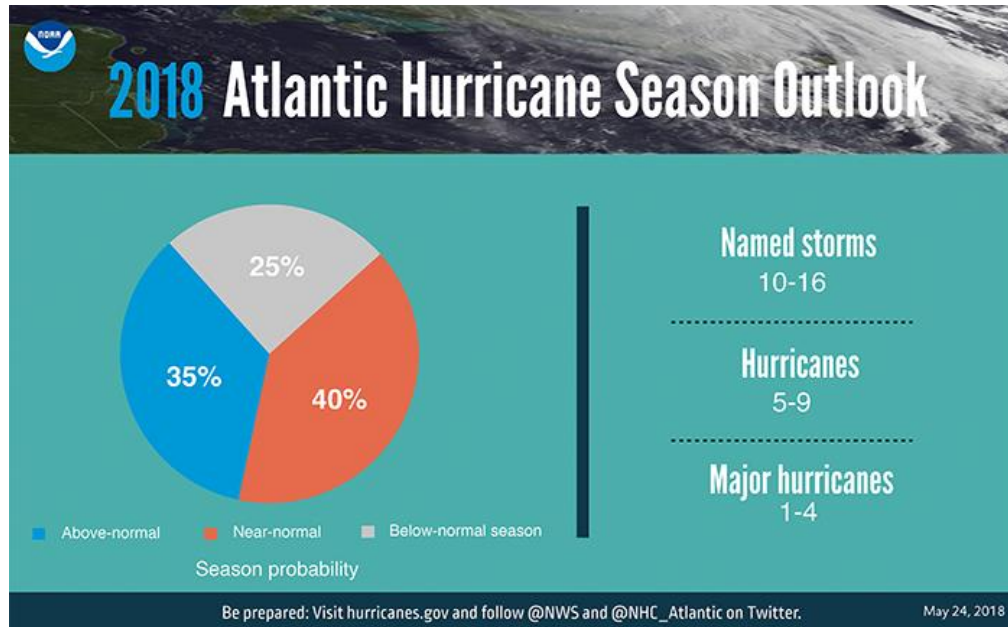




Hurricane Season – Are you ready?

The 2018 Atlantic Hurricane Season is upon us. Forecasters at the National Oceanic and Atmospheric Administration's (NOAA) National Hurricane Center are predicting a 75 percent chance that this hurricane season will be near or above normal.



A hurricane can cause widespread devastation during and after it occurs. Planning and preparing can make a BIG difference in safety and recovery in the wake of a hurricane. Focusing in preparedness, preparing in advance and knowing what to do in the event of a hurricane will make a BIG difference in the ability to recover quickly. Here are a few things you can do before, during and after a hurricane:

Now: Prepare

- Sign up for local alerts and warnings. Monitor local news and weather reports.
- Prepare to evacuate by testing your emergency communication plan(s), learning evacuation routes, having a place to stay, and packing a “go bag.”
- Stock emergency supplies.
- Protect your property by installing storm shutters, trimming trees, reviewing insurance policies, and cataloging belongings.
- Collect and safeguard critical financial, medical, educational, and legal documents and records.

During: Survive

- Following guidance from local authorities.
- If advised to evacuate, grab your “go bag.”
- For protection from high winds, stay away from windows and seek shelter on the lowest level in an interior room.
- Move to higher ground if there is flooding or a flood warning.
- “Turn Around, Don’t Drown” Never walk or drive on flooded roads or through water.
- Call 9-1-1 if you are in life-threatening danger.

After: Be Safe

- Return to the area only after authorities say it is safe to do so. Do not enter damaged buildings until they are inspected by qualified professionals.
- Never walk or drive on flooded roads or through floodwaters.
- Look out for downed or unstable trees, poles, and power lines.
- Do not remove heavy debris by yourself. Wear gloves and sturdy, thick-soled shoes to protect your hands and feet.
- Do not drink tap water unless authorities say it is safe.

