



Summer Health Hazards and How to Prevent Them

With summer fun often comes summer fouls. Here's how to avoid some top seasonal ailments so you can enjoy your summer days:

- **Sunburn** – Regardless of skin tone, anyone can get sunburned. People who have fair skin or take certain medications are at an increased risk. Protect yourself with sunscreen, stay in the shade during midday hours and wear a wide-brimmed hat.
- **Poison Oak & Poison Ivy** – About 85% of people who come in contact with poison ivy and poison oak develop a rash. These problem plants grow anywhere in the United States (except for Alaska and Hawaii) and can be found in places other than the woods – they can also grow at the beach, your backyard and in parks. If you fall into that 85%, you can expect the symptoms to last about a week. You can relieve the pain and itching with hydrocortisone cream, calamine lotion and oral antihistamines.
- **Swimmer's Ear** – Ear care is especially important during the summer months when heat and humidity can fuel the growth of bacteria that can cause swimmers ear. To prevent swimmers ear, dry your ears thoroughly after swimming or showering. Never stick a cotton swab or other object in your ear. Use a towel or a hair dryer on the lowest heat setting.
- **Mosquito Bites** – Mosquito bites can be annoying and itchy, but they can also be serious if the result in an infectious disease like West Nile Virus. Mosquitoes are most active from dusk to dawn so take the following steps to limit your exposure to these pesky insects: clear out standing water, use insect repellent, and fix broken screens.
- **Food Poisoning** – You don't want diarrhea to be the souvenir of your summer get-togethers. Take the following precautions to save your summer picnics: *Clean* – wash your hands and prep surfaces; *Separate* – keep raw meat away from other food items; *Cook* – use a meat thermometer to ensure your food is cooked thoroughly; *Chill* – keep everything refrigerated as long as possible.
- **Fireworks Safety** – Many people love fireworks, but fireworks don't necessarily love them back. Many communities ban consumer fireworks or have strict limitations. If you can buy fireworks legally and want to set off a few at home, take these precautions: keep a hose or fire extinguisher handy to put out small fires, keep small children away from fireworks, wrap a fireworks burn in a clean towel saturated with cool water and get to an ER to have it checked out.
- **Dehydration** – Let's face it, most of us don't drink enough water to begin with, but dehydration can happen very quickly in the summer heat. Be sure to have water handy whenever you will be in the heat for long periods of time. Be sure to take frequent water breaks during summer activities.

Live Better Louisiana

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 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 2019 wellness credit!

Live Better Louisiana Clinics

Date (Week)	Location
07/01 – 05/2019	VFMC (Jackson) Nicholls State University (Thibodaux) Richland Parish - Central Office (Rayville)
07/08 – 12/2019	DOTD Headquarters (Baton Rouge) DOTD District 07 (Lake Charles) New Orleans Levee District - Flood Side (New Orleans) DOC Headquarters (Baton Rouge) Claiborne Parish School Board - Central Office (Homer) DOTD District 08 (Alexandria) DCFS (Shreveport) Assumption Parish Schools - (Napoleonville) Jefferson Parish School Board Emenes Building (Harahan) LaSalle Building (Baton Rouge) LSERS Office (Baton Rouge) Office of Attorney General (Baton Rouge)
07/15 - 19/2019	Central Louisiana State Hospital (Pineville) Central Office - Jefferson Parish School Board (Harvey) Center for Academic Programs - St. Landry PSB (Opelousas) University of Louisiana at Monroe (Monroe) LA Retirement Systems Building TRSL (Baton Rouge) University of New Orleans (New Orleans) Department of Wildlife and Fisheries (Pineville) LSU Shreveport (Shreveport) Claiborne Building (Baton Rouge) Department of Wildlife and Fisheries (New Orleans)
07/22 – 26/2019	DOTD District 62 (Hammond) OGB - Jefferson Parish School Board Emenes Building (Harahan) Department of Public Safety (Baton Rouge) Northshore TCC Florida Parishes Campus (Greensburg) St. Landry Parish School Board - Eunice HS (Eunice) McNeese State University (Lake Charles) Ouachita Parish School Board Central Office (Monroe) Hampton Inn (Thibodaux, LA) Commissioner of Insurance (Baton Rouge) LaSalle Building (Baton Rouge) Criminal District Court (New Orleans)
07/29 – 31/2019	Assumption Parish Schools - (Napoleonville) Nicholls State University (Thibodaux) Department of Public Safety (Baton Rouge) Calcasieu Child Welfare (Lake Charles) New Orleans City Park (New Orleans) Northwestern State University (Natchitoches) DCFS Calcasieu Economic Stability Office (Lake Charles) Central Louisiana State Hospital (Pineville) Southeast Louisiana Veterans Home (Reserve) La Quinta Inn Baton Rouge/Denham Springs (Denham Springs)

Live Better Louisiana Nurse Tip – Stop the Burn!

July is National Ultraviolet Safety Month! It's a great opportunity to shine light on the perils of UV rays and spread the message of sun safety. UV radiation is the leading cause of skin cancer in the U.S. It can also cause eye damage including cataracts and macular degeneration. When you're out having fun in the sun this summer, remember to take steps to prevent damage from UV radiation. Click the picture below for more information on how to protect yourself from the sun's harmful rays.



Grilled Pineapple Lemonade



Cool off on a warm summer day with this twist on classic lemonade.

Ingredients:

- 6 oz. fresh pineapple, sliced
- 4 cups hot water
- 3 tbsp granulated sugar or sugar substitute
- $\frac{3}{4}$ c fresh lemon juice (4 large lemons)

Directions:

1. Heat a grill pan over medium-high. Add pineapple slices in single layer and cook 5 to 6 minutes on each side, until dark char marks appear. Set grilled pineapple slices aside.
2. Combine 4 cups of hot water and sugar in a large pitcher and stir with a whisk until sugar is dissolved.
3. Process pineapple and lemon juice in a blender until relatively smooth.
4. Poor pineapple mixture through a fine-mesh strainer into pitcher with sugar mixture; discard solids. Stir well until fully blended. Serve over Ice. Garnish with lemon or pineapple slice if desired.

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

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