



Tailgating Safety

Football season and tailgating go hand in hand, and spending a Saturday or Sunday grilling outside with friends and family before a game is always exciting. However, it can also expose you to some risk. Make your tailgating experience more enjoyable by following a few simple tailgating safety tips before and after the big game.

- Respect Food Temperatures
- Use Gas Grills Safely
- Bring Fire Extinguisher, First Aid Kit
- Protect Yourself From the Sun
- Check If Coals Have Cooled
- Dispose Of Trash Properly
- Hide Valuables
- Designate a Driver
- Remove Debris Before Driving Home
- Take Extra Precautions in Parking Lots

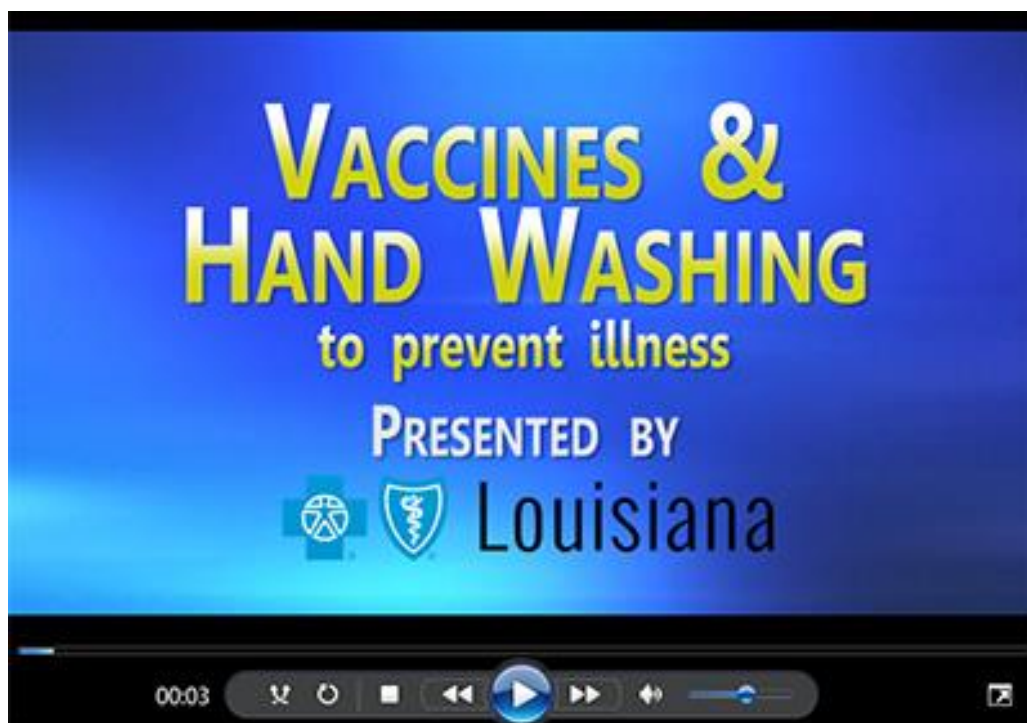
For more information on these safety tips, visit blog.allstate.com/top-10-tailgating-safety-tips/

Live Better Louisiana

Thank you to everyone who participated in the Live Better Louisiana program this year. The deadline for the 2018 premium credit discount has passed and we will begin working with Blue Cross and Catapult to notify those of you who qualified. If you did not participate this year, we are in the process of scheduling clinics for the 2019 plan year credit. Stay tuned for more information!

Live Better Louisiana Health Capsule

Worries and woes about your co-worker's runny nose? Click below to find out how you can keep germs at bay in your workspace and at home.



September is National Preparedness Month – “Disasters Don’t Plan Ahead. You Can.”

We are in the heart of Hurricane season and as Hurricane Harvey just last month has shown us, it is of the upmost importance to prepare for a disaster ahead of time. Here are some useful tips on making sure you and your loved ones are prepared when disaster strikes:

- Know your hurricane risk
- Make an emergency plan
 - Know the local evacuation routes
 - Have a plan for where you can stay
 - Make a Family Communication Plan
 - Put together a “go-bag” – disaster supply kit, including a flashlight, batteries, cash, first aid supplies, medications, and copies of your critical information
- If you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads
- Consider buying flood insurance

Visit www.ready.gov/hurricanes for more information on preparing for a hurricane or other natural disaster.

Portuguese Roll-ups

If you like the taste combination of sweet with salt, you will LOVE this dish. Only two ingredients are needed: dates and bacon!

Ingredients

- 1 pound sliced bacon
- 30 dates (pitted)

1. Slice each piece of bacon vertically in half and wrap each piece around a date; place a wooden toothpick through the bacon and date to secure.
2. Broil at approximately 400° for about 5 to 10 minutes with broiler tray close to heat source.
3. Turn and broil on the other side until nicely browned.

Buffalo Wing Dip

This creamy Buffalo Chicken Dip tastes like Buffalo Chicken Wings but without the mess! Serve hot with tortilla chip, celery sticks or veggies.

Ingredients

- 2 8oz. pkgs fat-free cream cheese
- 2 tbsp. butter
- ½ bottle Franks Red Hot Buffalo Wing sauce
- ¾ c fat-free ranch dressing
- 2 celery stalks, finely chopped
- 1 c shredded cheddar cheese
- 1 large can chicken breast chunks (run through food processor to make dip smooth and creamy)

1. Preheat oven to 300°.
2. In a large saucepan, melt butter and add celery.
3. Fold in cream cheese; stir until melted
4. Mix in ranch dressing, Franks Red Hot sauce, ½ cup cheddar cheese and chicken. Cook for 10 minutes
5. Pour into a round casserole dish, top with remaining cheddar cheese and bake for 10 minutes.

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

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