



### Live Better Louisiana Deadline Approaching

There are only a few weeks left (**deadline August 31, 2017**) to complete your online Personal Health Assessment (PHA) [www.bcbsla.com/MYPHA](http://www.bcbsla.com/MYPHA) and get your preventive health checkup in order to be eligible for the 2018 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. **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 31<sup>st</sup>.**

#### Live Better Louisiana Clinics

Date	Location
<b>08/01-05/ 2017</b>	DOTD District 07 (Lake Charles) St. Bernard Parish School Board - Admin Building (Chalmette) Elayn Hunt Correctional Center (St. Gabriel) DOTD District 61 East Baton Rouge (Baton Rouge) Office of Public Health (Baton Rouge) Renaissance Hotel (Baton Rouge) Office of Public Health - Calcasieu Parish Health Unit (Lake Charles) Holiday Inn Express (West Monroe)
<b>08/07 - 12/2017</b>	Bienville Building (Baton Rouge) Department of Public Safety (Baton Rouge) DCFS (DeRidder) LA School of Math Science & Arts (Natchitoches) St. Helena Central College and Career Academy - St Helena PSB (Greensburg) LSU Ag Center (Baton Rouge) Renaissance Hotel (Baton Rouge) Cameron PSB - Grand Lake High School (Lake Charles) Holiday Inn (Metairie)
<b>08/14 - 19/2017</b>	La Quinta Inn. (Baton Rouge Denham Springs) N.O. Levee District - Flood Side (New Orleans) Cameron PSB - Hackberry High School (Hackberry) Iberville Building (Baton Rouge) Leesville High School - Vernon PSB (Leesville) Calcasieu Child Welfare (Lake Charles) DCFS (Shreveport) Holiday Inn Express - Alexandria (LA) Hampton Inn - Thibodaux (LA) Holden School - Livingston PSB (Holden) University of New Orleans (New Orleans) Beauregard Parish School Board - East Beauregard HS (DeRidder) Holiday Inn (Covington) Hilton Shreveport (Shreveport)
<b>08/21 - 25/2017</b>	Bienville Building (Baton Rouge) Cameron PSB - South Cameron High School (Grand Chenier) Southeastern LA State University (Hammond) Pennington Center

Mangham Elementary School - Richland PSB (Mangham)  
LSU Ag Center (Baton Rouge)  
Office of Attorney General (Baton Rouge)  
Northwestern State University (Natchitoches)  
Louisiana Tech University - (Ruston)  
Renaissance Hotel (Baton Rouge)  
Cameron PSB - Johnson Bayou High School (Cameron)  
Northshore TCC Lacombe Campus (Lacombe)  
Northshore TCC Florida Parishes Campus (Greensburg)  
Claiborne Building (Baton Rouge)

08/28 – 30/2017

### August is National Immunization Awareness Month

Back-to-school season is here. It's time for parents to gather school supplies and back packs. It's also the perfect time to make sure your children are up to date on their vaccines. Whether it's a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school – or even a college freshman – parents should check their child's vaccination records and make sure they are up-to-date.

Vaccines protect against a number of serious and potentially life-threatening diseases. When children are not vaccinated, they are at an increased risk for diseases and can also spread diseases to others in their classrooms and community. Talk to your child's doctor to find out which vaccines are recommended for them before going back to school. Parents can find out more about the recommended vaccines at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

Kids aren't the only ones who should be vaccinated. All adults should get vaccines to protect their health. Even *healthy* adults can become seriously ill and pass on diseases to others. Everyone should have their vaccination needs assessed at their doctor's office as certain vaccines are recommended based on a person's age, occupation, or health condition. For example:

- All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against seasonal flu.
- Adults 60 years and older are recommended to receive the shingles vaccine.
- Adults 65 and older, and some adults younger than 65 with certain high-risk conditions, are recommended to receive one or more pneumococcal vaccines.

Talk with your health care professional about which vaccines are right for you based on your age, health, job, lifestyle, and other factors. Take the CDC's [vaccine quiz](#) to find which vaccines may be recommended for you.

### Backpack Safety!

Backpacks are a popular and practical way to carry schoolbooks and supplies. They are designed to distribute the weight of the load among some of the body's strongest muscles. However, backpacks that are too heavy or are worn incorrectly can cause problems. Here are some guidelines to help your family use backpacks safely.

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child's body weight. Go through the pack with your child weekly, and remove unneeded items to keep it light.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.
- Adjust the pack so the bottom sits at the waist.
- If your school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs and they may not fit in some lockers.

## Live Better Louisiana Health Capsule

Did you know that more than a third of all adults in the United States meet the criteria for metabolic syndrome? Are you at risk? Click below to find out more!



### 2017 Men's Health Conference

**When: Saturday, August 26, 2016 from 7:00 am – 1:00 pm**

**Where: Pennington Biomedical Research Center**

**6400 Perkins Road Baton Rouge, LA 70808**

This year's theme is "Leaving No Man Behind." Men of all ages can get the information needed to live longer, happier and healthier lives.

Space is limited, so organizers recommend you sign up as soon as possible.

Click [here](#) to register.

### Strawberry Banana Sushi Rolls

This after-school snack is tasty and fun as well as being a healthy treat you can feel good about feeding to your kids. And if you decide to make some for yourself, well we can't say we blame you!

#### Ingredients

- ½ cup peanut butter
- 4 whole wheat tortillas (8-inch diameter)
- 4 bananas, sliced lengthwise
- 8 strawberries, stemmed and slices into quarters
- Granola (optional)

1. Spread each tortilla with 2 tablespoons of peanut butter, leaving a small border around the edges.
2. Arrange 2 banana halves down the middle and place some strawberry pieces down the middle.
3. Roll the tortillas up, wrapping them around the fruit.
4. With a sharp knife, cut the tortillas into 6 pieces each.
5. Plate the "sushi" and sprinkle with a small amount of granola.

\*\*\*Makes approximately 4 servings\*\*\*

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

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