



### Alzheimer's Awareness Month

Alzheimer's disease is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States. Although those age 65 or older are more likely to develop Alzheimer's disease, there are thousands under the age of 65 who have early onset Alzheimer's.

While there are no drugs or treatments to cure Alzheimer's disease, there are treatments that can slow down its progression. Part of awareness is knowing the symptoms, so you can know whether a loved one may be developing it. Those symptoms include:

- **Memory Loss**
- **Trouble Planning or Solving Problems**
- **Confusion with Time or Place**
- **Misplacing Things & Unable to Retrace Steps**
- **Mood & Personality Changes**

Although there is no cure for Alzheimer's disease, there are things you can do to help a loved one, especially if the disease is still in its early stages:

- **Keep a Daily Routine**
- **Don't Overstimulate**
- **Be Reassuring**
- **Don't Yell or Argue**

### 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

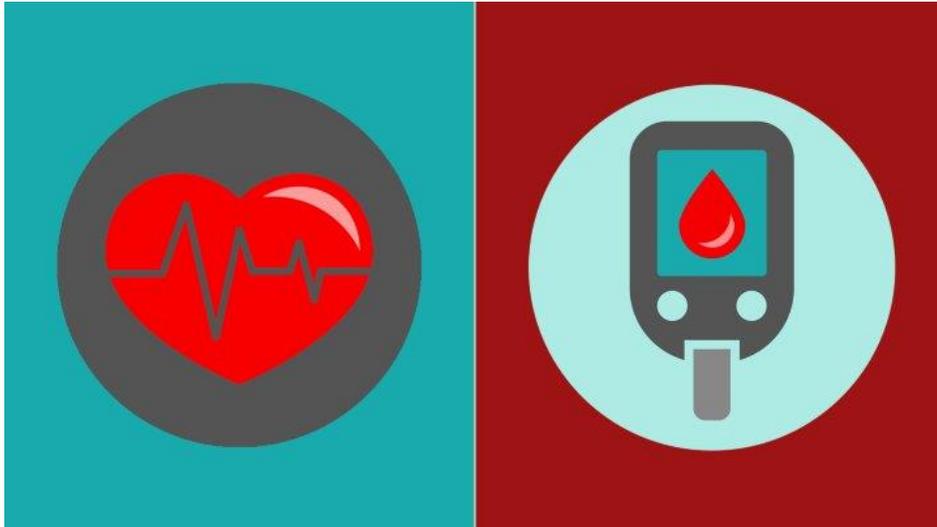
Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2020** to get your preventive health checkup in order to be eligible for the 2021 wellness credit!

Live Better Louisiana Clinics	
Date	Location
11/08/2019	Central LA Technical Community College (Alexandria)
11/12 – 13/2019	The Port of South Louisiana (Reserve) McNeese State University (Lake Charles)
11/19 – 20/2019	Vernon Parish School Board - Rosepine ES (Rosepine) Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)

## Take Diabetes to Heart

November is National Diabetes Month. In the United States, approximately 30 million people are living with diabetes and 84 million with prediabetes. People with prediabetes are at high risk for developing type 2 diabetes, heart disease, and stroke. Likewise, women who have had gestational diabetes (diabetes during pregnancy) are at increased risk for developing type 2 diabetes later in life. However, type 2 diabetes can be prevented or delayed through a structured lifestyle change program that promotes weight loss, healthy eating, and increased physical activity.

Click the picture below to determine if you are at risk for developing Type 2 Diabetes.



36% of Americans have Prediabetes: Know your risk.

While November 14th is World Diabetes Day, we're partnering with Omada® today to recognize Prediabetes Day—encouraging people to understand their risks and embrace the opportunity to take action. Over 200 of your colleagues have already joined the Omada program to reduce their risk factors by making modest changes in eating, activity, and lifestyle.

About 1 in 3 Americans have prediabetes. Find out where you stand by taking a 1-minute risk screener: [omadahealth.com/ogb](https://omadahealth.com/ogb)

## Healthy Chocolate Pecan Pie



### Ingredients: Filling

1 frozen pie shell

1/2 cup pure maple syrup

1 tbsp vanilla extract

2 cups pecans

3 eggs

1 tsp cinnamon

1 tbsp whole wheat flour (or gluten free flour)

1/2 cup dark chocolate chunks

1. Preheat oven to 375°F
2. In a large bowl, whisk together the eggs, maple syrup, cinnamon, whole wheat flour and vanilla extract. Add in the pecans and chocolate and stir to combine. Pour into the center of the pie crust.
3. Place in the middle of the oven and bake 30-35 minutes until set in the middle. Remove from oven, let cool about 30 minutes before slicing and serving. Serve with whipped cream or ice cream.

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

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