For more information about preparing for a hurricane, click here for FEMA's [How to Prepare for a Hurricane](#) guide or visit the Governor's Office of Homeland Security & Emergency Preparedness (GOHSEP) website, www.getagameplan.org,

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 (Week) | Location |
|-----------------------|--|
| 6/01/2018 | DOTD Headquarters (Baton Rouge) Northeast LA War Veterans Home (Monroe) St. Bernard Parish School Board - Admin Building (Chalmette) Housing Authority of New Orleans (New Orleans) LA War Veterans Home (Jackson) |
| 6/04 – 08/2018 | Calcasieu Parish Health Unit (Lake Charles) Bienville Building (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) Central Office - Jefferson Parish School Board (Harvey) Claiborne Building (Baton Rouge) Franklin Parish School Board (Winnsboro) Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge) LA Rehabilitation Services - Workforce Commission (Shreveport) Eastern Louisiana Mental Health System (Jackson) LA Delta Community College (Monroe) Office of Attorney General (Baton Rouge) DCFS (Houma) DCFS (LaPlace) DCFS (DeRidder) |
| 6/11 – 15/2018 | Assumption Parish Schools - (Napoleonville) Beauregard Parish School Board - Title 1/Media Center (DeRidder) Claiborne Building (Baton Rouge) Harvey State Office Building (Harvey) Louisiana Correctional Institute for Women (Baton Rouge) McNeese State University (Lake Charles) Supreme Court of LA (New Orleans) Vernon Parish School Board - Central Office (Leesville) Capital Area Human Services District (Baton Rouge) Dixon Correctional Institute (Jackson) Probation and Parole (Alexandria) University of New Orleans (New Orleans) Court of Appeals 2nd Circuit (Shreveport) |
| 6/18 – 22/2018 | Rayburn Correctional Center (Angie) Avoyelles PSB - Marksville HS (Marksville) Central Office - Jefferson Parish School Board (Harvey) DCFS (Amite) St. Landry Parish School Board - Resource Center (Opelousas) Ville Platte High School - Evangeline PSB (Ville Platte) DCFS (Shreveport) |

Richland Parish - Central Office (Rayville)
 Nunez Community College (Chalmette)
 Southeast Louisiana Veterans Home (Reserve)
 State Military Department - Camp Minden (Minden)
 Imperial Calcasieu Admin/DD Office (Lake Charles)
 State Military Department - Camp Beauregard (Pineville)
 State Treasurer's Office (Baton Rouge)
 Lake Charles Behavioral Health Clinic (Lake Charles)
 Northwest Louisiana Human Services District (Shreveport)

6/25 – 29/2018

Livingston PSB - Central Office (Livingston)
 Ville Platte High School - Evangeline PSB (Ville Platte)
 Lenwil Elementary - Ouachita Parish School Board (West Monroe)
 Bogalusa City School System - Central Office (Bogalusa)
 DCFS Calcasieu Economic Stability Office (Lake Charles)
 DEQ - Southeast Regional Office (New Orleans)
 Pinecrest Supports and Services Center (Pineville)
 Louisiana State Penitentiary (Angola)
 New Orleans Levee District - Flood Side (New Orleans)



Live Better Louisiana Health Capsule

Summer is here and Blue Cross Blue Shield of Louisiana wants to make sure you are ready for everything summer can bring. Take a few minutes to learn what you can do to protect yourself and your loved ones in the coming months!



Mosquito Bite Prevention

Mosquitoes are most active in the summer months and not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

| Type of Mosquito | Viruses spread | Biting habits |
|--|------------------------------|--|
|  <i>Aedes aegypti</i> , <i>Aedes albopictus</i> | Chikungunya, Dengue, Zika | Primarily daytime, but can also bite at night |
|  <i>Culex</i> species | West Nile | Evening to morning |

Protect yourself against West Nile Virus (WNV) and other mosquito-borne illnesses by following these guidelines:

- Use a bug spray with DEET
- Wear long sleeves, long pants and socks
- Take extra care during peak mosquito biting hours — dusk to dawn
- Empty standing water from flower pots, gutters, buckets, pool covers, etc.

Broccoli-Bacon Salad



A picnic favorite, this salad combines broccoli, water chestnuts, cranberries and just a little bacon for delicious results. Our version has plenty of creaminess without all the fat. Make it once and it will become a regular on your backyard barbecue menu.

Ingredients

- 4 cups finely chopped broccoli crowns
- 1 8-ounce can sliced water chestnuts, rinsed and chopped
- 3 slices cooked bacon, crumbled
- 3 tablespoons dried cranberries
- Freshly ground pepper, to taste
- 1 clove garlic, minced
- ¼ cup low-fat mayonnaise
- ¼ cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar

1. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl.
2. Add broccoli, water chestnuts, bacon cranberries and pepper.
3. Stir to coat with the dressing.

Tip: Cover and refrigerate for up to 1 day.

Makes approximately 6 servings

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

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