



Live Better Louisiana Deadline Approaching

Due to the closure of many clinics because of COVID-19, the Office of Group Benefits **extended the Live Better Louisiana deadline to Friday, October 30, 2020**. You have extra time to complete a checkup at a Catapult Health Clinic or your doctor’s office. Completing the checkup before the deadline will earn you a \$120 premium credit on your 2021 health insurance premium with Blue Cross.

You will have until **Friday, October 30, 2020, to attend any remaining Catapult Health clinics**. You can also visit your primary care doctor and have him or her fill out and fax in the [Primary Care Provider form](#) by **Friday, October 30, 2020 at 5 p.m. CDT** in place of going to a Catapult Health clinic.

Live Better Louisiana Clinics	
Date (Week)	Location
10/011- 10/02/2020	<ul style="list-style-type: none"> Elayn Hunt Correctional Center (St. Gabriel) Holiday Inn Downtown Alexandria (Alexandria, LA) DOTD District 03 (Lafayette) Central Office - Jefferson Parish School Board (Harvey) Delgado CC City Park (New Orleans) Office of Public Health Laboratory (Baton Rouge) Acadiana Area Human SVC District (Lafayette) NOCCA (New Orleans)
10/05 – 09/2020	<ul style="list-style-type: none"> Jefferson Parish School Board Emenes Building (Harahan) Leesville High School - Vernon PSB (Leesville) FPHSA Slidell Behavioral Health Clinic (Slidell) Parkway Elementary School - Vernon PSB (Leesville) Claiborne Building (Baton Rouge) Pincrest Supports and Services Center (Pineville) Nicholls State University (Thibodaux) St. Helena Central College and Career Academy - St Helena PSB (Greensburg) LSU AgCenter (Baton Rouge) Criminal District Court (New Orleans) DCFS (Bogalusa) Central LA Technical Community College (Alexandria)
10/12 – 16/2020	<ul style="list-style-type: none"> Assumption Parish Schools - (Napoleonville) Central Office - Jefferson Parish School Board (Harvey) Florida Parishes Human Services Authority (Hammond) DOTD District 08 (Alexandria) Grambling State University (Grambling) Department of Wildlife and Fisheries (Baton Rouge) Louisiana Motor Vehicle Commission (Metairie) DOTD District 62 (Hammond) Nicholls State University (Thibodaux) LSU Shreveport (Shreveport) Northwestern State University (Natchitoches) LA School of Math Science & Arts (Natchitoches) 1st Circuit Court of Appeals (Baton Rouge) Central Office- Franklin Parish School Board (Winnsboro)
10/19 – 23/2020	<ul style="list-style-type: none"> Vernon Parish School Board - Hornbeck High School (Hornbeck) Delgado CC City Park (New Orleans) Jefferson Parish School Board Emenes Building (Harahan)

Central Office - Jackson Parish School Board (Jonesboro)
Bossier Civic Center (Bossier City, LA)
Northshore TCC Lacombe Campus (Lacombe)
DOTD District 62 (Hammond)
Supreme Court of LA (New Orleans)
DOTD District 02 Crescent City Connection Division (New Orleans)
Sabine Parish School Board - Central Office (Many)
Northeast LA War Veterans Home (Monroe)
Nicholls State University (Thibodaux)
NOCCA (New Orleans)

10/26 – 30/2020

Baton Rouge Marriott (Baton Rouge)
Central Office - Jefferson Parish School Board (Harvey)
Jackson PSB - Quitman High School (Quitman)
Office of Public Health - Alexandria Parish Health Unit (Alexandria)
Nunez Community College (Chalmette)
Capital Area Human Services District (Baton Rouge)
University of New Orleans (New Orleans)
Delgado CC City Park (New Orleans)
DEQ - Southeast Regional Office (New Orleans)
Central LA Technical Community College (Alexandria)

Get the Shot, Not the Flu!–

You can prevent the flu this season by taking one simple step: Get a flu vaccine. The CDC recommends everyone 6 months and older get vaccinated. This includes pregnant women.

