



July is Juvenile Arthritis Awareness Month

That's right, kids get arthritis! It is a common misconception that only "old" people are afflicted with arthritis, but nearly 300,000 children in America have been diagnosed with juvenile arthritis.

Although the various types of juvenile arthritis (JA) share many common symptoms, like pain, joint swelling, redness and warmth, each type of JA is distinct and has its own special concerns and symptoms. Some types of JA affect the musculoskeletal system, but joint symptoms may be minor or nonexistent. Juvenile arthritis can also involve the eyes, skin, muscles and gastrointestinal tract.

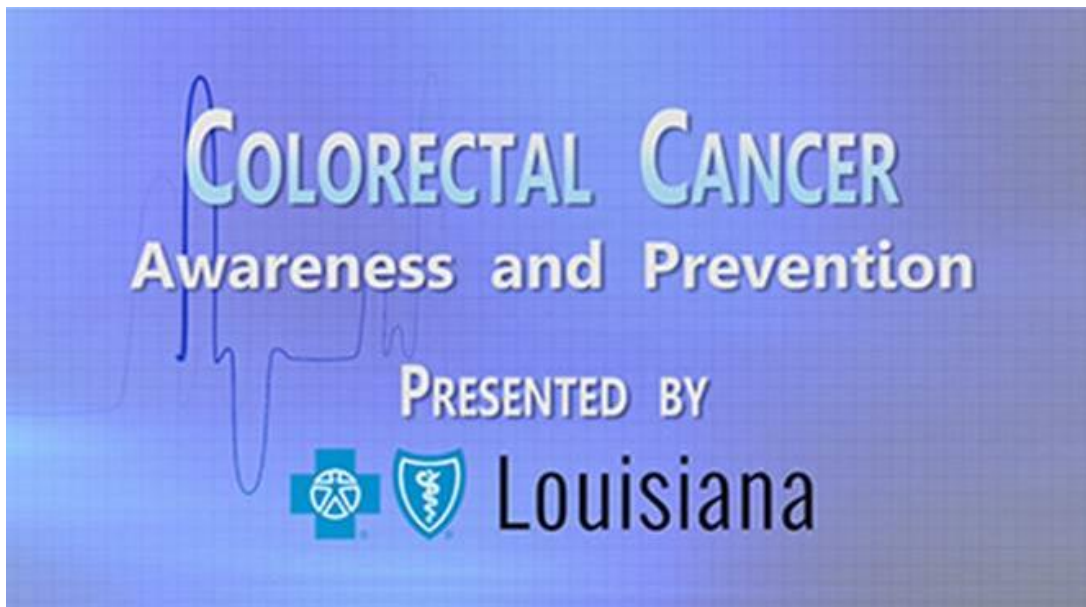
The seven main types of JA are:

- [Juvenile idiopathic arthritis \(JIA\)](#)
- [Juvenile dermatomyositis](#)
- [Juvenile lupus](#)
- [Juvenile scleroderma](#)
- [Kawasaki disease](#)
- [Mixed connective tissue disease](#)
- [Fibromyalgia](#)

There is no known cause for most forms of juvenile arthritis. For more information on JA, visit the Arthritis Foundation's website dedicated to pediatric rheumatic diseases, [KidsGetArthritisToo](#).

Live Better Louisiana Health Capsule

Did you know that Louisiana has the 5th highest incidence of colon cancer in the U.S.? Don't be another statistic! Click below to find out what you need to do to get your rear in gear!



Live Better Louisiana Clinics

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 Health 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.
 - If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.
 - Assistance with completing the Online PHA will be available and some clinics.

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

Live Better Louisiana Clinics	
Date	Location
07/05-07/ 2017	St. Landry Parish School Board – Eunice HS Claiborne Building (Baton Rouge) DCFS (Lake Charles)
07/10 - 15/2017	University of Louisiana Lafayette Department of Public Safety (Baton Rouge) University of Louisiana at Monroe (Monroe) University of New Orleans (New Orleans) Pinecrest Supports and Services Center (Pineville) Jefferson Parish School Board - Central Office (Harvey) LaSalle Building (Baton Rouge) Holiday Inn (Metairie)
07/17 - 22/2017	Central Louisiana State Hospital (Pineville) DHH - Office of Public Health (New Orleans) St. Landry Parish School Board - Resource Center (Opelousas) University of Louisiana at Monroe (Monroe) Galvez Building (Baton Rouge) New Orleans City Park (New Orleans) Hampton Inn - Thibodaux (LA) Office of Attorney General (Baton Rouge) Holiday Inn Express – Alexandria LA Retirement Systems Building TRSL (Baton Rouge) Holiday Inn (Covington)
07/24 - 29/2017	La Quinta Inn (Baton Rouge - Denham Springs) Capital Area Human Services District (Baton Rouge) Nunez Community College (Chalmette) Harvey State Office Building (Harvey) Bogalusa City School System - Central Office (Bogalusa) DOTD District 08 (Alexandria) Hilton Shreveport St. Landry Parish School Board - Resource Center (Opelousas) Department of Wildlife and Fisheries (New Orleans) DCFS (Shreveport) Central Louisiana State Hospital (Pineville) Renaissance Hotel - Baton Rouge Office of Attorney General (Baton Rouge) Louisiana Public Broadcasting (Baton Rouge) Developmental Disabilities Office (Houma)
07/31	St. Bernard Parish School Board - Admin Building (Chalmette)

Strawberry-Kiwi Spritzer

A refreshing drink to sip around the pool or serve for a brunch on the patio.

Ingredients

- 1 kiwi fruit
- ½ cup strawberries
- ¾ cup plain seltzer (club soda without sodium)
- Ice cubes

1. Peel the kiwi and mash it in a strainer over a glass or small bowl. You should get about 2 tablespoons of tart juice.
2. Wash and stem the strawberries and mash the juice through the strainer.
3. Pour juice mixture over ice in a fancy glass.
4. Top with seltzer and enjoy

***Makes approximately 1 serving ***

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

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