



Live Better Louisiana

October means a new program year for the Live Better Louisiana wellness program. 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 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 www.bcscla.com/PCPform, 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
10/11/2017	West Calcasieu Arena & Events Center (Sulphur)
10/26/2017	The Port of South Louisiana (Reserve)
10/27/2017	University of New Orleans (New Orleans)
10/31/2017	West Calcasieu Arena & Events Center (Sulphur)

Live Better Louisiana Health Capsule

October is Breast Cancer Awareness month, so no better time than now to learn about Women's Health and how to prevent or manage your health risks!



October: National Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most frequently diagnosed cancer in women. It is also the second-leading cause of cancer death in women (after lung cancer).

Getting a mammogram is the most important action women can take to find breast cancer early – before physical symptoms develop – when the disease is most treatable. Regular mammograms can help find breast cancer at an early stage, when treatment is most successful.

If a woman is at high risk for breast cancer – because of family history, a genetic tendency, or certain other factors – the American Cancer Society recommends screening with an MRI along with a mammogram. These women might also need to start screening at a younger age. A woman at high risk should talk with her health care provider about:

- Her medical history
- Whether she should have an MRI along with each mammogram
- What age she should start screening.

Women can also help reduce their breast cancer risk by making healthy lifestyle choices, such as getting to and staying at a healthy weight, being physically active on a regular basis, and limiting their alcohol intake to no more than one drink per day.

For more information on how you can stay well, visit the American Cancer Society website at [cancer.org/breastcancer](https://www.cancer.org/breastcancer) or call 1-800-227-2345.

Get the Facts on Seasonal Flu!

Thousands of people will get the flu this year in the United States. The flu can cause mild to severe illness, and at times can lead to death. By knowing the steps to avoid getting sick, we can have a safer flu season – and you and your family can stay healthy.

How the Flu Spreads

The flu spreads in respiratory droplets from coughing, sneezing and close contact. It usually spreads from person to person, though occasionally a person may become infected by touching something with virus on it and then touching their mouth or nose. Adults may be able to infect others 1 day before getting symptoms and up to 7 days after getting sick. So it is possible to give someone the flu before you know you're sick as well as while you are sick.

How to prevent the flu

The best way to avoid the flu is by getting your flu vaccination every year. Just because you got a flu shot last year doesn't mean you're protected this year. Flu vaccinations protect you from several kinds of flu. The Centers for Disease Control and Prevention recommends that everyone 6 months or older get a flu shot each year. Ask your doctor if a flu vaccination is safe for you.

Other measures that can help protect against the flu:

- **Avoid close contact.**
- **Stay home when you are sick.**
- **Cover your mouth and nose.**
- **Clean your hands.**
- **Avoid touching your eyes, nose or mouth.**

When to Get Vaccinated

October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. Flu season can begin as early as October and last as late as May.

Easy Burrito Bowls

Skip Chipotle and try these burrito bowls right at home. It's easier, healthier and 10000x tastier.

Ingredients

- 1 cup uncooked rice
- 1 cup salsa, homemade or store-bought
- 3 cups chopped Romaine lettuce
- 1 (15.25-ounce) can whole kernel corn, drained
- 1 (15-ounce) black beans, drained and rinsed
- 2 Roma tomatoes, diced
- 1 avocado, halved, seeded, peeled and diced
- 2 tablespoons chopped fresh cilantro leaves

FOR THE CHIPOTLE CREAM SAUCE

- 1 cup sour cream
- 1 tablespoon chipotle paste*
- 1 clove garlic, pressed
- Juice of 1 lime
- 1/4 teaspoon salt, or more, to taste

Directions:

- To make the chipotle cream sauce, whisk together sour cream, chipotle paste, garlic, lime juice and salt; set aside.
- In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; let cool and stir in salsa; set aside.
- To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado and cilantro.
- Serve immediately, drizzled with chipotle cream sauce.

Makes approximately 6 servings

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

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