



### April is Distracted Driving Awareness Month

Distracted driving is a public health issue that affects us all. The latest statistics show motor vehicle fatalities are up 6% from 2015. [More than 40,000 people](#) were killed on our nation's roadways last year, and distracted driving is a major contributor.

Each death is 100% preventable. From cell phones to dashboard infotainment systems to evolving voice command features – all pose a threat to our safety. Just one second of your attention is all it takes to change a life forever.

To put it in perspective, here are a few myths and realities of distracted driving:

- 1. Myth** – Drivers can multitask.  
**Reality** – The human brain **cannot do two things at the same time** – like watch tv and hold a phone conversation. **The same is true when driving** and talking on your phone. The brain switches between the two tasks which **slows reaction time**.
- 2. Myth** – Talking on a cell phone is just like speaking to a passenger.  
**Reality** – Backseat drivers are good for you. **Adult passengers help the driver and alert drivers to traffic problems**. People on the other end of phones **can't see what's going on!**
- 3. Myth** – Speaking hands-free is safe to use while driving.  
**Reality** – Drivers talking on cell phones **can miss seeing up to 50% of their driving environments**, including pedestrians and red lights.
- 4. Myth** – I only use my phone at stop lights so it's ok.  
**Reality** – Even at stop lights, it is important to remain an attentive driver. For example, a recent AAA study shows that people are **distracted up to 27 seconds after** they finish sending a voice text.
- 5. Myth** – Voice-to-text is safe to do while driving.  
**Reality** – **It is actually still very distracting**. You're not only mentally distracted, but you're visually distracted due to the common autocorrect errors.

### Live Better Louisiana Health Capsule

Are you getting enough sleep? Too few hours of shuteye can affect more than just your caffeine intake. Learn more about the connection between sleep and your health in this video.



## 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 (Week)	Location
<b>04/02 – 06/2018</b>	Delgado CC West Bank Campus (New Orleans) St. Bernard Parish School Board - Admin Building (Chalmette) West Ridge Middle School - Ouachita Parish School Board (West Monroe) LaSalle Building (Baton Rouge) University of New Orleans (New Orleans)
<b>04/09 – 13/2018</b>	Central Office - Concordia Parish School Board DOTD District 07 (Lake Charles) ULL New Iberia Research Center (New Iberia) LSERS Office (Baton Rouge) Orleans Parish Civil District Court (New Orleans) Parkway Elementary School - Vernon PSB (Leesville) Vernon Parish School Board - Central Office (Leesville) McNeese State University (Lake Charles) DCFS (Covington)
<b>04/16 - 20/2018</b>	Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge) Office of Public Health (New Orleans) Grambling State University (Grambling) McNeese State University (Lake Charles) Northwest Louisiana Human Services District (Shreveport)
<b>04/23 – 27/2018</b>	University of Louisiana Lafayette (Lafayette) Bossier Parish Community College (Bossier City) Pinecrest Supports and Services Center (Pineville) DOTD District 61 East Baton Rouge (Baton Rouge) DCFS (Covington) Probation and Parole (Covington) University of New Orleans (New Orleans) 4th Circuit Court of Appeal (New Orleans)
<b>04/30/2018</b>	Concordia PSB - Ferriday Upper Elementary Nicholls State University (Thibodaux) Department of Agriculture and Forestry (Baton Rouge) Child Support Enforcement Center (Lake Charles) Court of Appeals 5th Circuit (Gretna)

## Spring = Allergies

Spring is here and that means allergy season is here as well. Normally, your immune system helps to defend you against harmful germs but sometimes it overreacts to other substances, causing allergies.

Take control of allergies with these tips for allergy relief at home:

- **Leave your shoes at the door** – Wear slippers or socks instead of spreading allergens from outside.
- **Shed those clothes** – Change your clothes to help stop transferring pollen all over your home.
- **Keep your place squeaky clean** – Regularly vacuum, dust, and do laundry to help keep your allergies at bay.
- **Start a “closed door” policy** – Keep the pollen outside by keeping your door closed.
- **Use an air purifier** – A good-quality air purifier can help filter out allergens and control the dust.
- **Try an over-the-counter remedy** – Several types of nonprescription medicines can help ease allergy symptoms. They include: oral antihistamines, decongestants, nasal spray, and combinations medications (antihistamine with a decongestant.)

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available with a visit to your primary care physician.

## Mahi Mahi with Remoulade

Topped with a fresh-flavor remoulade, grilled Mahi Mahi is a go-to recipe for warmer weather. Plus, this fish is low in saturated fat. Pair with grilled asparagus for a deliciously nutritious meal.

### Ingredients

- 2 pounds fresh or frozen mahi mahi
- 2 lemons
- 2 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 6 lemon wedges
- ¼ cup light mayo or salad dressing
- ¼ cup low-fat plain yogurt
- 1 tbsp fresh parsley
- 2 tsp chopped, rinsed & drained capers
- 1 ½ tsp Dijon-style mustard
- 1 tbsp finely diced celery
- 1 ½ tsp mustard seeds
- 1 ½ tsp red wine vinegar
- ¼ tsp hot pepper sauce
- 1 hard-cooked egg, chopped
- 2 green onions, thinly sliced
- ¼ tsp sea salt

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fish into six serving-size pieces. Finely shred peel from the whole lemons; juice the lemons. Drizzle fish pieces with the lemon peel, lemon juice, and the olive oil; sprinkle with the 1/2 teaspoon salt and the pepper.
2. For a charcoal grill, grill fish on rack of an uncovered grill directly over medium-hot coals about 7 minutes or until fish almost flakes to the touch and is warm in the center, turning once. (For a gas grill, preheat grill. Reduce heat to medium-high. Place fish on grill rack over heat. Cover and grill as above.) Transfer fish to six serving plates; if desired, squeeze lemon wedges over fish.
3. Meanwhile, for the remoulade, in a small bowl, whisk together mayonnaise, yogurt, parsley, celery, capers, Dijon-style mustard, mustard seeds, red wine vinegar, and hot pepper sauce. Stir in hard-cooked egg, green onions, and the 1/4 teaspoon salt.
4. Serve fish with the remoulade.

\*\*\*Makes approximately 6 servings (Serving size = 1 fish portion and 2 ½ tbsp remoulade)\*\*\*

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