



Healthways Gym \$25 enrollment fee waived through April 30, 2016

Healthways Fitness Your Way is a new way to get healthy and feel good on your own terms. It offers you the flexibility to workout at any network fitness location, on your time and on a budget that you can live with. Members enrolled in a Blue Cross Blue Shield health plan, have access to 9,000 participating fitness locations **for just \$25 a month**. And from now until April 30, 2016, the enrollment fee has been waived!

Follow the instructions below to enroll today!

1. Log in to [Blue365](#) (or register for access by following the instructions).
2. Under the tab **Browse Deals** select **Fitness**.
3. Select Healthways Fitness Your Way **Redeem Now**.
4. You will be directed to the Healthways Fitness Your Way landing page.

You can:

- ✓ [Search by ZIP code](#) for participating locations
- ✓ Review the Frequently Asked Questions before enrolling.
- ✓ Waive your enrollment fee by entering the code **STATELA** at checkout

To enroll by phone, call Healthways customer service at **1-888-242-2060 Monday - Friday, 8:00 am – 9:00 pm**. They can answer all of your questions and redeem your **STATELA** code. Act now! After April 30, 2016 you can sign up for your \$25/month gym membership, but will have to pay a \$25 enrollment fee.

Brown Bag Lunch & Learn in the Claiborne Building, Rapides Room 3-230

Topic: Smoking Cessation

Date: Wednesday, April 13, 2016

Time: 11:30 - noon

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

Meeting number: **806 486 383**

Meeting password: **BX6Dxng5**

Join by phone

+1-855-797-9485 US Toll free

Access code: 806 484 383

QUIT with US. LA - Are you a long-time smoker who's ready to kick the habit?

Call **1-800-QUIT-NOW** a confidential, 24-hour toll-free tobacco cessation helpline that links people who want to quit using tobacco with trained, dedicated Quit Coaches® who help the callers create an individualized plan to quit. This individualized quit plan includes telephone coaching sessions, Web coach assistance and self-help materials. For more information visit www.quitwithusla.org/

Live Better Louisiana Clinics

The second year of Live Better LA kicked off September 1st and clinics are being scheduled through August 2016. All participants who earned the premium discount for 2016 will need to complete a wellness checkup and Personal Health Assessment (PHA) to earn the discount again in 2017.

Below is a list of clinics scheduled throughout the state. You have until August 31, 2016 to complete your online PHA www.bcbsla.com/MYPHA 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 or call 1-877-841-3058. **Clinic dates and locations are added frequently, so check back if you don't see a convenient time or place.**

| Live Better Louisiana Clinics | |
|-------------------------------|---|
| Date | Location |
| 04/04/2016 | New Orleans-Delgado CC Charity School of Nursing (450 South Claiborne Ave.) |
| 04/05/2016 | Anacoco-Anacoco ES (4726 Port Arthur Ave.) |
| 04/05-07/ 2016 | Lake Charles-DOTD District 07 (5827 Highway 90 E.) Leesville-Pickering HS & ES (116 Lebleu Rd.) |
| 04/08/2016 | Baton Rouge-LA School for the Deaf & Visually Impaired (2888 Brightside Dr.) Leesville-Hicks High School (1296 Hicks School Rd.) |
| 04/09/2016 | Metairie-Holiday Inn (2261 N. Causeway Blvd.) |
| 04/12/2016 | Baton Rouge-Coastal Protection & Restoration Authority (450 Laurel St., Ste. 1501) Lake Charles-McNeese State University (4300 Jefferson Davis Dr.) |
| 04/14/2016 | Angie-Washington Parish-Varnado High School (25543 Washington St.) Baton Rouge-DOTD District 61 (8100 Airline Hwy.) Mt. Hermon-Washington Parish-Mt. Hermon School Library (36119 Hwy 38) |
| 04/15/2016 | Hammond-Southeastern LA Univ. (Pennington Ctr.-1350 N. General Pershing Ave.) |
| 04/16/2016 | Lake Charles-Hampton Inn (3175 Holly Hill Rd.) |
| 04/18/2016 | New Orleans-Delgado CC West Bank (2600 General Meyer Ave.) |
| 04/18-22/ 2016 | Baton Rouge-Department of Agriculture and Forestry (5825 Florida Blvd.) Baton Rouge-DOTD Headquarters (1201 Capital Access Rd.) Lafayette-South LA Community College (1101 Bertrand Dr.) |
| 04/19/2016 | New Orleans-Delgado CC Sidney Collier College (3727 Louisa St.) |
| 04/21-22 /2016 | Harvey-Jefferson Parish School Board (501 Manhattan Blvd.) Baton Rouge-Bienville Building (628 North 4 th St.) |
| 04/25-28/ 2016 | Pineville-Pinecrest Supports and Services Center (100 Pinecrest Dr.) |
| 04/26/2016 | Slidell-Delgado Community College Slidell (320 Howze Beach Rd.) |
| 04/27-29/ 2016 | Harvey-State Office Building-Probation & Parole (2150 Westbank Expressway) |
| 04/30/2016 | Bastrop-Morehouse Parish School Board-Student Service Center (1607 MLK South) |
| 05/02-06/ 2016 | Natchitoches-NSULA (175 Sam Sibley Dr.) |
| 05/03/2016 | Baton Rouge-1 st Circuit Court of Appeals (1600 North 3 rd St.) |
| 05/04/2016 | Baton Rouge-LaSalle Building (617 N. Third Street) |
| 05/05/2016 | Franklinton-Washington Parish-Franklinton Elementary School Gym (Jaguar Dr.) |
| 05/06/2016 | Franklinton-Washington Parish-Franklinton Primary School (610 Barker Dr.) |
| 05/10/2016 | Baton Rouge-Coastal Protection & Restoration Authority (450 Laurel St., Ste. 1501) |
| 05/10-11/ 2016 | Harvey-State Office Building-Probation & Parole (2150 Westbank Expressway) Leesville-West Leesville & Optional School (1100 Abe Allen Memorial Dr.) |

