



October is National Dental Hygiene Month

It's the time of year when everyone around you starts coughing and sniffing. When you are sick, your teeth may not be on the top of your mind, but they should be. Having a cold or the flu can affect your mouth.

Here's a few tips to keep your teeth healthy, even if you aren't feeling so great:

- **Brush your teeth well** – being sick can be exhausting, but make sure to take two minutes, twice a day to brush your teeth.
- **Drink lots of liquid** – Staying Hydrated is important when you're sick. Your body needs extra fluid to fight infection. Dry mouth is a common problem, especially when your nose is stopped up, causing you to breathe through your mouth. Do your body and your mouth a favor by loading up on water, soup and juice.
- **Toss your toothbrush** – Once you start feeling better, replace your toothbrush. Your old toothbrush can harbor bacteria and reinfect you.
- **Gargle with salt water** – Dissolve a teaspoon of saltwater in a glass of warm water. Gargle and spit until the water is gone. This helps cut down on harmful bacteria in your mouth and throat.
- **Choose sugar-free medication** – Many cough drops and syrups are packed with sugar to sweeten the dose. Even paired with medication, this sugar can cause tooth decay and harm your gums. Shop smart by looking for medicines sweetened with sugar substitutes. If you can't find sugar-free alternatives, make sure to brush or rinse afterwards.

Beat the Bug: Get Your Flu Shot

Blue Cross wants their members to beat the bug this flu season! The seasonal flu shot or spray is covered at no added cost for most Blue Cross members. Just show your member ID card when you get the seasonal flu shot. You could pay no copayment, coinsurance or deductible for your flu shot, if you get the flu shot in your network.*

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older get the flu vaccine before the end of October. This year, the CDC decided the nasal spray flu vaccine is again an option. The flu shot or spray can reduce flu illnesses, doctors' visits and number of days you may miss from work or school.

For more information on flu shots and your coverage through Blue Cross click the picture below.



**If you get your flu shot from your doctor and your doctor files it with a sick or regular visit, you will still have to pay your copayment or deductible. Please read your plan or log in at www.bcbsla.com for more details.*

Live Better Louisiana

October means a new program year for the Live Better Louisiana wellness program. Earn your 2020 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 www.bcbsla.com/PCPform, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2019** to get your preventive health checkup in order to be eligible for the 2019 wellness credit!

Live Better Louisiana Clinics	
Date	Location
10/03/2018	Fletcher Technical Community College (Schriever)
10/24/2018	DOTD District 02 Crescent City Connection Division (New Orleans)
10/26/2018	University of New Orleans (New Orleans)

Live Better Louisiana Health Capsule

Breast cancer is a very common cancer in American women. The good news is, there is great screening that can catch breast cancer early, when treatment is most likely to be successful. Start with breast self-awareness. You know your body better than anyone. If you notice something unusual or different, talk to your doctor.

And, begin having mammograms when your doctor recommends them. Usually, that's around age 40, but it can be different for everyone, depending on your health history and risk factors. Talk to your doctor or gynecologist about breast cancer screening and what you should do. Watch this video to learn more.



Halloween Health and Safety Tips



Fall celebrations like Halloween are fun times for children and adults alike. Dressing up in costumes, enjoying parties and eating yummy treats are something to look forward to. This is also a time to think about giving and receiving healthy snacks, physical activity and focusing on safety. Check out these tips to help make your festivities fun and safe for trick-or-treaters and party guests:

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Swords, knives, and other costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

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Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Brigsten's Butternut Shrimp Bisque



Be it in the dead of winter or in the heat of summer, there's something about a flavorful soup that nourishes like no other. Especially if it contains a mixture of sweet and savory butternut squash with fresh Louisiana seafood.

Ingredients:

3 tbsps unsalted butter	2 cups diced yellow onion
1 bay leaf	4 cups butternut squash (peeled, de-seeded, and diced into ½ inch cubes)
2 cups peeled fresh shrimp	3/8 tsp ground cayenne pepper
2 ¼ tsps salt	½ cup shrimp stock (see note)
1.8 tsp ground white pepper	
6 cups heavy whipping cream	

Directions:

1. Heat butter in a heavy-duty saucepan over medium-high heat. Add the onions and bay leaf and cook, stirring constantly, until the onions become soft and clear, 3-4 minutes.
2. Reduce heat to medium and add the butternut squash. Cook this mixture, stirring occasionally, until the squash begins to soften, 6-8 minutes.
3. Reduce heat to low and add the shrimp, salt, cayenne and white pepper. Cook, stirring occasionally, until the shrimp turn pink, 2-3 minutes.
4. Add the shrimp stock and cook, stirring occasionally, for 6-8 minutes. If the mixture begins to stick to the pan, scrape it with a spoon and continue cooking. This will intensify the flavor of the bisque.
5. Remove bay leaf and discard. Transfer the squash/shrimp mixture to a food processor and puree. Return the puree to a saucepan and add the cream. Whisk until thoroughly blended. Bring to a boil. Reduce heat to low and simmer for 2-3 minutes.

Note: To make shrimp stock, place shrimp heads and shells into a saucepan and cover with cold water. Bring to a boil. Reduce heat to low and simmer for 15 minutes. Strain.

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

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