



### There's A Hero In You – Take a Stand for American Diabetes Month!

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. In fact, One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Diabetes affects us all. Whether you're living with diabetes, caring for someone who is, or you're fighting to stop it, there's a hero in you. The American Diabetes Association® invites you to put on your cape and take a stand at [diabetes.org/thisisdiabetes](http://diabetes.org/thisisdiabetes).

### Live Better Louisiana

Earn your 2019 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to **a site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

**What do you do?** Schedule your appointment online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB) or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at [info.groupbenefits.org](http://info.groupbenefits.org), to Catapult Health.

### Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2018** to get your preventive health checkup in order to be eligible for the 2019 wellness credit!

Live Better Louisiana Clinics	
Date	Location
11/6 – 11/10/2017	Claiborne Building (Baton Rouge) Vernon Parish School Board - Rosepine HS (Rosepine) Country Inn & Suites Convention Center - Pineville
11/13 – 11/17/2017	University of New Orleans (New Orleans) Vernon Parish School Board - Rosepine ES (Rosepine)
11/20/2017	Central LA Technical Community College (Alexandria)
11/27 – 11/30/2017	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) Coastal Protection and Restoration Authority Headquarters (Baton Rouge) Louisiana School for the Deaf and Visually Impaired (Baton Rouge)

## An Exciting New Health Benefit from OGB



Louisiana



Omada® is an innovative digital lifestyle change program that surrounds you with the tools and support you need to lose weight and reduce your risk for certain chronic diseases.

If you or your adult family member are at risk for diabetes or heart disease and enrolled in an Office of Group Benefits Blue Cross health plan\*, the Office of Group Benefits, in partnership with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program— a \$650 value.

You can find out if you qualify by taking a 1-minute risk screener at [omadahealth.com/ogb](http://omadahealth.com/ogb)

Omada guides you step-by-step to better health. You'll get:

- A professional **health coach** to keep you on track—on your best days and your worst.
- **Smart technology** to track your progress, and reveal what is (and isn't) working for you.
- **Healthy tips** each week for better eating, fitness, sleep, and stress management
- The support of a small **group of peers** just like you for encouragement at every step.

More than 1,300 OGB Blue Cross members have participated in this breakthrough online program and lost 12,000-plus pounds. Here's what one OGB member has to say:

"I realized the Omada program was working for me during Week 4. When I accidentally constructed an 'Ideal Meal', I felt amazed. Just following the suggestions of the lessons, **I subconsciously made a healthy decision**. I was so in shock I contacted my coach to see if I was right. That was a shining moment in the program. It was only reinforced when I did my body measurements halfway through and saw I lost 15 inches! I didn't know I had that many inches to lose, much less believed I would in such a short timeframe, with **what felt like little effort**, only making rather **small changes** to what I was currently doing."

- Bryant  
Ruston, Louisiana  
OGB Blue Cross member

Don't forget to take the 1-minute risk screener at [omadahealth.com/ogb](http://omadahealth.com/ogb) to see if you're eligible for Omada. We're excited to start the journey toward a healthy lifestyle together with this great program.

*\*Members on Medicare are not eligible*

## Live Better Louisiana Health Capsule

Avoid the Hunger Grinch... Learn some tips to help maintain a healthy lifestyle while enjoying the holidays with family and friends!



### Holiday Eating: Check Your List Twice

Holiday food can be loaded with salt, sugar, and fat. We've compiled a list of naughty and nice foods to help you decide which foods to avoid or limit:

<i>Naughty List</i>	<i>Nice List</i>
<b><i>Turkey Skin, dark meat</i></b>	<i>Turkey breast without skin</i>
<b><i>Stuffing with butter, high-fat meat</i></b>	<i>Stuffing with broth, lean chicken, oyster or wild rice stuffing</i>
<b><i>Buttery Mashed Potatoes</i></b>	<i>Mash with skim milk, low-sodium stock</i>
<b><i>Sweet Potato Casserole</i></b>	<i>Leave out butter, cut sugar in half, top with mini marshmallows or nuts</i>
<b><i>Pecan pie</i></b>	<i>Mixed nuts or pumpkin pie, or opt for small slice</i>
<b><i>Fancy finger foods</i></b>	<i>Chilled shrimp, veggies and fresh fruit</i>
<b><i>Caramel popcorn</i></b>	<i>Opt for plain popcorn</i>
<b><i>Milk chocolate</i></b>	<i>Solid dark chocolate (70%) in small amounts</i>
<b><i>Eggnog with alcohol</i></b>	<i>Instead, drink non-alcoholic, cut with skim milk, no added whipped cream</i>
<b><i>Hot Chocolate (whole milk),</i></b>	<i>Ask for skim milk, sugar free, and skip whipped cream or marshmallows</i>
<b><i>Hot Apple Cider</i></b>	<i>Check sugar content on store bought, or make own with unsweetened apple juice and use spices</i>

- That turkey leg definitely hits the naughty list for its high amount of fat, especially when eating the skin. Instead go for turkey breast without the skin – if you worry that it will be too dry, add a little low sodium chicken broth to keep the meat from drying out.
- Keep your stuffing to a minimum so you won't be stuffing yourself in your jeans! Use broth, lean chicken or turkey, or have oyster or wild rice dressing instead of using sausage or dark meat and large amounts of butter.
- Mash your potatoes with skim milk and low sodium stock, and try to limit the amount of butter. It will still be flavorful and delicious without the excess fat and calories.
- For that southern favorite – sweet potato casserole – you can leave out or minimize the sugar and butter and top with your favorite chopped nuts or mini marshmallows!
- Instead of pecan pie this year, go for pumpkin pie. And try to opt for small pieces of dessert when you can.
- Fancy finger foods look great, but they can be loaded with fat. This year, try chilled shrimp, veggies, or fresh fruit for appetizers. They're easy to prepare ahead of time, leaving you plenty of time with friends and family!
- Milk chocolate has much more fat and calories than dark chocolate. Have some dark chocolate in small amounts to get your chocolate fix.

And watch those holiday beverages!

- 1 cup of Eggnog with alcohol contains 394 Calories, 12g fat, 37g carbs
  - Instead, drink non-alcoholic eggnog, cut with skim milk, and avoid adding whipped cream
- 1 cup of Hot Chocolate (whole milk) contains 190 Calories, 5g fat, 30g carbs
  - Ask for it with skim milk, sugar free, and skip whipped cream or marshmallows
- 1 cup of Hot Apple Cider contains 180 calories, 0g fat, 45g carbs
  - Check the sugar content on store bought ciders or make your own with unsweetened apple juice and use spices

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