



### Moving Towards a Healthy Weight

Begin February by taking ten for a healthy weight! According to health experts losing just 10 percent of your body weight or even 5 percent may improve your blood pressure, cholesterol and blood glucose (sugar). Also, if you have a lot to lose, it's a great starting goal. You'll lose weight — and gain confidence. Aim for a weight loss of 1 to 2 pounds a week. Here's an example of how much 5 or 10 percent is based on a person's starting weight. For a starting weight of 180 lbs, a 10% weight loss is 18 lbs and a 5 percent weight loss is 9 lbs.

### Wear Red and Raise Your Voice on National Wear Red Day – Friday, February 5, 2016

**Why Go Red?** Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year the American Heart Association is asking that you wear red on **National Wear Red Day®**. Don't forget to make your heart health a priority and love your heart.

### Love your heart

Only you can love your heart. While you can't change some of your risk factors for heart disease, such as age, race and heredity, you can do a lot to reduce or control others, such as:

- **High blood pressure** — High blood pressure can increase your risk of stroke and heart attack.
- **Smoking**—If you smoke, your risk of developing coronary heart disease is two to four times that of nonsmokers.
- **High cholesterol**—The higher your total blood cholesterol, the greater your risk of coronary heart disease.
- **Physical inactivity** — Lack of physical activity increases your risk of coronary heart disease.
- **Obesity or overweight**— If you have excess body fat — especially at the waist — you're more likely to develop heart disease and stroke.
- **Diabetes**— increases your risk of heart disease and stroke, especially if your blood glucose (sugar) is not controlled.
- **Take action** — talk to your health care provider about how these factors affect your risk of heart disease. Together, you can develop an effective heart disease prevention plan. It's an important part... of loving your heart.

Schedule a **Well-Woman Visit**, a prevention check-up to review a woman's overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses. This visit is recommended once a year. It strengthens the relationship between you and your doctor, helping your doctor be better informed about your health and lifestyle.

### Live Better Louisiana Clinics

The second year of Live Better LA kicked off September 1<sup>st</sup> 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](http://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](http://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
02/04/2016	Alexandria-LA Special Education Center (5400 Coliseum Blvd.)
02/08/2016	Mangham-Richland Parish-Mangham High School Library (801 Main St.)
02/13/2016	Florien-High School (500 High School Dr.)
02/16-17/2016	Lake Charles-McNeese State University (4300 Jefferson Davis Dr.)
02/19/2016	Rayville-Richland Parish-Rayville Elementary School Library (124 Learning Place)
02/22/2016	New Orleans-University of New Orleans (2000 Lakeshore Dr.) Bossier City-Bossier Parish Community College (6220 East Texas St.)
02/23/2016	New Orleans-University of New Orleans (2000 Lakeshore Dr.) Bossier City-Bossier Parish Community College (6220 East Texas St.)
02/24/2016	New Orleans-University of New Orleans (2000 Lakeshore Dr.) Baton Rouge-LA Workforce Commission Training Center (2155 Fuqua St.) Bossier City-Bossier Parish Community College (6220 East Texas St.)
02/25/2016	New Orleans-University of New Orleans (2000 Lakeshore Dr.) Baton Rouge-LA Workforce Commission Training Center (2155 Fuqua St.) Bossier City-Bossier Parish Community College (6220 East Texas St.) Rosepine-Rosepine High School (502 Louisiana Ave.)
02/26/2016	Bossier City-Bossier Parish Community College (6220 East Texas St.) Rosepine-Rosepine Elementary School (1208 Texas Ave.)
03/01-02/2016	Lafayette-ULL Student Union (620 McKinley Street)
03/02/16	Simpson-Simpson High School (4262 Hwy 8)
03/03-05/2016	Harvey-Jefferson Parish School Board (501 Manhattan Blvd.) Napoleonville-Assumption Parish Schools (4901 Hwy 308)
03/07/2016	Pitkin-Pitkin High School (7239 Hwy 463) Bossier City-Bossier Parish Community College (6220 East Texas St.)
03/07-11/2016	Hammond-Southeastern LA University (Pennington Center-1350 N. General Pershing Ave.)
03/09/2016	Monroe-DOTD District 05 (8010 Desiard Street)
03/10-11/2016	Ruston-LA Tech University (331 Keeny Circle LA Tech Campus) Baton Rouge-LA School for Deaf & Visually Impaired (2888 Brightside Dr.)
03/14-16/2016	Pineville-Pinecrest Supports and Services Center (100 Pinecrest Dr.) Ruston-LA Tech University (331 Keeny Circle LA Tech Campus)
03/17-18/2016	Hammond-Florida Parishes Human Services Authority (835 Pride Drive, Ste. B) Pineville-Pinecrest Supports and Services Center (100 Pinecrest Dr.)

	Ruston-LA Tech University (331 Keeny Circle LA Tech Campus)
<b>03/22/2016</b>	Thibodaux-Nicholls State University (906 E 1 <sup>st</sup> St-Student Union/ Plantation Ste.
<b>03/29/2016</b>	Lake Charles-Child Support Enforcement Office (1417 Gadwall Street)
<b>03/30-31/2016</b>	Chalmette-St. Bernard Admin Bldg. (200 E. St. Bernard Hwy) Baton Rouge-LaSalle Bldg. (617 N. Third St.)
<b>04/01/2016</b>	Chalmette-St. Bernard Admin Bldg. (200 E. St. Bernard Hwy)
<b>04/05-07/2016</b>	Lake Charles-DOTD District 07 (5827 Highway 90 E.)
<b>04/07/2016</b>	Baton Rouge-Bienville Bldg. (628 North 4 <sup>th</sup> St.)
<b>04/15/2016</b>	West Monroe-Holiday Inn Express (603 Constitution Dr.)
<b>04/16/2016</b>	Covington-Holiday Inn (45 Louis Prima Dr.) Lake Charles-Hampton Inn (3175 Holly Hill Rd.)
<b>04/21-22/2016</b>	Harvey-Jefferson Parish School Board (501 Manhattan Blvd.)
<b>04/23/2016</b>	Metairie-Holiday Inn (2261 N. Causeway Blvd.)
<b>04/28/2016</b>	Baton Rouge-LA Retirement Systems Bldg. (8401 United Plaza Blvd., 4 <sup>th</sup> floor)

### Heart Healthy Recipe

You don't have to lose flavor to gain health. Heart healthy cooking simply means making dishes that are low in saturated fat, total fat, cholesterol, and sodium. This recipe proves you don't have to give up your favorite dishes to eat heart healthy meals – here's a lower fat version of a true classic.

### Classic Macaroni and Cheese

#### Ingredients

- 2 cups macaroni
- ½ cup onion
- ½ cup fat-free evaporated milk
- 1 medium egg, lightly beaten
- ¼ teaspoon ground black pepper
- 1 ¼ cup (4 oz) low-fat sharp cheddar cheese, finely shredded
- Cooking spray

1. Cook macaroni according to package directions-but do not add salt to the cooking water. Drain and set aside.
2. Spray a casserole dish with nonstick cooking spray.
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking spray. Add onion to saucepan and sauté for about 3 minutes over medium heat.
5. In a bowl, combine macaroni, onion, and the remaining ingredients, and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving

\*\*\*Makes 8 (1 cup) servings\*\*\*

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

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