



Eat Smart, Move More... Maintain, don't gain! Holiday Challenge

The Holiday Challenge is a fun way to avoid holiday weight gain. You can participate whether you are looking to lose a few pounds, maintain your current weight or pick up new strategies to eat smart and to move more. During the seven week program (**November 14 – December 31, 2016**), you will receive a weekly newsletter that contains practical tips, strategies, recipes, and other information to help stay on track during the holiday season.

Registration is free and easy with a valid email address. [Click here to sign up](#). You will be asked to enter your email address and complete a brief anonymous survey. Your information will be kept confidential and not shared with anyone for any reason. After signing up, you will be asked to do the following to help you maintain your current weight through the holidays until New Year's Day:

1. **Weigh yourself** each week and keep track
2. **Keep track of what you eat** using a food diary
3. **Track your physical activity** each day.

Encourage your friends, family, and co-workers to join with you. The more people you involve the easier it will be to maintain your weight.

Live Better Louisiana

Due to the Live Better Louisiana deadline being extended to the 9th of September, the third year of the program kicked off **September 10** and we are gearing up to hold Catapult Health clinics from **October 2016 through August 2017**. 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. Members must have a Blue Cross online account to complete the PHA. An account can be created at www.bcbsla.com/Activate.
 - If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.

Some great wins from the second year of the program:

- OGB, Blue Cross and Blue Shield of LA and Catapult Health held a little over **500 clinics** across the state in October 2015- September 2016.
- More than **13,500 OGB members** received a wellness checkup.
- More than **11,000 OGB members** met the qualifications to earn a \$120 premium credit on their 2017 Blue Cross health insurance premiums.

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 or call 1-877-841-3058.

Live Better Louisiana Clinics	
Date	Location
11/01/2016	Schriever-Fletcher Technical Community College (1407 Highway 311)
11/02/2016	Reserve-The Port of South Louisiana (155 West 10 th Street)
11/07/2016	Chalmette-Nunez Community College (3710 Paris Rd.)
11/15/2016	Jennings-SW LA Veterans Home (1610 Evangeline Rd.)
11/17/2016	New Orleans-New Orleans City Park (1 Palm Dr.)
11/21/2016	Bastrop-Morehouse Parish School Board-Student Service Ctr. (1607 ML King South) Baton Rouge-Louisiana Public Broadcasting (7733 Perkins Road)
11/28-30/2016	Baton Rouge-DOTD Head Quarters (120 Capital Access Rd.) Jackson-Eastern Louisiana Mental Health System-Cedarview Clinic Chase-DOTD District 58 (6217 Hwy 15 South)

Brown Bag Lunch & Learn in the Claiborne Building, Thomas Jefferson Room 1-136C

Topic: Healthy Holiday Eating – Tips to Maintain, Not Gain

Date: Wednesday, November 9, 2016

Time: 11:30 - noon

If you cannot attend at the Claiborne Building, click the following link to [Join WebEx meeting](#)

Meeting number: **805 050 785**

Meeting password: **3Cr7MGqJ**

Join by phone

Dial In Number **+1-844-441-8816**

Conf Code: 4552049

American Diabetes Association Baton Rouge Walk

When: Saturday, November 19, 2016

Time: 8:00 am – 12:00 pm

Where: Pennington Biomedical Research Center
6400 Perkins Road-Baton Rouge, LA 70808

The American Diabetes Association's Baton Rouge Walk is BACK and BETTER than ever! The Association has partnered with *Healthy BR!* to form the Walk/Healthy BR Diabetes Expo. The expo will be interactive and provide health screenings and information as well as showcase Baton Rouge's locally owned, most well renowned restaurants featuring their healthy menu items. The goal is to educate and empower community members about Type I and Type II Diabetes Mellitus and how they can live a healthier lifestyle. Resources will also be provided to assist the community with dining out in Baton Rouge.

Healthy Holiday Green Bean Casserole

This healthy revision of green bean casserole skips the canned soup and all the fat and sodium that come with it. The white sauce with sweet onions and low fat milk makes a creamy rich casserole.

Ingredients

- 2 ½ pounds green beans, trimmed and cut into 1-to-2 inch pieces (about 8 cups)
 - 2-3 tablespoons extra-virgin olive oil divided
 - 1 medium sweet onion, thinly sliced
 - 3 tablespoons all-purpose flour
 - ¾ teaspoon salt
 - ¼ teaspoon black pepper
 - 2 ½ cups low-fat milk
 - 1 ½ cups whole wheat bread crumbs or ½ cup shredded or crumbled cheese
1. Position racks in upper and lower third of oven; preheat to 425 degrees.
 2. Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes
 3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat.
 4. When the green beans are done, remove from the oven. Preheat the broiler.
 5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
 6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl (skip this step if you are topping with cheese).
 7. Sprinkle the breadcrumb mixture (or cheese) over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving

Notes:

1. For soft green beans steam them in large pot instead of roasting them.
2. To make ahead: roast green beans (step 2) up to 30 minutes ahead. Prepare the sauce (step 3), cover and refrigerate for up to 1 day; gently reheat until steaming before combining with green beans.
3. To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ cup fresh breadcrumbs.

Makes approximately 8 (1 cup) servings

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

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