



### Melanoma/Skin Cancer Detection and Prevention

Skin Cancer is the most common type of cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) rays. The best way to prevent skin cancer is to protect your skin from the sun and other sources of UV rays.

#### Follow these tips to protect your skin:

- Stay in the shade as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher (reapply at least every 2 hours and after swimming, sweating, or toweling off)
- Cover up with long sleeved, long pants/skirt, a hat and sunglasses
- Avoid indoor tanning

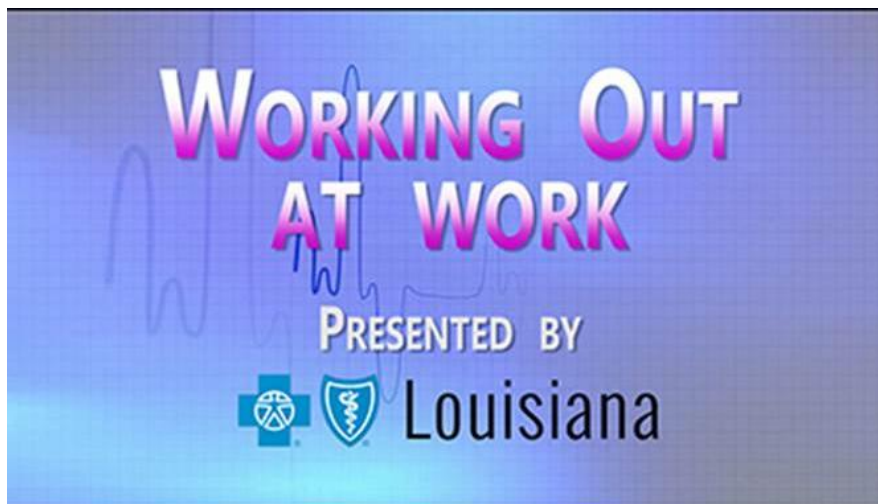
#### Did you know:

- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take as long as 12 hours for skin to show the full effect of sun exposure.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Tanned skin is damaged skin. Any change in the color of your skin after time outside—whether sunburn or suntan—indicates damage from UV rays.
- Indoor tanning exposes users to both UVA and UVB rays, which damage the skin and can lead to cancer.

The good news? Skin cancer can almost always be cured when it is found and treated early. Click [here](#) to learn more about melanoma, risk factors and when you should see a doctor.

### Live Better Louisiana Health Capsule

Ready to start getting more physical activity in your day but just not sure how to fit it in your day? Check out this month's health capsule, Working Out at Work!



## 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 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](http://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](http://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

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](http://www.timeconfirm.com/ogb).

## Live Better Louisiana Clinics

### Date (Week)

### Location

#### 05/01 – 06/2017

Concordia Parish School Board – Media Center  
Jefferson Parish School Board – Central Office  
Department of Agriculture and Forestry (Baton Rouge)  
University of New Orleans  
Pinecrest Supports and Services Center  
Louisiana Correctional Institute for Women (Baton Rouge)  
Probation and Parole (Covington)  
Department of Veteran Affairs (Reserve)  
Jefferson Parish School Board Emenes Building (Harahan)  
LaSalle Building (Baton Rouge)  
Dixon Correctional Institute (Jackson)  
Delgado CC City Park (New Orleans)  
Bossier Parish Community College (Bossier City)  
Sabine Parish School Board - Central Office (Many)

#### 05/08 – 12/2017

East Feliciana PSB – Slaughter Elementary School  
South Central LA Technical College (Morgan City)  
Nicholls State University (Thibodaux)  
Jackson PSB – Central Office  
Louisiana School for the Deaf and Visually Impaired (Baton Rouge)  
Northwest Louisiana Human Services District - (Shreveport)  
Avoyelles Correctional Center (Cottonport)  
Acadiana Area Human SVC District (Lafayette)  
Child Support Enforcement Center (Lake Charles)  
Northeast LA War Veterans Home (Monroe)  
DCFS (Covington)  
Concordia PSB - Vidalia Upper Elementary School  
1st Circuit Court of Appeals (Baton Rouge)  
Housing Authority of New Orleans (New Orleans)  
Livingston PSB – Northside Elementary  
Livingston PSB – Albany High School  
Livingston PSB – Denham Springs Junior High  
Lake Charles Behavioral Health Clinic (Lake Charles)

