



### A Healthy New You!

Take five for your health! Being healthy takes commitment, but it doesn't have to be time-consuming. Most things are so simple and take so little time, that you'll wonder why you've been avoiding them. Taking just a few of the 1,440 minutes in a day is worth having a healthier life for you and your family. Below are some steps you can take to help protect your health in five minutes or less.

- **Make an appointment** - One of the best and easiest ways for adults to keep themselves healthy is to make sure they get recommended exams, screenings and immunizations. Screenings are designed to help detect some diseases in their early, most treatable stages ([Things to Do Before Your Next Check-Up.](#))
- **Ask questions** – Before seeing your health care provider, write down all of your questions and bring the list with you to your appointment. Write down the answers during your discussion. Make sure all of your questions are answered before you leave and you know exactly what the next steps are.
- **Know your numbers** – Keep track of your numbers for blood pressure, blood glucose (sugar), cholesterol, body mass index (BMI), and others. These numbers can provide a glimpse of your health status and risk for certain diseases and conditions, including heart disease, diabetes, obesity, and more. Be sure to ask your health care provider what tests you need and how often.
- **Eat healthy** – Take the extra time to make better food choices. Eat more fruits and vegetables as a meal, less saturated fat, and healthy grab-and-go snacks. There are many quick and easy ways to add healthier choices to your day ([Nutrition for Everyone: Fruits and Vegetables](#)).

### Live Better Louisiana Health Capsule

Dental health is important for overall health! Follow these tips and make it something to smile about: Visit your dentist regularly, practice good dental hygiene, avoid tobacco products, drink alcohol in moderation and don't ignore certain dental issues. Watch this video from Blue Cross and Blue Shield of Louisiana to learn more.



## 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
01/06 – 10/2020	Vernon Parish School Board - Simpson High School (Simpson)
	LA Special Education Center (Alexandria)
	Washington Parish - Varnado High School (Angie)
01/13 – 17/2020	DOTD District 58 (Chase)
	Vernon Parish School Board - East Leesville Elementary (Leesville)
	Pointe Coupee PSB Central Office (New Roads)
	Eastern Louisiana Mental Health System (Jackson)
01/20 – 25/20120	Boley Elementary - Ouachita Parish School Board (West Monroe)
	Dept. of Agriculture and Forestry (Haughton)
	Livingston PSB - Central Office (Livingston)
	Northwestern State University (Natchitoches)
	DOTD Headquarters (Baton Rouge)
	Bienville Building (Baton Rouge)
	Central LA Technical Community College (Alexandria)
	University of New Orleans (New Orleans)
	Washington Parish - Franklinton Junior High School
	Eastern Louisiana Mental Health System (Jackson)
	Holiday Inn (Metairie)
	OGB - Southern University (Baton Rouge)
	Student Service Center - Morehouse PSB (Bastrop)
Sabine Parish School Board - Florien High School (Florien)	
01/27 - 31/2020	Washington Parish - Enon Elementary School
	Probation and Parole (Shreveport)
	Probation and Parole (Baton Rouge)
	Pinecrest Supports and Services Center (Pineville)
	Hampton Inn (Thibodaux, LA)
	Claiborne Building (Baton Rouge)
	Baton Rouge Marriott (Baton Rouge)
	Dixon Correctional Institute (Jackson)
	LA Retirement Systems Building TRSL (Baton Rouge)
	Houma-Terrebonne Civic Center – Houma
Central LA Technical Community College - Ferriday Campus (Ferriday)	
University of New Orleans (New Orleans)	



## Join the Resolution Revolution. Make health a habit in 2020.

**January 10th**, is a day like any other—except for one striking difference. It happens to be the day by which the majority of us will have given up on our New Year’s resolutions.

**This year, resolve to do things differently.** It’s not a lack of willpower that makes us break. It’s actually a flaw in the concept of resolutions, which tend to be black and white: “I will lose 10 pounds this year.” If you want to change behavior over the long haul, you have to build new, healthier habits—one small step at a time.

**Join the Resolution Revolution.** The Office of Group Benefits in partnership with Blue Cross and Blue Shield of Louisiana and Omada® invite you to find out if you’re eligible for Omada. Over the course of 16 weeks (and a full year of support), you’ll see how small changes can have a surprisingly big impact on the way you feel.

If you or your adult family member are at risk for diabetes or heart disease and enrolled in an Office of Group Benefits Blue Cross health plan, the Office of Group Benefits, in partnership with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program—a \$650 value.

See if you’re eligible for Omada by visiting [omadahealth.com/ogb](https://omadahealth.com/ogb)

### **Kick Off the New Year with a Winter Workout**

It might seem hard to stay physically active when it’s cold outside, but don’t let winter weather stop you. To prevent winter weight gain and maintain a healthy lifestyle, the Physical Activity Guidelines for Americans recommends adults get 150 minutes of moderate intensity aerobic physical activity (brisk walking) each week and muscle strengthening exercise on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Two hours and 30 minutes each week sounds like a lot, but you can spread your activity out into smaller chunks of time during the day. As long as you’re doing physical activity at a moderate or vigorous intensity (jogging or running) for at least 10 minutes at a time.

Below are some tips to help you stay active this winter:

- Develop a set of regular activities that you can always do—no matter what the weather holds.
- Mix it up! Try a new exercise every few weeks to keep motivated and ensure your body is using different muscles.
- Make physical activity social. Invite a friend to exercise with you on a regular basis. Be sure your friend adds it to his or her calendar, too.

Stay active this winter season. Use these tips to help you to stay healthy and happy!

## Chili Tortilla Bake



This quick and easy Tex-Mex casserole is just the thing to warm up those cold winter evening.

### Ingredients:

- 1lb. extra-lean ground beef
- 2 cans (8oz.) no-salt added tomato sauce
- 1 can (15 oz.) black beans, rinsed and drained
- 1 cup frozen corn
- 1 can (4 oz.) chopped green chilies
- 2 tbsp. dried minced onion
- 2 tbsp. chili powder
- 1 tsp ground cumin
- ½ tsp garlic powder
- ½ tsp dried oregano
- 6 whole wheat tortillas (8 inches)
- 1 c shredded reduced-fat cheddar cheese

### Directions:

1. In a large skillet, cook beef over medium heat until no longer pink. Stir in the tomato sauce, beans, corn, green chilies, onion, cumin, garlic powder and oregano; heat through.
2. In an 11x7-in. baking dish coated with cooking spray, layer half of the tortillas, beef mixture and cheese. Repeat layers. Bake uncovered at 350° for 25-30 minutes or until bubbly.

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

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