



### National Kidney Month

Your kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease. According to the National Kidney Foundation, 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 30 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed.

Are you at risk? Early detection can make a difference in preventing kidney disease. Take this [online kidney quiz](#) to see if you are at risk. And take these steps to keep your kidneys healthy:

- Make Healthy Food Choices
- Make Physical Activity Part of Your Routine
- Aim For A Healthy Weight
- Get Enough Sleep
- Explore Stress-Reducing Activities

### Live Better Louisiana Health Capsule

It's the time of year, to get your rear in gear! Remember to schedule your colonoscopy today! A colonoscopy is a common procedure. It is used to look for the cause of problems or changes in your bowel. And it can find cancer at its earliest stages, when it's easier to treat. Watch this short video to see how a colonoscopy is done and what a doctor can see inside your body.



## Live Better Louisiana Clinics

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	Location
3/1/18 – 3/2/18	McNeese State University (Lake Charles)
	Louisiana Tech University - (Ruston)
	University of New Orleans (New Orleans)
	Juban Parc Junior High School Livingston PSB (Denham Springs)
	Vernon Parish School Board - Pitkin HS (Pitkin)
3/5/18 – 3/9/18	Southeastern Louisiana University (Hammond) Pennington Center
	Greater SOWELA Tech Community College (Lake Charles)
	Bossier Parish Community College (Bossier City)
	Claiborne Building (Baton Rouge)
	Louisiana Tech University - (Ruston)
	Anacoco Elementary School - Vernon Parish School Board (Anacoco)
	Franklinton Elementary School - Washington PSB (Franklinton)
	Capital Area Human Services District (Baton Rouge)
	Washington Parish - Franklinton High School
	Probation and Parole (Monroe)
3/12/18 – 3/16/18	Sabine Parish School Board - Central Office (Many)
	Washington Parish - Franklinton Junior High School
	South Louisiana Community College (Lafayette)
	Pinecrest Supports and Services Center (Pineville)
	Bienville Building (Baton Rouge)
3/19/18 – 3/23/18	Vernon Parish School Board - Leesville Junior High (Leesville)
	NOCCA (New Orleans)
	Richland Parish - Mangham High School (Mangham)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	DOTD District 05 (Monroe)
3/26/18 – 3/29/18	McNeese State University (Lake Charles)
	State Archives Building (Baton Rouge)
	Court of Appeals 5th Circuit (Gretna)
	Delgado CC Charity School of Nursing (New Orleans)
3/26/19 – 3/29/18	Delgado CC Sidney Collier College (New Orleans)
	Delgado CC City Park (New Orleans)

## Save Your Vision

It's important to see your eye healthcare professional regularly to help avoid or reduce vision problems. Everyone should have a regular dilated exam every year or two, and a dilated exam annually after age 60, according to the American Optometric Association (AOA).

Often, people with vision problems wait far too long before getting an eye exam. If you have any change in vision, have it checked out by an eye care professional. Only an eye healthcare professional can identify serious vision problems, like glaucoma or diabetic retinopathy, at a stage early enough to treat. The following symptoms mean you should see an eye care professional right away:

- Red, painful eye or pain in an eye is an emergency
- Partial or total vision loss in one or both eyes
- Double vision
- Blind spots, halos around lights, or areas of distorted vision
- Feeling of a shade or curtain being drawn across your field of vision
- An injury to the eye or the bone surrounding the eye

These symptoms mean you should see an eye care professional soon:

- Trouble seeing objects on the sides of your visual field
- Trouble seeing at night or reading
- Objects are less sharp
- Trouble telling the difference between colors
- Blurring of objects that are far away or near
- Itching or fluid from your eye

Between routine visits, you can take these essential steps which may maintain or improve your vision:

- Eat at least 5 servings daily of fruits and vegetables.
- Don't smoke.
- Take regular breaks while doing computer work and other tasks that mostly involve your eyes.
- Wear your glasses. This sounds obvious, but many people with low to moderate vision loss leave them at home or tucked in a pocket or purse because of vanity or forgetfulness.
- Wear sunglasses when out of doors. Wear sunglasses that protect your eyes from UVA and UVB rays. Wear them even on cloudy days.
- Closely follow the recommended schedule for cleaning and wearing contact lenses.
- Know your family's eye history and share this information with your healthcare providers.
- If you have high blood pressure, high cholesterol, or diabetes, make sure these conditions are under control.

## 2018 Susan G. Komen Race for the Cure

**When:** Saturday March 3, 2018

**Time:** 6:00 a.m. – Race Day Registration and Packet Pick-up

7:00 a.m. – Survivors Breakfast

8:00 a.m. – Survivors Celebration

8:50 a.m. – 5K Timed Runner Line up (4<sup>th</sup> Street)

9:00 a.m. – 5k Run/Walk Line up (4<sup>th</sup> Street)

**Where:** A.Z. Young Park, Downtown Baton Rouge

800 North Third St.

Baton Rouge, LA 70802

Visit [komenbatonrouge.org](http://komenbatonrouge.org) for more information.

## Healthy Breakfast Casserole Bites



Start your day right with these 29 calorie Healthy Breakfast Casserole Bites! Packed with veggies, chicken sausage, and eggs, these bites are healthy, gluten free, and totally flavorful!

### Ingredients

- 1 tsp olive oil
- 1 red bell pepper *diced*
- 1 green bell pepper *diced*
- ½ yellow onion *diced*
- 2 gloves garlic *minced*
- 1 (5oz) package turkey sausage links
- 4 large eggs
- 4 large egg whites
- Salt to taste

1. Preheat oven to 350 degrees F and grease a 24 slot mini muffin tin with cooking spray.
2. Heat olive oil in a large skillet over medium heat.
3. Once hot, add in peppers and onions and cook for 5 minutes, stirring often.
4. Stir in garlic and sausage, and cook until peppers are soft, about an additional 3-5 minutes.
5. Season with salt, to taste, and remove skillet from heat. Set aside.
6. In a large 4 cup measuring cup (for easy pouring) whisk together eggs and egg whites.
7. Stir in vegetable/sausage mixture.
8. Pour egg/vegetable/sausage mixture into prepared pan.
9. Bake in preheated oven for 8-10 minutes, or until eggs are cooked through.
10. Serve immediately or cool and store in fridge (or freezer) in airtight containers until ready for use!
11. Re-heat in microwave.

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