**05/15 - 20/2017** University of Louisiana Lafayette  
Southeastern LA State University (Hammond) Pennington Center  
Livingston PSB - Central Office (Livingston)  
Grambling State University  
Florida Parishes Human Services Authority (Hammond)  
LSU Shreveport  
Northwestern State University (Natchitoches)  
DCFS (Bogalusa)  
Livingston PSB – Adult Education Center  
Northeast Delta Human SVC Auth (Monroe)  
Jefferson Parish School Board Emenes Building (Harahan)  
Claiborne Parish School Board - Central Office (Homer)

**05/22 – 26/2017** DOTD District 45 (Baton Rouge)  
Jefferson Parish School Board – Central Office (Harvey)  
Vernon Parish School Board – Anacoco High School  
State Archives Building (Baton Rouge)  
Richland Parish - Central Office (Rayville)  
Washington Parish School Board - Central Office (Franklinton)  
Assumption Parish Schools - (Napoleonville)  
Vernon Parish School Board - Evans HS (Evans)  
DCFS (Covington)  
DOTD District 04 (Bossier City)  
DCFS (Thibodaux)  
Vernon Parish School Board - North Polk Elementary School (Fort Polk)  
Beauregard Parish School Board - Title 1/Media Center (DeRidder)  
Beauregard Parish School Board - K R Hanchey ES (DeRidder)  
Natchitoches PSB – Fairview Alpha Elementary School (Campti)  
Court of Appeals 5th Circuit (Gretna)  
Assumption Parish – Pierre Part Middle/Primary School  
Beauregard Parish School Board - Merryville HS  
Beauregard Parish School Board - East Beauregard HS (DeRidder)  
LA War Veterans Home (Jackson)

**05/29 – 31/2017** DOTD District 03 (Lafayette)  
St. Bernard Parish School Board - Admin Building (Chalmette)  
State Military Department - (Camp Minden)  
Jefferson Parish School Board Emenes Building (Harahan)  
DCFS (Gonzales)  
Claiborne Building (Baton Rouge)  
DOTD District 03 (Lafayette)

## **Behavioral Health Day 2017 – “A Behavioral Health Perspective: Changing the Dialogue”**

**When: Tuesday, May 23, 2017**

**Time: 10:00 am – 2:00 pm**

**Where: Louisiana State Capitol  
Baton Rouge, LA**

Join communities across the country in promoting mental health wellness, policies, treatment & recovery services for children, families and adults challenged with behavioral health disorders. Advocates and legislators will speak on how we can make purposeful changes.

## Chicken and Black Bean Stuffed Burritos

Celebrate Cinco De Mayo with a tasty and healthy Mexican dinner.

### Ingredients:

1 Tablespoon olive oil	1 (15 oz) can black beans, rinsed and drained
1 ½ lbs chicken breast, cut into small cubes	¼ cup water
1 packet taco seasoning	6 (8-inch) flour tortillas
1 onion, chopped	1 ½ cup shredded lettuce
1 yellow bell pepper, chopped	6 Tablespoons Salsa
2 garlic cloves, minced	6 Tablespoons shredded Cheddar Cheese

### Directions:

1. Heat oil in a 10-inch skillet over medium high-heat. Brown chicken, onion, garlic, and bell pepper.
2. Add seasoning mix and 1/2 cup water and bring to boil. Simmer uncovered for 3-4 minutes or until chicken is cooked through.
3. In a small bowl, mash black beans with the back of a fork. Add beans to chicken mixture, stirring to combine and heat through.
4. Heat tortillas according to package directions. Spread about ½ cup of chicken and bean mixture in center of each tortilla.
5. Top each with ¼ cup shredded lettuce, 1 tbsp salsa, and 1 tbsp cheese. Roll up tortillas.

\*\*\*Makes approximately 6 servings \*\*\*

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)  
Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)