August is National Immunization Awareness Month
As summer comes to a close and the kids head back to school, it’s the perfect time to make sure you and your child(ren) are up to date on vaccines. Vaccines are not just for kids. In fact, they are recommended throughout our lives, especially if you are an older adult or have a chronic health condition.

We all need vaccinations to help protect us from serious diseases like the flu, measles and pneumonia but it’s also important to know which vaccinations you need and when to get them. Everyone age 6 months and older needs to get a flu vaccine every year, however, other vaccinations work best when they are given at certain ages.

- If you have a child age 6 or younger, click here to find out which shots your child needs
- Click here to find out what shots teenagers and adults need
- Always talk to your doctor to make sure that everyone in your family gets the vaccinations they need.

Most schools and day care centers require children to be up to date on vaccinations before enrolling or starting school in order to protect the health of all students. If you are unsure of school immunization requirements, check with your child’s doctor, school, child care provider, college health center, or local health department.

**Live Better Louisiana Clinics**
There are only a few weeks left (deadline August 31, 2016) to complete your online Personal Health Assessment (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. If there are no clinic dates and locations available in your area, you can have your doctor complete a Primary Care Provider (PCP) form and fax or mail it to Catapult Health by 5:00 pm August 31st.

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>08/01-02/2016</td>
<td>Baton Rouge- LSU Ag Center (LSU Campus 101 Efferson Hall Rm. 212)</td>
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<td>08/08-12/2016</td>
<td>Baton Rouge-DOTD Headquarters (1201 Capital Access Road)</td>
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<td>08/09-10/2016</td>
<td>Greensburg-St. Helena Parish School Board (137 College Street)</td>
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<td>08/09/2016</td>
<td>Grand Chenier-South Cameron High School (753 Oak Grove Hwy.)</td>
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<td>Hackberry-Hackberry High School (1390 School Street)</td>
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<td>Lake Charles-Grand Lake High School (1039 Hwy 384 Grand Lake)</td>
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08/15/2016         Monroe-DOTD District 05 (8010 Desiard Street)
08/17/2016         Morgan City-South Central LA Technical College (900 Youngs Road)
08/15-18/2016      Baton Rouge-Claiborne Building (1201 North 3rd Street)
                    Hammond-Southeast LA Univ. (Pennington Ctr.-1350 N. General Pershing Ave.)
                    Pineville-Pinecrest Support and Services Center (100 Pinecrest Dr.)
08/23-25/2016      Natchitoches-NSULA (175 Sam Sibley Drive)
                    Baton Rouge-Claiborne Building (1201 North 3rd Street)
08/30/2016         Monroe-DOTD District 05 (8010 Desiard Street)
08/31/2016         Baton Rouge-Bienville Building (628 North 4th Street)

2016 Men’s Health Conference
When: Saturday, August 27, 2016 from 7:00 am – 1:00 pm
Where: Pennington Biomedical Research Center
       6400 Perkins Road Baton Rouge, LA 70808

Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on
wives, children, and other family members, men’s health is truly a family issue. This conference offers
FREE Health Screenings and special smaller group sessions with medical professionals to men from
Baton Rouge and the surrounding areas. It gives men an opportunity to explore ways to better care

Tips for using Backpacks!
Back-to-school season is here and it’s time for parents to gather school supplies. While back-to-school
shopping may be the only time you think about backpacks, you should really give them some thought
all year. Selecting the wrong one or using them the wrong way can cause back pain. Here are a few
tips:

• Buy a backpack with two padded, adjustable shoulder straps. Have your child use both
  shoulder straps (the wider the straps the better), adjusted so the backpack fits close to the
  upper part of the back. Carrying a backpack over one shoulder can lead to neck and muscle
  spasms, and lower back pain. If possible, encourage children to make more frequent trips to
  their lockers between classes to replace books.

• Consider a pack with wheels. There are guidelines and considerations to keep in mind with
  this kind of pack. Many schools and school districts don’t allow rolling backpacks due to kids
  tripping over them in the halls. Be sure you find out if you can have one and find out the right
  way to pack it and carry it to be safe.

• A child should carry no more than 10% of his/her body weight. For example, if a child weighs
  80 pounds, then the book bag should weigh no more than 8 pounds. A load this size should be
  light enough to walk and stand up straight without hunching forward or leaning to the side.
  Look for a backpack with multiple compartments inside so the weight can be distributed
  evenly.
Brown Bag Lunch & Learn in the Claiborne Building, Iowa Room 1-153

Topic: Improving Health & Wellness at Work
Date: Wednesday, August 10, 2016
Time: 11:30 - noon

If you cannot attend at the Claiborne Building, click the following link to Join WebEx Meeting
Meeting number: 805 619 431
Meeting password: 8M34shau

Join by phone
+1-855-797-9485 US Toll free
Access code: 805 619 431

Tuna Avocado Egg Salad
This super tasty lunch recipe can be prepared in about 10 minutes. Mayonnaise is replaced with creamy avocado that is high in healthy fats, vitamin K, fiber, and potassium to give it a healthier twist. It can be served as wrap, but the salad would also be great on whole wheat bread or even stuffed in a tomato. Lettuce and tomato can be used to dress the wrap or sandwich to get a vegetable serving.

Ingredients
- 1 (5 ounces) can tuna packed in water, drained and shredded with a fork
- 2 large hard-boiled eggs, chopped
- 2 hard-boiled egg whites, chopped
- 2 tablespoons plain Greek yogurt
- 1 tablespoon lemon juice
- ¼ teaspoon paprika
- Dash, garlic powder
- Salt and pepper, to taste
- 1 large Hass avocado (or 2 small avocados), pitted and diced
- 5 large whole grain tortillas

1. Combine all ingredients in a medium bowl, except for the diced avocados. Stir in the diced avocados last.
2. Spoon ½ cup of tuna egg salad mixture to 1 large tortilla. Roll and enjoy!

***Makes approximately 5 servings***

For more information, visit us at www.bcbsla.com/ogb
Follow us on Twitter @LiveBetterLA