-DOTD Head Quarters (120 Capital Access Rd.) Baton Rouge-Galvez Building (602 North Fifth Street) Jackson-Eastern LA Mental Health System-Main Compound-(5226 Hwy 10 West) Jackson-Eastern Louisiana Mental Health System-Cedarview Clinic
12/05-07/2016	Alexandria-DOTD District 08 (3300 MacArthur Drive) Chase-DOTD District 58 6217 (Hwy 15 South)
12/07/2016	Baton Rouge-DOTD District 61 (8100 Airline Hwy.) Baton Rouge-Coastal Protection & Restoration Authority (150 Terrace Ave.)
12/08-09/2016	Baton Rouge-East Baton Rouge Housing Authority (4731 North Blvd.) Baton Rouge-LA School for the Deaf and Visually Impaired (2888 Brightside Dr.)
12/12-14/2016	Baton Rouge-Claiborne Building (1201 North Third Street) Alexandria-DOTD District 08 (3300 MacArthur Drive)
12/12-13/2016	Hammond-Southeastern LA State Univ. (Pennington Ctr.-1350 N. General Pershing)
01/10/2017	Baton Rouge-Coastal Protection & Restoration Authority (150 Terrace Ave.)
01/16-18/2017	Natchitoches-Northwestern State University (175 Sam Sibley Dr.)
01/20/2017	Baton Rouge-LA Retirement Systems Building (8401 United Plaza Blvd., 4 <sup>th</sup> floor)

### Success Stories

*"Last year my numbers were horrible. Thanks to this assessment and the invitation to the Prevent Program, my whole life has changed! I am now eating a little better and running 5K's. In June, I will try to reach my 2016 goal of running a 10K. All because of this Health Assessment! My results speak for itself. I am 50% improved from last year and hope next year is even better! Thank You"*

*"Everyone was helpful and encouraging. All of the people there were very professional. I was diagnosed with Type 2 Diabetes last year because of this wellness exam and this year it was nice to see the progress I made since the previous year. You offer a wonderful service. Healthcare is so necessary."*

### Louisiana Marathon - 2017

**When:** January 14-15, 2017

**Time:** 8:00 am Saturday, January 14<sup>th</sup> (Quarter Marathon & 5K)

7:00 am Sunday, January 15<sup>th</sup> (Half & Full Marathon)

**Where:** The State Capitol

Downtown Baton Rouge, LA

Louisiana is well known for its festivals, where we celebrate with food, music and dancing. The Louisiana Marathon adds running to that mix for a truly unforgettable weekend. Come run a fast, flat, and fun race course with runners from 50 states and over 36 countries. Then enjoy a true Louisiana Festival featuring local musicians and some of the best southern cuisine around. Participants can choose from a full, half, a quarter marathon, a 5K, and kid's marathon, [click here to register](#).

## Simple Sweet Potato Casserole

This recipe is lightened by holding back on the sugar and topping it with toasted oats and pecans instead of sugary marshmallows. Pecans are loaded with healthy unsaturated fat and more than 19 vitamins and minerals including vitamin B and E, magnesium, phosphorus and zinc. Whether you're looking for a healthy side or dessert, this casserole is a great substitute to the traditional southern one.

### Ingredients

- 4 pounds sweet potatoes (about 4-5 large)
- 2 tablespoons butter, melted, divided
- 1 tablespoon honey
- ¼ cup 1% milk
- 3 large eggs
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon, divided
- ¼ teaspoon salt
- 1 ¼ cups old fashioned oats
- ¾ cup chopped pecans

1. Preheat oven to 375 degrees F. Bake sweet potatoes on a foil-lined baking sheet for 1 hour or until tender. Let stand until cool enough to handle.
2. Peel sweet potatoes and mash in a large bowl. Stir in 1 tablespoon butter, milk, eggs, vanilla, 1 teaspoon cinnamon and salt. Spoon into a lightly greased 11 -by-7-inch baking dish.
3. In a medium glass bowl. Stir in 1 tablespoon butter, honey, oats, pecans and remaining 1 teaspoon cinnamon. Sprinkle over casserole. Bake for 30 minutes, until golden brown and heated through.

\*\*\*Makes approximately 16 servings (1/2 cup per serving) \*\*\*

## Jalapeno-Cheddar Sweet Potato Puffs

This recipe transforms mashed sweet potatoes into a portable snack or appetizer. Make a batch and freeze ahead of time so you can reheat when hunger hits.

### Ingredients

- 1 ½ cups cooked, mashed sweet potato (about 2 medium sweet potatoes)
- 2 large eggs
- 3 tablespoons 2% plain Greek yogurt
- ¾ cup cheddar cheese (or pepper jack cheese)
- 3 strips of cooked bacon, chopped
- 1-2 jalapeno peppers, minced

1. Preheat oven to 400 degrees F. While the oven is preheating, peel the sweet potatoes. Add the potatoes to a pot of boiling water and cook for 15-20 minutes or until tender; drain. Mash the sweet potatoes using a fork or spatula.
2. Then, combine the sweet potatoes with all remaining ingredients in a bowl. Mix together well.
3. Grease the wells in a mini muffin tin. Scoop mixture into greased mini muffin tins. This recipe should make about 18 mini puffs.
4. Bake at 400 degrees for 20-25 minutes. Allow puffs to cool.

\*\*\*Makes approximately 6 servings (3 puffs per serving) \*\*\*

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

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