



UV Safety Month

As summer gets into full swing, many of us are excited to welcome the season with pool parties, beach trips, patio barbeques and picnics at the park. It's during these warm summer months we spend most of our time outdoors with friends and family. Sun exposure is recommended because it's our primary source for vitamin D, but like with everything else, moderation is key.

UV radiation is the leading cause of skin cancer in the U.S. It can cause eye damage including cataracts and macular degeneration—the primary cause of vision loss among seniors. In recent years, doctors and medical experts have emphasized the importance of protecting your skin and the dangers of over sun exposure.

Who are Most Susceptible?

There are, unfortunately, certain types of people who are more prone to sunburns. Individuals, who are fair-skinned, have light colored hair (blond, red, or light brown), have freckles, and have light colored eyes (blue or green). In addition, some medications increase the skin's sensitivity to UV rays and some lower or suppress the immune system, which makes your skin more susceptible to sunburns and other sun-induced ailments.

4 Ways to Prevent UV Damage:

1. **Go for the shade** - Avoid or limit sun exposure during the hours where the sun's UV rays are most intense—between 10 a.m. to 4 p.m.
2. **Wear protective clothing** - Wearing long sleeve shirts and pants are ideal. Linens and thin cottons are probably the most comfortable fabrics during the warm summer months—as well as a broad-brimmed hat that shades the face, ears, and neck.
3. **Apply a broad-spectrum sunscreen** - Generously applying water-resistant sunscreen with a Sun Protection Factor (SPF) value of at least 15 or higher to shield against sun-induced skin problems. The “broad spectrum” variety protects against ultraviolet A (UVA) and ultraviolet B (UVB) rays.
4. **Pick up those stylish sunglasses** - Effective sunglasses should block glare and 99 to 100% of UV rays and have a wraparound shape to protect the eyes from all angles.

It's recommended to routinely check your skin for any changes. Birthmarks, new moles and marks, especially, should be consistently examined for any alterations in size, shape and color or if they look and feel differently from other moles and marks on your body. This includes new red or darker-colored, flaky patches that may be a little raised, a new flesh-colored firm bump or a sore that doesn't heal.

I'm Sunburned, Now What?

- Apply a cold compress to the affected area(s),
- Take aspirin or acetaminophen (Tylenol) immediately after to relieve the sunburn discomfort and inflammation,
- Apply a cooling gel or ointment containing aloe vera to the sunburned area(s),
- Drink plenty of water and avoid alcohol, which will dehydrate the skin, and
- Avoid further sun exposure until the discomfort lessens

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 (Week) | Location |
| 07/01- 03/2020 | Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) Office of Attorney General (Baton Rouge) Northwestern State University (Natchitoches) |
| 07/06 – 10/2020 | Bogalusa City School System - Central Office (Bogalusa) Claiborne Building (Baton Rouge) St. Landry Parish School Board - Resource Center (Opelousas) Nicholls State University (Thibodaux) Washington Parish School Board - Central Office (Franklinton) Coastal Protection and Restoration Authority Headquarters (Baton Rouge) Louisiana State Penitentiary (Angola) Southeast Louisiana Flood Protection Authority West (Marrero) |
| 07/13 – 17/2020 | Central Office - Jefferson Parish School Board (Harvey) Claiborne Building (Baton Rouge) St. Landry Parish School Board - Eunice HS (Eunice) Louisiana Tech University (Ruston, LA) Louisiana Motor Vehicle Commission (Metairie) DOTD District 61 East Baton Rouge (Baton Rouge) LDH - Office of Public Health (New Orleans) McNeese State University - LaJeuneese Room (Lake Charles) Probation and Parole (Monroe) |
| 07/20 – 24/2020 | DOTD Headquarters (Baton Rouge) Jefferson Parish School Board Emenes Building (Harahan) St. Bernard Parish School Board - Admin Building (Chalmette) Coastal Protection and Restoration Authority Headquarters (Baton Rouge) St. Landry Parish School Board - Resource Center (Opelousas) Imperial Calcasieu Admin/DD Office (Lake Charles) McNeese State University - LaJeuneese Room (Lake Charles) DOTD District 07 (Lake Charles) Claiborne Building (Baton Rouge) Commissioner of Insurance (Baton Rouge) Harvey State Office Building (Harvey) LaSalle Building (Baton Rouge) LSERS Office (Baton Rouge) |
| 07/27 – 31/2020 | Pinecrest Supports and Services Center (Pineville) St. Bernard Parish School Board - Admin Building (Chalmette) Tangipahoa Child Welfare/Child Support Office (Amite) McNeese State University - LaJeuneese Room (Lake Charles) Ouachita Parish School Board Central Office (West Monroe) LA State Board of Nursing (Baton Rouge) Sabine Parish School Board - Ebarb High School (Noble) Denham Springs Junior High - Livingston PSB (Denham Springs) Lake Charles Behavioral Health Clinic (Lake Charles) |

Live Better Louisiana Health Capsule

It's summertime! As businesses reopen and many people resume their usual activities, it's important to keep your guard up against COVID-19. Wear a face mask in public, keep at least six feet away from others, wash your hands often and don't leave home if you feel sick.

In addition, keep other summer health precautions in mind. Wear sunscreen and sunglasses outdoors - even on cloudy days! -, beware of extreme heat, drink lots of water and be careful when swimming or boating, especially with children.

And, summer unfortunately means hurricane season. Make a plan for your and your family's health needs and what you will need to do if there is a storm in your area.

Blue Cross and Blue Shield of Louisiana Medical Director Dr. Jeremy Wigginton was on WWL-TV "Great Day Louisiana" in June to share these and other health tips. Learn more at www.bcbsla.com/keepupwithcare and www.bcbsla.com/summer.

COVID-19 and Your Mental Health

The COVID-19 pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of [tobacco](#), and/or [alcohol and other substances](#)

Take care of your mental health

If you are feeling overwhelmed with stress, fear and anxiety about the uncertainty surrounding this public health emergency, there is a special Keep Calm through COVID Hotline, provided by the Louisiana Department of Health, you can call.

Call 1-866-310-7977

Trained counselors available 24/7. All calls are confidential.

Mini Upside-Down Cakes



Ingredients:

- Brown Sugar
- Chunked Pineapple
- 1 egg
- ¼ c Buttermilk
- 3 tbsp Melted Butter
- 1 dash Vanilla
- ½ c Flour
- 6 tbsp Sugar
- ½ tsp Baking Powder
- 1/8 tsp Baking Soda
- 1 pinch Salt
- Confectioners' (powdered) Sugar

Directions:

1. Brush four 4-ounce ramekins with butter. Sprinkle brown sugar in the bottom of each and line with sliced pineapple.
2. Whisk 1 egg, 1/4 cup buttermilk, 3 tablespoons melted butter and a dash of vanilla in a bowl, then stir in 1/2 cup flour, 6 tablespoons granulated sugar, 1/2 teaspoon baking powder, 1/8 teaspoon baking soda and a pinch of salt.
3. Divide among the ramekins. Bake at 350 degrees F, 20 minutes.
4. Let cool, then unmold and top with confectioners' sugar.

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