



May is Mental Health Month

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help:

- **Animal Companionship:** The company of animals – whether as pets or service animals – can have a profound impact on a person's quality of life and ability to recover from illnesses.
- **Spirituality & Religion:** Regardless of whether you rely on meditation, yoga or religion, caring for your soul is an important part of taking care of yourself that can improve physical and mental health along the way.
- **Humor:** Finding humor in circumstances of life can lift moods with laughter and help people better deal with and overcome difficult experiences.
- **Work-Life Balance:** Work allows you to provide for yourself and your family while also serving a purpose in the community, but when it takes over your life, it can negatively affect your health.
- **Social Connections & Recreation:** Finding other people to relate to and doing things that bring you enjoyment are great ways to improve your mood and overall mental health.

The Office of Group Benefits (OGB) wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing on both mind and body. For more information, visit www.mentalhealthamerica.net/may.

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
05/01 – 03/2019	DOTD District 03 (Lafayette) LDH - Office of Public Health (New Orleans) Florida Parishes Human Services Authority (Hammond) DOTD District 04 (Bossier City) Pointe Coupee PSB Central Office (New Roads) DCFS (DeRidder) State Military Department (Carville) Child Support Enforcement Center (Lake Charles) State Military Department - Camp Minden (Minden)
05/06 – 10/2019	University of Louisiana Lafayette (Lafayette) DOTD District 07 (Lake Charles) Nicholls State University (Thibodaux) Jefferson Parish School Board Emenes Building (Harahan) J.L. Jones Elementary- Webster Parish School Board (Minden) Northwestern State University (Natchitoches) DOTD District 07 (Lake Charles) State Archives Building (Baton Rouge) State Military Department - Camp Beauregard (Pineville) DCFS (Bogalusa) Housing Authority of New Orleans (New Orleans) Claiborne Building (Baton Rouge) LA War Veterans Home (Jackson)
05/13 - 17/2019	Washington Parish School Board - Central Office (Franklinton) Central Office - Jefferson Parish School Board (Harvey) Department of Agriculture and Forestry (Baton Rouge) Parkway Elementary School - Vernon PSB (Leesville) Grambling State University (Grambling) Department of Wildlife and Fisheries (Baton Rouge) Southeastern Louisiana University (Hammond) Pennington Center Raymond Laborde Correctional Center (Cottonport) Acadiana Area Human SVC District (Lafayette) SOWELA Tech Community College - Arts and Humanities Bldg. (Lake Charles)
05/20 – 24/2019	DOTD District 05 (Monroe) Sabine Parish School Board - Converse High School (Converse) DCFS (Amite) DOTD District 62 (Hammond) DOTD District 61 East Baton Rouge (Baton Rouge) DCFS (Thibodaux) Arcadia High School - Bienville PSB (Arcadia) DOTD District 02 Crescent City Connection Division (New Orleans) Media Center - Natchitoches PSB (Natchitoches) Southeast Louisiana Veterans Home (Reserve) Holden School - Livingston PSB (Holden) Sterlington Elementary School Ouachita PSB (Sterlington) Southeast Louisiana Flood Protection Authority West (Marrero) Lenwil Elementary - Ouachita Parish School Board (West Monroe)
05/27 – 31/2019	Avoyelles PSB - Marksville HS (Marksville) St. Bernard Parish School Board - Admin Building (Chalmette) DOTD Headquarters (Baton Rouge) Northeast LA War Veterans Home (Monroe) DOC Headquarters (Baton Rouge)

Live Better Louisiana – Act Fast!

May is National Stroke Awareness Month. Many stroke victims do not recognize the signs or symptoms when they are having a stroke because the symptoms are often strange and unfamiliar. Stroke recognition is one of the primary objectives of National Stroke Awareness Month. The American Stroke Association reports that strokes are the fourth leading cause of death in the United States. Find out who is at risk for a stroke and common symptoms to be aware of at the link below.

KNOW THE SIGNS. ACT FAST.



Call 9-1-1

Skin Cancer Awareness

As we head into the summer months it is important to remember the importance of protecting your skin from the sun's harmful rays. 1 in 5 Americans will develop skin cancer in their lifetime. Protect yourself with these tips.

SAY YES TO SUN PROTECTION SAY NO TO SKIN CANCER

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.

ONE in FIVE Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.



THERE ARE TWO TYPES OF SUNSCREENS:

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:



- **SEEKING SHADE**
- **WEARING PROTECTIVE CLOTHING**
- **GENEROUSLY APPLYING SUNSCREEN**



PHYSICAL SUNSCREEN

This sunscreen **WORKS LIKE A SHIELD**; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients **ZINC OXIDE** and/or **TITANIUM DIOXIDE**.

Opt for this sunscreen if you have **SENSITIVE SKIN**.



CHEMICAL SUNSCREEN

This sunscreen **WORKS AS A SPONGE**, absorbing the sun's rays.

Look for one or more of the following active ingredients: **OXYBENZONE**, **AVOBENZONE**, **OCTISALATE**, **OCTOCRYLENE**, **HOMOSALATE** and **OCTINOXATE**.

This formulation tends to be **EASIER TO RUB INTO** the skin without leaving a white residue.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **BROAD-SPECTRUM**, **WATER-RESISTANT** and has an **SPF 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS**, or after swimming or sweating.



If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at SpotSkinCancer.org.

Sheet-Pan Chicken Fajitas



One sheet pan is all you will need to whip up these zesty chicken fajitas. They're quick and easy to make and cleanup is even faster. The perfect addition to your Cinco de Mayo celebrations.

Ingredients

- 1 lb. boneless, skinless chicken breasts thickness
- 2 tbsps. extra-virgin olive oil
- 1 tbsp. chili powder
- 2 tsps. ground cumin
- 1 tsp garlic powder
- $\frac{3}{4}$ tsp salt
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 2 cups sliced red or yellow onion
- 1 tbsp. lime juice
- 8 corn tortillas, warmed
- Lime wedges, cilantro, sour cream, avocado cheese and/or pico de gallo for serving

1. Preheat oven to 400°. Coat a large rimmed baking sheet with cooking spray.
2. Cut chicken breasts in half horizontally, then slice crosswise into strips. Combine oil, chili powder, cumin, garlic powder and salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add bell peppers and onion and stir to combine. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.
3. Roast on the middle rack for 15 minutes. Leave the pan in the oven and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more. Remove from oven. Stir in lime juice.
4. Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado, cheese and/or pico de gallo, if desired.

Makes approximately 4 servings

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

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