



Raise Awareness for Colon Cancer on National Dress in Blue Day – Friday, March 4, 2016

Take the **B.L.U.E** Pledge to kick start good health for yourself and others and fight colon cancer in your community!

- **Be Screened** - Through proper colorectal cancer screening, doctors can find and remove hidden growths (called “polyps”) in the colon before they become cancerous. For adults who are at average risk of colon cancer, it is recommended to begin screening for colon cancer at age 50. Adults who are classified at higher risk, which includes a family history, may begin screening earlier at the recommendation of their doctor.
- **Live a healthy lifestyle** - Eat more fruits, vegetables and whole grains, eat less red and processed meats, increase your physical activity, and limit the amount of alcohol you drink. If you are a smoker, seek help to quit and nonsmokers decrease your exposure to second hand smoke.
- **Understand the facts about colon cancer** - Colon cancer is the third most common cancer in the United States. It is the second leading cause of cancer death, when men and women are combined, yet it can be prevented or detected at an early stage.
- **Engage others** - Talk with loved ones about family history of cancer and other gastrointestinal diseases that may be precursors to colon cancer

Brown Bag Lunch & Learn in the Claiborne Building, Iowa Room 1-153

Topic: Nutrition, Healthy Eating and Metabolic Syndrome

Date: Wednesday, March 9, 2016

Time: 11:30 - noon

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

Meeting number: **800 927 948**

Meeting password: **hpqNspQV**

Join by phone

+1-855-797-9485 US Toll free

Access code: 800 927 948

Live Better Louisiana Clinics

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
03/03/2016	Baton Rouge-DOTD District 45 (7686 Tom Dr.)

03/04-05/ 2016	Harvey-Jefferson Parish School Board (501 Manhattan Blvd.)
03/07/2016	Pitkin-Pitkin High School (7239 Hwy 463) Bossier City-Bossier Parish Community College (6220 East Texas St.) New Iberia-South LA Community College (609 Ember Dr.)
03/08/2016	Baton Rouge-DOC Headquarters (504 Mayflower St.) Bossier City Bossier Parish Community College (6220 East Texas St.) New Iberia-ULL New Iberia Research Center (4401 W. Admiral Doyle Dr.) Leesville-East Leesville Elementary (203 Belview Rd.) Lake Charles-McNeese State University (4300 Jefferson Davis Dr.)
03/07-11/ 2016	Hammond-Southeastern LA University (Pennington Center-1350 N. General Pershing Ave.)
03/09/2016	Monroe-DOTD District 05 (8010 Desiard St.) Baton Rouge-DOC Headquarters (504 Mayflower St.) Baton Rouge-DOTD District 61 (8100 Airline Hwy) Lake Charles-McNeese State University (4300 Jefferson Davis Drive)
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.)
03/14/2016	Mt. Hermon-Washington Parish-Mt. Hermon School Library (36119 Hwy 38)
03/14-16/ 2016	Baton Rouge-State Archives Building (3851 Essen Lane) Pineville-Pinecrest Supports and Services Center (100 Pinecrest Dr.) Ruston-LA Tech University (331 Keeny Circle LA Tech Campus)
03/15/2016	Franklinton-Washington Parish Enon Elementary School (14058 Louisiana 16)
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) Franklinton-Washington Parish-Thomas Elem. School Auditorium (30341 Hwy. 424)
03/19/2016	Florien-Florien High School (500 High School Dr.)
03/21/2016	Franklinton-Washington Parish-Pine School Library (28315 Louisiana 424) Jackson-Eastern Louisiana Mental Health System-DD (4502 Hwy 951)
03/22/2016	Leesville-Leesville High School (502 Berry Ave.) Ruston-LA Tech University (331 Keeny Circle LA Tech Campus)
03/23-24 /2016	Monroe-DOTD District 05 (8010 Desiard St.) Jackson-Eastern LA Mental Health System-DD (4502 Hwy 951)
03/25/2016	Jackson-Eastern LA Mental Health System-ASSA (5226 Hwy 10 West)
03/29/2016	Lake Charles-Child Support Enforcement Office (1417 Gadwall Street) Baton Rouge-Claiborne Building (1201 North 3 rd St.)
03/30-31 /2016	Baton Rouge-Claiborne Building (1201 North 3 rd St.) Baton Rouge-LaSalle Building (617 North 3 rd St.)
04/04/2016	Baton Rouge-Galvez Building (602 North 5 th St.) New Orleans-Delgado CC Charity School of Nursing (450 South Claiborne Ave.)
04/05/2016	Anacoco-Anacoco ES (4726 Port Arthur Ave.) Baton Rouge-Galvez Building (602 North 5 th St.)
04/05-07/ 2016	Lake Charles-DOTD District 07 (5827 Highway 90 E.) Leesville-Pickering HS & ES (116 Lebleu Rd.)
04/08/2016	Leesville-Hicks High School (1296 Hicks School Rd.) Baton Rouge-Bienville Building (628 North 4 th St.)

04/09/2016	Shreveport-Hilton Shreveport (104 Market St.)
04/12/2016	Baton Rouge-Coastal Protection and Restoration (450 Laurel St., Ste. 1501)
04/14/2016	Angie-Washington Parish-Varnado High School (25543 Washington St.) Baton Rouge-DOTD District 61 (8100 Airline Hwy)
04/16/2016	Lake Charles-Hampton Inn (3175 Holly Hill Rd.) Baton Rouge-Renaissance Hotel-LA Retirees (7000 Bluebonnet Blvd.)
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.)
04/26/2016	Slidell-Delgado Community College Slidell (320 Howze Beach Rd.)
04/29/2016	Leesville-Central Office (201 Belview Rd.)

Healthways™ Fitness Gym 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.

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.

Healthy Energizing Smoothie Recipe

This tofu drink is packed with protein, calcium, vitamin C, potassium, and fiber, so it will boost your energy level any time of day.

Ingredients

- 1½ cups sliced ripe banana (approximately 3 bananas)
- 1½ cups frozen sweetened sliced strawberries, partially thawed
- 1½ cups soft silken tofu, drained (about 3 ounces)
- 1½ cups low fat vanilla yogurt

1. Combine all ingredients in a blender or food processor and process until smooth.

Makes approximately 5 cups

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

Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)