



February is American Heart Month

Cardiovascular disease, heart disease, coronary heart disease – what’s the difference? Because these terms sound so similar, people tend to use them interchangeably. Here are some facts to help you understand just how different these conditions are.



Cardiovascular Disease (The Big Umbrella)

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, congenital heart defects and peripheral artery disease. More than 800,000 people die of cardiovascular disease every year in the United States. That’s 1 in 3 deaths!

Heart Disease (A type of cardiovascular disease)

“Heart disease” is a catch-all phrase for a variety of conditions that affect the hearts structure and function. Keep in mind – all heart diseases are cardiovascular diseases, but not all cardiovascular disease are heart disease. The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease. About 630,000 Americans die from heart diseases each year. 11.7% of American adults (that’s more than 1 or every 10) have been diagnosed with heart disease.



Coronary Heart Disease (A type of heart disease)

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis. The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of heart attack.

What can you do to protect yourself from cardiovascular diseases?

There’s a lot you can do to protect your heart:

- Ask your doctor about your blood pressure, cholesterol and A1C.
- Reduce the sodium and increase the fruits, vegetables and whole grains in your diet.
- Be physically active.
- Control your weight.
- Don’t smoke.
- Manage Stress.



Live Better Louisiana

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 info.groupbenefits.org, 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 2020 wellness credit!

Live Better Louisiana Clinics	
Date	Location
02/01/2019	Dixon Correctional Institute (Jackson) Washington Parish - Enon Elementary School Claiborne Building (Baton Rouge)
02/04 – 08/2019	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) Caldwell PSB Central Office (Columbia) Probation and Parole New Orleans District LDH - Office of Public Health (New Orleans) Probation and Parole (Shreveport) Louisiana School for the Deaf and Visually Impaired (Baton Rouge) Boley Elementary - Ouachita Parish School Board (West Monroe) Vernon Parish School Board - Leesville Junior High (Leesville)
02/11 – 15/2019	Delgado CC City Park (New Orleans) Southern University (Baton Rouge) McNeese State University (Lake Charles) VFMC (Jackson) Washington Parish - Thomas Elementary School Central Office - Tensas PSB (Saint Joseph)
02/18 - 22/2019	Washington Parish - Mt. Hermon School Delgado CC West Bank Campus (New Orleans) Pinecrest Supports and Services Center (Pineville) Louisiana Public Broadcasting (Baton Rouge) Commissioner of Insurance (Baton Rouge) University of New Orleans (New Orleans) Southwest Louisiana War Veterans Home (Jennings) Delgado CC Sidney Collier College (New Orleans) Vernon Parish School Board - Pitkin HS (Pitkin) Sabine Parish School Board - Florien High School (Florien)
02/25 – 28/2019	River Parishes Community College (Gonzales) DCFS (Gonzales) Harvey State Office Building (Harvey) Louisiana Tech University - (Ruston) LA Retirement Systems Building TRSL (Baton Rouge) Probation and Parole (Shreveport) Probation and Parole (Amite) Court of Appeals 5th Circuit (Gretna)

Live Better Louisiana Health Capsule

Still working on your New Year's resolutions of working out more and eating better? Blue Cross and Blue Shield of Louisiana has several programs and services to help!

With Fitness Your Way by Tivity Health, an independent program that Blue Cross customers can use, you can get a gym membership for only \$29 a month. And, this membership lets you work out at any of the 9,000 participating fitness centers around the country – so you don't need to worry about upsetting your exercise schedule when traveling or away from home. Visit the [Gym Memberships](#) page at www.bcbsla.com to learn more about the program and see which gyms are part of it.

Eating well is part of the daily battle toward improving or maintaining your health. Blue Cross Dietitian Laura Vidrine offers these tips to help. Visit www.bcbsla.com/wellness to learn more about the programs and services available to you. Click the picture below for more information.



Step Away From Your Desk

Many of us make a resolution every year to add more exercise to our daily routines, but it's easier said than done. Finding time to exercise can be a challenge when you are trying to juggle work and family time. Here are a few tips that can help you add more activity to your workday:

- **Stand up and work** – Standing burns more calories than sitting does. Look for ways to get out of your chair. Stand while talking on the phone. Skip email and walk to a colleague's desk for a face-to-face chat.
- **Take fitness breaks** – Instead of hanging out in the break room with a coffee or snack, take a brisk walk or do some light stretching.
- **Join forces** – Organize a lunchtime walking group. You can hold each other accountable for regular exercise and offer encouragement to one another when the going gets tough.
- **Conduct meetings on the go** – When it's practical, schedule walking meetings or walking brainstorming sessions. Do laps inside your building or if the weather cooperates, take your walking meetings outdoors.

Treat elevators as the enemy – Unless you work at the top of a 40-story building, skip the elevator and take the stairs.

Refried Bean Tostadas with Pico De Gallo



This is a heart healthy take on a delicious Mexican favorite that can be easily be enjoyed any night of the week.

Ingredients:

- 8 corn tortillas
- 4 plum tomatoes
- 1/2 small red onion
- kosher salt
- 1/4 c. chopped fresh cilantro
- Shredded romaine lettuce
- 2 tsp. canola oil
- 1 small jalapeño
- 2 tbsp. fresh lime juice
- Pepper
- 1 can refried beans

Directions:

1. Heat oven 425 degrees F. Brush the tortillas with canola oil. Place on baking sheets and bake until just crisp, about 8 minutes, flipping halfway through. Transfer to a paper towel-lined wire rack to cool and harden.
2. Meanwhile, transfer the refried beans to a microwave-safe bowl and cook on high until heated through, 1 minute, stirring halfway through. In a medium bowl, toss together the tomatoes, jalapeño, onion, lime juice, and 1/4 teaspoon each salt and pepper. Fold in the cilantro. Top the tostadas with the beans, tomato mixture, and lettuce, if desired.

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

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