Is it a Cold, the Flu, or COVID?

You wake up one day not feeling so hot. Normally you may have assumed a sore throat or body aches were because of a common cold or the flu. This year's COVID-19 pandemic adds a whole new element of concern to getting sick.

Cold symptoms are mild and usually don't include a fever or headache. Congestion and runny nose are common with a run-of-the-mill cold and would be uncommon to be the only symptom of the flu. Congestion and runny nose can be a symptom of a COVID infection and might be the only symptom in mild cases.

Flu symptoms often come on quickly, whereas COVID symptoms can be rapid or a gradual onset. One symptom that is more unique to a COVID infection is the loss of taste and/or smell.

Sometimes, the only way to tell the difference between COVID and the flu is by testing. If you have fever/chills, new cough or new shortness of breath, you should stay home and arrange to be tested for COVID. If you have two or more of the following symptoms you should consider COVID testing:

- headache,
- new muscle aches,
- new upper respiratory symptoms (congestion, runny nose, sore throat),
- new loss of taste or smell, new nausea/vomiting/diarrhea,
- or a new rash

If you have had close contact exposure to someone with COVID, you should be tested even if you have only one mild symptom. If you are over the age of 65 or have a chronic health condition, you are at a higher risk for getting a severe COVID infection and you should call your doctor.

Fight the Flu!

This year, flu and COVID are circulating at the same time making getting your flu shot all the more important. While getting a flu shot won't prevent you from getting COVID, it might reduce your risk of getting a severe case of COVID.

Additionally, more people getting the flu shot will reduce the overall number of flu-related hospital visits, freeing up important health care resources for the treatment of COVID.

Live Better Louisiana

Earn your 2022 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 currently scheduled throughout the state. Be sure to check **www.TimeConfirm.com/OGB** for updated clinic dates and locations during the month of November. Remember, you have until **August 31, 2021** to get your preventive health checkup in order to be eligible for the 2022 wellness credit!

Live Better Louisiana Clinics	
Date	**Location**
11/11/2020	Fletcher Technical Community College (Schriever)

Schedule your Annual Wellness Visit Now!

An annual wellness visit is a great time to check in with your doctor about your health status. Everyone should have a checkup once a year, but it's especially important for adults 60+ or people who have long-term health conditions like diabetes or heart disease.

If you've put off your annual wellness visit or any health tests or screenings because of COVID-19 concerns, reschedule them now. It is safe to have medical appointments, and if you are worried about your risk for COVID-19, you can call your healthcare provider's office ahead of time to ask about precautions.

Learn more: https://www.bcbsla.com/KeepUpWithCare

Holiday Eating: Check Your List Twice

Holiday food can be loaded with salt, sugar, and fat. We've compiled a list of naughty and nice foods to help you decide which foods to avoid or limit:

Naughty List	*Nice List*
Turkey Skin, dark meat	*Turkey breast without skin*
Stuffing with butter, high-fat meat	*Stuffing with broth, lean chicken, oyster or wild rice stuffing*
Buttery Mashed Potatoes	*Mash with skim milk, low-sodium stock*
Sweet Potato Casserole	*Leave out butter, cut sugar in half, top with mini marshmallows or nuts*
Pecan pie	*Mixed nuts or pumpkin pie, or opt for small slice*
Fancy finger foods	*Chilled shrimp, veggies and fresh fruit*
Caramel popcorn	*Opt for plain popcorn*
Milk chocolate	*Solid dark chocolate (70%) in small amounts*
Eggnog with alcohol	*Instead, drink non-alcoholic, cut with skim milk, no added whipped cream*
Hot Chocolate (whole milk),	*Ask for skim milk, sugar free, and skip whipped cream or marshmallows*
Hot Apple Cider	*Check sugar content on store bought, or make own with unsweetened apple juice and use spices*

Chicken Salad Stuffed Avocados

Crunchy, creamy chicken salad turns these avocados into a protein-packed meal.

Ingredients: Filling

2 avocados, pitted
¼ c. red onion, minced
2 tbsp. Greek yogurt
1 ½ tsp. Dijon mustard

2 c. shredded rotisserie chicken
1/3 c. mayonnaise
Juice of 1 lemon
Kosher salt & freshly ground black pepper

1. Scoop out avocados, leaving a small border. Dice avocado and set aside.
2. Make chicken salad: in a large bowl, mix together chicken, onion, mayo, yogurt, lemon juice and mustard. Fold in the diced avocado. Season with salt and pepper.
3. Divide salad among the 4 avocado halves.

For more information, visit us at www.bcbsla.com/ogb
Follow us on Twitter @LiveBetterLA
Follow us on YouTube https://www.youtube.com/channel/UCbYwtQ0Oe4lbRQ7wz_KdVFw/featured