Preventing Heart Disease through Diet, Exercise and Risk Reduction

Coronary Artery Disease, commonly known as heart disease, is the result of progressive narrowing of the arteries that provide oxygen-rich blood to the heart. This narrowing occurs when waxy deposits called plaque form on the walls of the coronary arteries. When too much plaque builds up, it can close off a portion of or completely obstruct an artery. If an artery becomes totally blocked, a heart attack will likely occur. Fortunately, by reducing your intake of cholesterol and saturated fats, exercising regularly and eliminating risk factors such as smoking, obesity and stress, you can significantly reduce your chances of developing heart disease.

- **Reduce Cholesterol and Saturated Fat:** All cholesterol and most saturated fats are found in animal based foods. Eating more fresh fruits and vegetables and complex carbohydrates such as whole grains, in addition to eating chicken and fish instead of red meat will help you keep your cholesterol levels in the healthy range. Saturated fats (found in meat and dairy) are those fats that remain solid at room temperature. Limit fatty cuts of meat, whole milk dairy products, and saturated oils.

- **Exercise Regularly**: For meaningful health benefits, adults should do at least 150 minutes of aerobic exercise each week to strengthen and condition the heart muscle. This will help to control your weight and blood pressure, while reducing your risk of heart disease. Walking is an excellent form of aerobic exercise, so is swimming or biking. Be sure to check with your healthcare provider before beginning any exercise program.

- **Examine your Risk Factors:** While some risk factors for heart disease (such as genetics) can't be altered, it's important to change those that can. Controlling your blood pressure, weight and stress level and quitting smoking are critical to reducing your chances of developing heart disease.

Live Better Louisiana

Catapult Health clinics are currently being scheduled. All participants who earned the premium discount for 2017, will need to complete the following requirements **by August 31, 2017** to earn the discount again in **2018**:
- Participate in a **Catapult Heath clinic** or submit a **Primary Care Provider** (PCP) form.
- Complete the **Personal Health Assessment** (PHA) on the Blue Cross Blue Shield website at www.bcbsla.com/MYPHA. Members must have a Blue Cross online account to complete the PHA. An account can be created at www.bcbsla.com/Activate.
    - o If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.

  The Live Better Louisiana wellness program is for OGB members who are enrolled in a Blue Cross health plan only. Members enrolled in the Vantage Medical Home HMO plan may click here for more information on Vantage Health Plan's wellness programs.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. You have until **August 31, 2017** to complete your online PHA 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 or call 1-877-841-3058.