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| 05/11/2016 | Baton Rouge-State Archives Building (3851 Essen Lane) Baton Rouge-Probation & Parole (2715 Wooddale Blvd., Ste. 400) Leesville-Vernon Middle School (1410 Nona St.) |
| 05/12/2016 | New Orleans-Delgado CC City Park (916 Navarre Ave.) |
| 05/13/2016 | New Orleans-4 th Circuit Court of Appeal (400 Royal St.) Pineville-Central LA State Hospital (242 West Shamrock St.) |
| 05/16-18/ 2016 | Baton Rouge-Dept. Wildlife & Fisheries (2000 Quail Dr.) New Orleans-University New Orleans (2000 Lakeshore Dr.) Ruston-LA Tech University (331 Keeny Circle LA Tech Campus) |
| 05/20/2016 | Fort Polk-North Polk Elementary School (4978 University Pkwy.) |
| 05/19-21/ 2016 | Harvey-Jefferson Parish School Board (501 Manhattan Blvd.) |
| 05/24/2016 | Alexandria-Probation & Parole (2800 South MacArthur Dr.) |
| 05/25/2016 | Franklinton-Washington Parish School Board Central Offc. Media Ctr (800 Main St.) |
| 05/26-27/ 2016 | Pineville-Central LA State Hospital (242 West Shamrock St.) |

Chicken & Spinach Orzo Dinner

Short on time, this meal can be prepared in 30 minutes. Hot, homemade chicken, spinach and orzo can be a quick weeknight dinner for four. Made with leftover chicken or store-bought rotisserie chicken, meal prepping for this recipe is a breeze.

Ingredients

- 2 teaspoons olive oil
- 1 large onion, halved and sliced
- ¼ cup chicken broth or dry sherry
- 3 tablespoons raisins or currants
- 1 ½ cups shredded, cooked chicken breast (from rotisserie chicken)
- 8 cups packed spinach, torn into pieces
- ¼ teaspoon salt
- 8 ounces of uncooked orzo (pasta shaped like grain of rice)
- ¼ cup slivered almonds or toasted pine nut
- ¼ cup shaved fresh Parmesan cheese

1. Heat oil in a large nonstick skillet over medium heat. Add onion; cook, stirring occasionally, 15 minutes or until onions are golden brown.
2. Stir in chicken broth, raisins and chicken. Add spinach. Cover with lid and cook for 3 minutes tossing occasionally with tongs until spinach wilts. Stir in salt.
3. Cook orzo in boiling water for 8 minutes or until tender; drain. Toss together drained orzo and spinach mixture. Sprinkle with almonds and cheese. Serve immediately.

Makes approximately 4 servings

For more information, visit us at www.bcbsla.com/ogb
Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)