

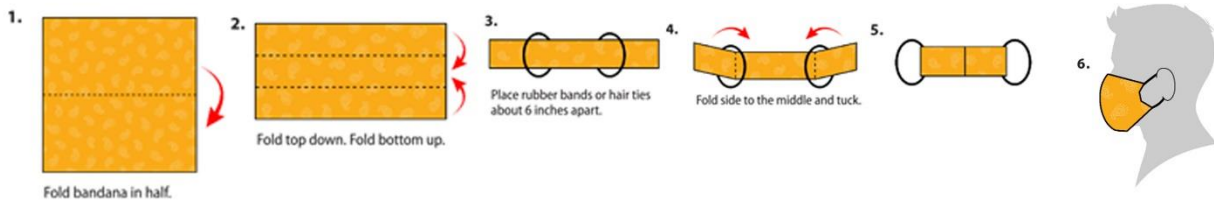


Mask Up

The CDC recommends that you wear cloth face coverings in public settings when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. Simple cloth face coverings can be made at home and may help prevent the spread of COVID-19. Here are some instructions for Non-sewn Face Coverings you can make yourself:

Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)



Make sure your cloth face covering:

- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple layers of fabric
- allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

August is National Immunization Awareness Month - "Be Wise and Immunize"

National Immunization Awareness Month is an annual observance held in August to highlight the importance of vaccinations for people of all ages. This annual observance emphasizes the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases through on time vaccination. You can talk to your doctor, nurse, or other healthcare professional to ensure you and your family are up to date on recommended vaccines. See the link below to learn more information on adult immunizations.



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 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. Due to clinics being canceled in response to the COVID-19 stay at home order, OGB has extended the deadline to complete your wellness visit until **October 30, 2020!**

Live Better Louisiana Clinics	
Date	Location
08/03 – 07/2020	Department of Agriculture and Forestry (Baton Rouge)
	Assumption Parish Schools - (Napoleonville)
	DOTD District 05 (Monroe)
	Nicholls State University (Thibodaux)
	Department of Public Safety (Baton Rouge)
	Northwest Louisiana Human Services District (Shreveport)
	New Orleans Levee District - Flood Side (New Orleans)
	Office of Attorney General (Baton Rouge)
	Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge)
	Non-Flood Protection Asset Management Authority (New Orleans)
	State Military Department - Camp Minden (Minden)
	State Military Department - Camp Beauregard (Pineville)
	DEQ - Southeast Regional Office (New Orleans)
Department of Wildlife and Fisheries (New Orleans)	
State Military Department (Carville)	
08/10 – 14/2020	Bienville Building (Baton Rouge)
	University of Louisiana Lafayette (Lafayette)
	DOTD District 07 (Lake Charles)
	Housing Authority of New Orleans (New Orleans)
	LA Retirement Systems Building TRSL (Baton Rouge)
	DCFS (Thibodaux)
	Louisiana Motor Vehicle Commission (Metairie)
Calcasieu Child Welfare (Lake Charles)	
08/17 – 21/2020	Central Office - Jefferson Parish School Board (Harvey)
	Vernon Parish School Board - Central Office (Leesville)
	Central Office - Concordia Parish School Board
	Probation and Parole (Alexandria)
	South Louisiana Community College (Lafayette)
	Central Office - Jefferson Parish School Board (Harvey)
	Rayburn Correctional Center (Angie)
	Claiborne Building (Baton Rouge)
08/24 – 28/2020	Northwestern State University (Natchitoches)
	SOWELA Tech Community College - Arts and Humanities Bldg. (Lake Charles)
	South Louisiana Community College (Morgan City)
	Central Louisiana State Hospital (Pineville)
	Delgado CC City Park (New Orleans)
Nunez Community College (Chalmette)	

Jefferson Parish School Board Emenes Building (Harahan)
ULL New Iberia Research Center (New Iberia)
DOTD District 04 (Bossier City)
Eastern Louisiana Mental Health System (Jackson)
DCFS (Bogalusa)
LSU Ag Center (Baton Rouge)
Office of Public Health Laboratory (Baton Rouge)
Vernon Parish School Board - Hornbeck High School (Hornbeck)

08/31/2020

Bienville Building (Baton Rouge)
Southeastern Louisiana University (Hammond) Pennington Center
South Central LA Human Services Authority -Admin Office (Houma)
Central Office - Jackson Parish School Board (Jonesboro)
Central LA Technical Community College (Alexandria)
LA Rehabilitation Services - Workforce Commission (Shreveport)

Live Better Louisiana Health Capsule – Are your children up to date on their shots?

Have your children gotten their age-appropriate vaccines? Blue Cross Medical Director and Pediatrician Dr. Tracey Lemelle explains that while most vaccines are given in early childhood, there are vaccines recommended for early childhood, and others recommended for adolescence or even young adulthood. It's important for parents of children of all ages talk to their children's doctors every year to make sure they've gotten the shots they need for their age group. And, most day cares, school systems, colleges and universities require proof of vaccination before a child can enroll.



Don't Forget – Mask Up Louisiana

In Louisiana, we love our #football games and tailgate parties. We're hoping we can enjoy both in the months ahead, but if we don't take proper precautions against #COVID19, we'll miss out on our beloved traditions. So, let's all #MaskUp now so we can #tailgate later!



Strawberry Banana Sushi Rolls



This after-school snack is tasty and fun as well as being a healthy treat you can feel good about feeding to your kids. And if you decide to make some for yourself, well we can't say we blame you!

Ingredients

- ½ cup peanut butter
- 4 whole wheat tortillas (8-inch diameter)
- 4 bananas, sliced lengthwise
- 8 strawberries, stemmed and slices into quarters
- Granola (optional)

1. Spread each tortilla with 2 tablespoons of peanut butter, leaving a small border around the edges.
2. Arrange 2 banana halves down the middle and place some strawberry pieces down the middle.
3. Roll the tortillas up, wrapping them around the fruit.
4. With a sharp knife, cut the tortillas into 6 pieces each.
5. Plate the "sushi" and sprinkle with a small amount of granola.

Makes approximately 4 servings

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

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