Live Better Louisiana Clinics	
Date	**Location**
02/01-03/2017	Baton Rouge- Probation and Parole (2751 Wooddale Blvd., Suite 400) Rosepine-Rosepine Elementary (1208 Texas Ave.) Rosepine-Rosepine High School (502 Louisiana Ave.) Woodworth-Dept. of Agriculture and Forestry (515 Forestry Rd.)
02/06-07/2017	Amite-Probation and Parole Conference Room (1209 NW Central Avenue)
02/10/2017	Jennings-SW LA Veterans Home (1610 Evangeline Rd.)
02/14-15/2017	Lake Charles-McNeese State University 4300 Jefferson Davis Dr.)
02/16/2017	Leesville-Hicks High School (1296 Hicks School Rd.)
02/20-22/2017	Baton Rouge-Commissioner of Insurance (1702 North 3rd Street) Franklinton-Washington Parish Primary School Auditorium (610 Barker Dr.) New Orleans-University of New Orleans- Univ. Center Rm. 206 (2000 Lakeshore Dr.) Alexandria-Central LA Technical Community College (4311 South MacArthur Dr.)
02/23-24/2017	Baton Rouge-Capital Area Human Services District (CAHSD) Government St. Franklinton-Washington Parish-Thomas Elem. School Auditorium (30341 Hwy. 424)
03/01/2017	Mt. Hermon-Washington Parish - Mt. Hermon School Library (36119 Hwy. 38)
03/01-03/2017	Baton Rouge-DOC Headquarters (504 Mayflower Street)
03/07/2017	Anacoco-Anacoco ES (4726 Port Arthur Ave.) Monroe-Probation and Parole (24 Accent Dr. Suite 101)
03/06-10/2017	Bossier City-Bossier Parish Community College (6220 East Texas St.) Hammond-Southeastern LA Univ. (Pennington Ctr-1350 N. General Pershing Ave.)
03/08-09/2017	Leesville-West Leesville & Optional School (110 Abe Allen Dr.) Leesville-Leesville Junior High (480 Berry Ave.)
03/14-15/2017	Lake Charles-McNeese State University 4300 Jefferson Davis Dr.) New Iberia-ULL New Iberia Research Center (4401 West Admiral Doyle Dr.)
03/15-17/2017	Baton Rouge-State Archives Building (3851 Essen Lane) Lake Charles-SOWELA (Arts & Humanities Bldg. 3830 Sen. J. Bennett Johnston Ave.)
03/17/2017	New Orleans-NOCCA (2800 Chartres St.)
03/18/2017	Florien-Florien High School (500 High School Dr.)
03/20-21/2017	New Orleans-University of New Orleans- Univ. Center Rm. 206 (2000 Lakeshore Dr.)
03/20-24/2017	Ruston-LA Tech University (331 Keeny Circle LA Tech Campus)
03/27-30/2017	Baton Rouge-LA Workforce Commission Training Center (2155 Fuqua St.)

2017 Komen Baton Rouge Race for the Cure
When: Saturday, March 4, 2017

Time: 6:00 am Registration Begins
**   7:00 am Expo Opens**
**   8:00 am Survivor Parade and Celebration**
**   8:30 am 1-Mile Fun Run**
**   9:00 am 5K Run/Walk**

Where: LSU Old Front Nine
**   Nicholson at Nicholson Ext., Baton Rouge, LA**

Susan G. Komen Race for the Cure® provides the support necessary to fund breast cancer and community education, as well as screening and treatment initiatives throughout local service areas to help those in need. Show that you are More than Pink™ by taking action in the fight against breast cancer. Help find a cure to end breast cancer forever. Click here to register.

Grilled Honey Lime Chicken with Cowboy Caviar
Part bean salad and part salsa dip, cowboy caviar is a vibrant combination of black-eyed peas, corn, tomatoes, onions and avocado. Pour it over grilled chicken, marinated with honey and lime, for an exciting recipe. Serve over greens for a low-carbohydrate meal or over brown rice for energizing carbs and fiber.

Ingredients
- 3 ½ tablespoons lime juice, divided
- 2 tablespoons honey
- 2 teaspoons olive oil
- ¼ teaspoon black pepper
- ¼ teaspoon salt, divided
- 4 (5-ounce) boneless, skinless chicken breasts
- 1 (15.5 ounce) can reduced-sodium black-eyed peas, rinsed and drained
- ½ cup fresh or frozen and thawed yellow corn, rinsed and drained
- 1 small ripe tomato, coarsely chopped
- 1 small avocado, chopped
- ¼ medium red onion, chopped
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon ground cumin

1. Combine 2 tablespoons lime juice, honey, oil, pepper and 1/8 teaspoon salt in a plastic storage bag or shallow container. Add chicken tossing to coat. Close the bag or cover and marinate in the refrigerator 15 minutes up to 2 hours.
2. Meanwhile make cowboy caviar by combining beans, corn, tomato, avocado, onion, cilantro, and cumin in a medium bowl. Stir in the remaining 1 ½ tablespoons lime juice and 1/8 teaspoon salt.
3. Preheat a grill or grill pan to medium high. Grill chicken 5 minutes on each side or until internal temperature reaches 160°F. Serve each breast with ¾ cowboy caviar.

***Makes approximately 4 servings (1 breast plus ¾ cup cowboy caviar) ***

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