



A Healthy New You!

Take five for your health! Being healthy takes commitment, but it doesn't have to be time-consuming. Most things are so simple and take so little time, that you'll wonder why you've been avoiding them. Taking just a few of the 1,440 minutes in a day is worth having a healthier life for you and your family. Below are some steps you can take to help protect your health in five minutes or less.

- **Make an appointment** - One of the best and easiest ways for adults to keep themselves healthy is to make sure they get recommended exams, screenings and immunizations. Screenings are designed to help detect some diseases in their early, most treatable stages ([Things to Do Before Your Next Check-Up.](#))
- **Ask questions** – Before seeing your health care provider, write down all of your questions and bring the list with you to your appointment. Write down the answers during your discussion. Make sure all of your questions are answered before you leave and you know exactly what the next steps are.
- **Know your numbers** – Keep track of your numbers for blood pressure, blood glucose (sugar), cholesterol, body mass index (BMI), and others. These numbers can provide a glimpse of your health status and risk for certain diseases and conditions, including heart disease, diabetes, obesity, and more. Be sure to ask your health care provider what tests you need and how often.
- **Eat healthy** – Take the extra time to make better food choices. Eat more fruits and vegetables as a meal, less saturated fat, and healthy grab-and-go snacks. There are many quick and easy ways to add healthier choices to your day ([Nutrition for Everyone: Fruits and Vegetables](#)).
- **Listen to a health podcast** – Podcasts on variety of health and safety topics are available online. Most are one to five minutes long, and some longer ([Podcasts at CDC](#)).

Live Better LA Clinics

The second year of Live Better LA kicked off **September 1st** and clinics are being scheduled from **January 2016 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
01/07/2016	Alexandria-Central LA Technical Community College (4311 South MacArthur Dr.)

	Gonzales-River Parishes Community College (925 W Edenborne Pkwy.)
01/08/2016	Alexandria- Central LA Technical Community College (4311 South MacArthur Dr.)
01/12/2016	Baton Rouge-Louisiana Public Broadcasting (7733 Perkins Road)
01/15/2016	Covington-Holiday Inn (45 Louis Prima Dr.) Lake Charles-Hampton Inn (3175 Holly Hill Rd.)
01/16/2016	Metairie-Holiday Inn (2261 N. Causeway Blvd.)
01/20-21 /2016	New Orleans-DCFS Economic Stability (1630 Iberville Street, Ste. 1000)
01/23/2016	Metairie-Holiday Inn (2261 N. Causeway Blvd.)
01/25/2016	Amite-Probation and Parole (1209 NW Central Ave.) Lafayette-ULL Student Union (620 McKinley St.) New Orleans-University of New Orleans (2000 Lakeshore Dr.)
01/26/2016	Lafayette-ULL Student Union (620 McKinley St.) New Orleans-University of New Orleans (2000 Lakeshore Dr.)
01/27/2016	Lafayette-ULL Student Union (620 McKinley St.) New Orleans-University of New Orleans (2000 Lakeshore Dr.)
01/28/2016	Lafayette-ULL Student Union (620 McKinley St.)
02/08/2016	Mangham-Richland Parish-Mangham High School Library (801 Main St.)
02/15-18 /2016	Hammond-Southeastern LA Univ. (Pennington Center-1350 N. Gen. Pershing Ave.)
02/19/2016	Hammond-Southeastern LA Univ. (Pennington Center-1350 N. Gen. Pershing Ave.) Rayville-Richland Parish-Rayville Elementary School Library (124 Learning Place)
02/22-25 /2016	New Orleans-University of New Orleans (2000 Lakeshore Dr.)
03/03-05 /2016	Harvey-Jefferson Parish School Board (501 Manhattan Blvd.)
03/14/2016	Baton Rouge-LA Retirement Systems Bldg. (8401 United Plaza Blvd., 4 th floor)
03/22/2016	Thibodaux-Nicholls State University (906 E 1 st St.)
03/23/2016	Thibodaux-Nicholls State University (906 E 1 st St.)
04/06/2016	Baton Rouge-LSERS Office (8660 United Plaza Blvd.)
04/09/2016	Metairie-Holiday Inn (2261 N. Causeway Blvd.)
04/15/2016	Baton Rouge-Renaissance Hotel (7000 Bluebonnet Blvd.) West Monroe-Holiday Inn Express (603 Constitution Dr.)
04/16/2016	Baton Rouge-Renaissance Hotel (7000 Bluebonnet Blvd.) Covington-Holiday Inn (45 Louis Prima Dr.) Lake Charles-Hampton Inn (3175 Holly Hill Rd.)

Kick Off the New Year with a Winter Workout

It might seem hard to stay physically active when it's cold outside, but don't let winter weather stop you. To prevent winter weight gain and maintain a healthy lifestyle, the Physical Activity Guidelines for Americans recommends adults get 150 minutes of moderate intensity aerobic physical activity (brisk walking) each week and muscle strengthening exercise on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Two hours and 30 minutes each week sounds like a lot, but you can spread your activity out into smaller chunks of time during the day. As long as you're doing physical activity at a moderate or vigorous intensity (jogging or running) for at least 10 minutes at a time.

Below are some tips to help you stay active this winter:

- Develop a set of regular activities that you can always do—no matter what the weather holds. For example, walk around your local mall or swim at your local community center.
- Mix it up! Don't get stuck in a workout rut. Try a new exercise every few weeks to keep motivated and ensure your body is using different muscles.
- Plan ahead. Make physical activity a regular part of your daily or weekly schedule and add it to your calendar.
- Make physical activity social. Invite a friend to exercise with you on a regular basis. Be sure your friend adds it to his or her calendar, too.

Enjoy the health benefits of staying active. Exercising regularly during the winter months will:

- Help **reduce stress**. The winter season can be a stressful time with family obligations, work pressure, and travel. Being active regularly can reduce your risk of depression and may help you sleep better.
- Help you **maintain or lose weight**. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. Staying active helps you burn the same or more calories than you consume each day.
- Help **reduce your risk for chronic diseases** such as type 2 diabetes, heart disease, and some forms of cancer.

Stay active this winter season. Use these tips to help you to stay healthy and happy!

Quick and Healthy Recipe

No time to cook? An easy, quick south Louisiana favorite. Open up cans of corn and tomatoes, and toss in shrimp for this simple yet superb tomato-based soup.

Quick Shrimp and Corn Soup

Ingredients

- 2 (15 ½-ounce) cans of cream-style corn
- 2 cups frozen corn
- 2 (14 ½-ounce) cans diced tomatoes and green chilies
- 1 (15 ounce) can tomato sauce
- 2 pounds medium peeled shrimp
- 1 bunch of green onions, chopped

1. In large nonstick pot, combine cream-style corn, corn, tomatoes and green chilies, tomato sauce, until heated.
2. Add shrimp, bring to boil. Lower heat, cook until shrimp is done 5-7 minutes. Sprinkle with green onions, serve.

Makes 12 (1 cup) servings

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

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