



Live Better Louisiana Deadline Approaching

There are only a few weeks left (**deadline August 31, 2019**) to earn your 2020 premium credit! 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 there are no clinic dates and locations available in your area, you can have your doctor complete a [Primary Care Provider \(PCP\) form](#) and fax or mail it to Catapult Health by 5:00 pm August 31st.**

Upcoming Clinics

Live Better Louisiana Clinics	
Date	Location
08/01 – 02/2019	Central Louisiana State Hospital (Pineville)
	La Quinta Inn Baton Rouge/Denham Springs (Denham Springs)
	LaSalle Building (Baton Rouge)
	Central Office - Jefferson Parish School Board (Harvey)
	Department of Public Safety (Baton Rouge)
	1st Circuit Court of Appeals (Baton Rouge)
08/05 – 09/2019	Nunez Community College (Chalmette)
	Office of Public Health - Alexandria Parish Health Unit (Alexandria)
	LA Rehabilitation Services - Workforce Commission (Shreveport)
	LA State Board of Nursing (Baton Rouge)
	Claiborne Building (Baton Rouge)
	DEQ - Southeast Regional Office (New Orleans)
	Imperial Calcasieu Admin/DD Office (Lake Charles)
	Elayn Hunt Correctional Center (St. Gabriel)
	St. Helena Central College and Career Academy - St Helena PSB (Greensburg)
	NOCCA (New Orleans)
Louisiana Tech University - (Ruston)	
08/12 – 17/2019	DCFS (LaPlace)
	St. Helena Central College and Career Academy - St Helena PSB (Greensburg)
	Iberville Building (Baton Rouge)
	Central Office- Franklin Parish School Board (Winnsboro)
	DCFS (Shreveport)
	University of New Orleans (New Orleans)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	LDH - Office of Public Health (New Orleans)
	South LA Community College (Morgan City)
	Office of Attorney General (Baton Rouge)
	Houma-Terrebonne Civic Center – Houma
LSERS Office (Baton Rouge)	

LA School of Math Science & Arts (Natchitoches)
DEQ - Southeast Regional Office (New Orleans)
DOTD Headquarters (Baton Rouge)
Lake Charles Behavioral Health Clinic (Lake Charles)
Holiday Inn (Metairie)
Northshore TCC Lacombe Campus (Lacombe)

08/19 – 23/2019

Baton Rouge Marriott (Baton Rouge)
Cameron PSB - South Cameron High School (Grand Chenier)
Northshore TCC Hammond Area Campus (Hammond)
Northwestern State University (Natchitoches)
Bienville Building (Baton Rouge)
Delgado CC City Park (New Orleans)
LSU AgCenter (Baton Rouge)
Beauregard Parish School Board - South Beauregard HS (Longville)
Lallie Kemp Charity Hospital (Independence)
Dept. of Agriculture and Forestry (Woodworth)
SOWELA Tech Community College - Arts and Humanities Bldg (Lake Charles)
Ouachita Parish School Board Central Office (Monroe)

08/26– 30/2019

Holiday Inn Downtown Alexandria (Alexandria, LA)
Southeastern Louisiana University (Hammond) Pennington Center
Capital Area Human Services District (Baton Rouge)
Baton Rouge Community College (Baton Rouge)
Office of Attorney General (Baton Rouge)
Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
La Quinta Inn Baton Rouge/Denham Springs (Denham Springs)
Anacoco Elementary School - Vernon Parish School Board (Anacoco)
LA Retirement Systems Building TRSL (Baton Rouge)

Live Better Louisiana Health Capsule – “Back-to-School Health Tips”

Before your kids head back to school, schedule a checkup to make sure they're up-to-date on immunizations, screenings and tests. Blue Cross and Blue Shield of Louisiana Chief Medical Officer Dr. Vindell Washington explains why it's so important.



August is National Immunization Awareness Month

Back-to-school season is here. It's time for parents to gather school supplies and back packs. It's also the perfect time to make sure your children are up to date on their vaccines. Whether it's a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school – or even a college freshman – parents should check their child's vaccination records and make sure they are up-to-date.

Vaccines protect against a number of serious and potentially life-threatening diseases. When children are not vaccinated, they are at an increased risk for diseases and can also spread diseases to others in their classrooms and community. Talk to your child's doctor to find out which vaccines are recommended for them before going back to school. Parents can find out more about the recommended vaccines at www.cdc.gov/vaccines.

Kids aren't the only ones who should be vaccinated. All adults should get vaccines to protect their health. Even *healthy* adults can become seriously ill and pass on diseases to others. Everyone should have their vaccination needs assessed at their doctor's office as certain vaccines are recommended based on a person's age, occupation, or health condition. For example:

- All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against seasonal flu.
- Adults 60 years and older are recommended to receive the shingles vaccine.
- Adults 65 and older, and some adults younger than 65 with certain high-risk conditions, are recommended to receive one or more pneumococcal vaccines.

Talk with your health care professional about which vaccines are right for you based on your age, health, job, lifestyle, and other factors. Take the CDC's [vaccine quiz](#) to find which vaccines may be recommended for you.

Tips for using Backpacks!

Back-to-school season is here and it's time for parents to gather school supplies. While back-to-school shopping may be the only time you think about backpacks, you should really give them some thought all year. Selecting the wrong one or using them the wrong way can cause back pain. Here are a few tips:

- Buy a backpack with two padded, adjustable shoulder straps. Have your child use both shoulder straps (the wider the straps the better), adjusted so the backpack fits close to the upper part of the back. Carrying a backpack over one shoulder can lead to neck and muscle spasms, and lower back pain. If possible, encourage children to make more frequent trips to their lockers between classes to replace books.
- Consider a pack with wheels. There are guidelines and considerations to keep in mind with this kind of pack. Many schools and school districts don't allow rolling backpacks due to kids tripping over them in the halls. Be sure you find out if you can have one and find out the right way to pack it and carry it to be safe.
- A child should carry no more than 10% of his/her body weight. For example, if a child weighs 80 pounds, then the book bag should weigh no more than 8 pounds. A load this size should be light enough to walk and stand up straight without hunching forward or leaning to the side. Look for a backpack with multiple compartments inside so the weight can be distributed evenly.

Happy Trails Mix



Snacks can help keep energy levels up and provide fuel before after-school sports or other activities. The following recipe will help to make sure the extra calories consumed from snacks are healthy ones:

Ingredients

- 2 c Honey Nut Cereal
- 2 c Corn Squares Cereal
- 1 c peanuts
- ½ c Pineapple Chips
- 1 c Raisins
- ½ c Banana Chips
- ½ c Dried Apricots

Directions:

In a large bowl, combine all ingredients; mix well. Store in a loosely covered container.

Makes 8 Servings

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