



Resolution Revolution



**Get ready...
Your challenge starts next week.**

January 10th is just around the corner. A day like any other, except for one striking difference. It happens to be the day by which the majority of us will have given up on our New Year's resolutions.

This year, resolve to do things differently. It's not a lack of willpower that makes us break. It's actually a flaw in the concept of resolutions, which tend to be black and white: "I will lose 10 pounds this year." If you want to change behavior over the long haul, you have to build new, healthier habits—one small step at a time.

Join the Resolution Revolution. Office of Group Benefits and Omada invite you to join a 5-day Healthy Habits Challenge to jumpstart you towards your goals. You'll see how, over just the course of a week, tiny changes can have a surprisingly big impact on the way you feel. It starts Monday—get ready!

Take 1 minute today.

Apply today at omadahealth.com/ogb

Next week's challenge will give you a sneak peek into Omada, the breakthrough online program that surrounds you with everything you need to develop healthy habits that last a lifetime. Office of Group Benefits is now offering Omada® to eligible employees at risk for type 2 diabetes—at no additional cost to you.

Live Better Louisiana Health Capsule

Listen on ways to help make your healthy lifestyle last year round... New Year- New You!



Celebrate Fitness

No matter what your resolution is this year, physical activity can help you focus and achieve your goals. This month, start the habit of waking up early to move that body. Try these three tips for success:

- **Prepare the night before** – Get your workout clothes, shoes, and favorite playlist ready.
- **Place your alarm far away** – By the time you turn it off, you'll be up on your feet.
- **Get some sunrays** – Soak up those rays to feel energized by standing near an open window or placing your bed to face east.

Being active helps you to become healthier and stronger — and feel your best — at every age. Getting 30 minutes of moderate exercise at least five days a week helps lower your risk of serious illness and improves your mood.

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 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, 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
01/01 – 05/2018	Claiborne Building (Baton Rouge) Ouachita Parish School Board Student Support Services (West Monroe)
01/08 – 12/2018	Probation and Parole (Baton Rouge) LA Retirement Systems Building TRSL (Baton Rouge) LA Special Education Center (Alexandria) Hampton Inn (Thibodaux, LA)
01/15 – 19/2018	Bienville Building (Baton Rouge) McNeese State University (Lake Charles) DCFS Economic Stability (New Orleans) Commissioner of Insurance (Baton Rouge) Juban Parc Junior High School Livingston PSB (Denham Springs)
01/22 - 27/2018	University of Louisiana Lafayette (Lafayette) Office of Public Health (New Orleans) University of New Orleans (New Orleans) Vernon Parish School Board - West Leesville & Optional School (Leesville) Sabine Parish School Board - Florien High School (Florien)
01/29 – 31/2018	Vernon Parish School Board - East Leesville Elementary (Leesville) West Calcasieu Arena & Events Center (Sulphur) Louisiana School for the Deaf and Visually Impaired (Baton Rouge) Washington Parish - Varnado High School (Angie)

Crockpot Chicken Noodle Soup

The easiest way to make the most comforting winter meal.

Ingredients

- 1 1/2 lb. boneless skinless chicken breasts
 - 1 large onion, chopped
 - 3 carrots, peeled and sliced into coins
 - 2 stalks celery, sliced
 - 1/2 tsp. dried oregano or dried thyme
 - 1/2 tsp. dried rosemary
 - 3 cloves garlic, minced
 -
 - 1 bay leaf
 - kosher salt
 - Freshly ground black pepper
 - 10 c. low-sodium chicken broth
 - 2 sprigs fresh rosemary
 - 8 oz. pasta
1. In a slow cooker, combine chicken, onion, carrots, celery, oregano, rosemary, garlic, and bay leaf and season generously with salt and pepper. Pour over chicken broth.
 2. Cover and cook on low, 6 to 8 hours.
 3. Remove chicken from slow cooker and shred. Discard bay leaf. Return chicken to slow cooker and add pasta.
 4. Cook on low until al dente, 20 to 30 minutes more.

Makes 6-8 servings

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

Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)