



### 9 Ways to Have a Healthy Holiday Season

The holidays are a time for celebrating and spending time with family and friends. The best way to ensure your holidays are merry and bright is to make health and safety a priority. Take the following steps to keep you and your loved ones safe, healthy and ready to enjoy the holidays!

1. **Wash hands often** – It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up** – Wear appropriate outdoor clothing: light, warm layers, gloves, hats and scarves.
3. **Manage stress** – Give yourself a break if you feel stressed out, overwhelmed or out of control.
4. **Don't drink and drive or let others drink and drive** – Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
5. **Fasten seat belts when driving or riding in a motor vehicle** – Buckle up every time, no matter how short the trip and encourage your passengers to do the same.
6. **Monitor children** – Keep potentially dangerous toys, foods, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
7. **Practice fire safety** – Most residential fires occur during winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.
8. **Prepare food safely** – Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination. Cook foods to proper temperatures and refrigerate foods promptly.
9. **Eat healthy, stay active** – Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2 1/2 hours a week and help kids and teens be active for at least 1 hour a day.

### Live Better Louisiana Health Capsule – Healthy Holiday Eating

Eating right can be particularly challenging during the holiday season – lots of celebrations are centered around food, people bring food to work and homes as gifts, and we get lots of special treats and family recipes that are only made once a year. Blue Cross Dietitian Laura Vidrine gives tips to enjoy these holiday celebrations by eating mindfully so you don't overdo it.



## Live Better Louisiana

Earn your 2021 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, 2020** to get your preventive health checkup in order to be eligible for the 2020 wellness credit!

Live Better Louisiana Clinics	
Date	Location
12/05 – 06/2019	Louisiana School for the Deaf and Visually Impaired Ouachita Parish School Board Student Support Services University of New Orleans
12/09 – 13/2019	Southeastern Louisiana University Pennington Center University of New Orleans

## Healthy Year-end Reminders

As this year comes to a close, it's the perfect time to review and make sure you are up-to-date on important screenings that will keep you healthy. Some of those screenings include:

- **Mammogram** – Women over 40 should get a mammogram screening each year.
- **Colonoscopy** – Recommended for both men and women every 10 years, starting at age 50. If you have a family history of colon cancer, your doctor may recommend early screening.
- **Skin check** – Ask your doctor to perform a screening for skin cancer at your next appointment, and each year after that. Do an at home scan monthly to be sure that there haven't been any changes to the shape or color of moles.
- **Blood work** – It's important to "know your numbers" and how they affect your health. Routine blood work is recommended annually.

If you haven't seen your doctor recently or had your regular screenings, make it an end-of-year goal for good health.

## Louisiana Marathon – 2020

**When:** January 17-19, 2020

**Where:** The State Capitol  
Downtown Baton Rouge, LA

**Times:** Friday: 11am – 7 pm Check-in and Expo (Raising Cane's River Center)  
Saturday: 8 am – 5k and Quarter Marathon  
10 am – Kids Marathon  
Sunday: 7 am – Full and Half Marathon

Louisiana is well known for its festivals, where we celebrate with food, music and dancing. The Louisiana Marathon adds running to that mix for a truly unforgettable weekend. Come run a fast, flat, and fun race course with runners from 50 states and over 36 countries. Then enjoy a true Louisiana Festival featuring local musicians and some of the best southern cuisine around. Participants can choose from a full, half, a quarter marathon, a 5K, and kid's marathon, [click here to register](#).

**Blue Cross Blue Shield of Louisiana members can receive a 20% discount by entering BCBS20 when registering.**

## Healthy Gingerbread Cookies



These Gingerbread Cookies are lightly sweet, rich, and robust cookies full of molasses, ginger, cinnamon, nutmeg, and cloves. Unlike typical Gingerbread Cookie recipes, this version is refined sugar free, gluten free, dairy free, and vegan!

### Ingredients:

1¼ cups almond flour	2 teaspoon ground cinnamon
1 cup oat flour	1/8 teaspoon ground cloves
½ cup Splenda	1 teaspoon double acting-baking powder
1/8 teaspoon ground ginger	½ teaspoon salt
1/8 teaspoon ground nutmeg	½ cup molasses
1/3 cup melted coconut oil	2 teaspoons vanilla extract
1 teaspoon liquid Stevia extract	

### Instructions:

1. Preheat oven to 350°.
2. In a small bowl, whisk together the almond flour, oat flour, Splenda, ginger, cinnamon, nutmeg, cloves, baking powder and salt.
3. Add the molasses, coconut oil, vanilla and stevia in a mixing bowl. Mix on low speed until completely mixed.
4. Dump the dry ingredients in and mix until completely mixed. Dough should be dark, sticky and sweet.
5. Roll 1/3 of the dough between 2 silicone baking sheets until 1/8" thick.
6. Cut cookies and place on baking sheet.
7. Bake for 12 minutes, then carefully transfer to a wire cooling rack to cool completely.

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

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