Unfortunately, some people think that getting a flu vaccine is too much trouble or costs too much. Or they are sure that a flu shot will make them sick. Or it will make them more likely to catch the flu.

The flu is also called seasonal influenza. It's caused by one of several strains of the flu virus (type A or B) that infect the nose, throat, and lungs. The flu makes life miserable for a week or two for many people. It's deadly for some. Flu season can start as early as October. It peaks anywhere from late December to early April.

This year you may have another important reason to get the flu shot: COVID-19. Experts suspect that those who get COVID-19 and the flu at the same time may be more likely to have severe complications or die from either illness. With COVID-19 circulating this year, it's very important that you prevent getting the flu by getting vaccinated.

See how much you know about the flu by taking the quiz below.

**Get the
FLU**  **SHOT**
not the flu!

Halloween Safety Tips

COVID-19 has put a damper on many of our favorite festivals and events but what about Halloween? If your kids are anything like mine, they are already talking about what they want to dress up as and how they can't wait for Trick or Treat. But is it safe for the kids to go trick or treating this year? The CDC has released some tips that will help families to safely celebrate this fall holiday while still having fun.

Low Risk Halloween Activities:

- Carving or decorating pumpkins as a family
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your home for the holiday
- Doing a [Halloween scavenger hunt](#) where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with. (Here's a list of [kid-friendly Halloween flicks](#) to stream!)
- Having a scavenger hunt-style trick-or-treat search with your household members around your home

Moderate Risk Halloween Activities:

- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (like at the end of a driveway or at the edge of a yard).
- Having a small outdoor costume parade where people are distanced more than six feet apart
- Attending an outdoor costume party where protective masks are used and people can remain more than six feet apart. And FYI, parents: a Halloween costume mask is *not* a substitute for a cloth mask. A mask that's part of your child's Halloween costume should not be used unless it's made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face. Additionally, no one should wear a Halloween mask over a cloth face mask, as it can be hard to breathe. Parents should use a "Halloween-themed cloth mask" instead.
- Going to an open-air, one-way, walk-through haunted forest where masks and social distancing are enforced
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, where masks and social distancing are enforced
- Having a socially-distanced outdoor Halloween movie night with local family friends

High Risk Halloween Activities:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars in parking lots
- Attending crowded indoor costume parties
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with non-family members
- Traveling to a rural fall festival that is not in your community

This year's Halloween will undoubtedly be unlike any other in memory, but that doesn't mean revelers of all ages can't have spooky and sugary fun while keeping safe. If you think you have COVID-19 or you may have been exposed to a sick person, you should not participate in in-person Halloween festivities, including giving out candy.



Loaded Baked Potato Soup With Bacon

As we head into the cooler days of fall, nothing is more comforting than a delicious bowl of soup. This easy potato soup has all of the flavors of a classic loaded baked potato! Each spoonful is packed with delicious bacon, potatoes, cheese, and fresh herbs.



Ingredients

- 4 slices bacon, thick cut, ½-inch diced pieces
- 1 tbsp. olive oil
- 1 cup yellow onion, diced
- 2 tsp minced garlic
- 1 pkg. butter flavor powdered potatoes
- ¼ cup shredded cheddar cheese, plus more for garnish
- 2 sprigs rosemary
- 3 cups russet potatoes, peeled, diced into ½" cubes
- 3 sprigs thyme
- 3 cups unsalted Chicken Broth
- ¼ cup plain sour cream
- Black pepper as needed
- Chives for garnish

Directions

1. Heat a large pot over medium-high heat. Add bacon and cook until crispy, often stirring to evenly cook, about 6 minutes. Transfer to a paper towel-lined plate to cool.
2. Remove bacon grease from pan and reserve or discard. You can either add 1 tablespoon of the bacon grease or 1 tablespoon of olive oil to the pan to sauté the vegetables.
3. In the same pot, heat 1 tablespoon of the olive oil or bacon grease over medium heat. Once the hot, add diced onions and minced garlic. Sauté for 6 minutes, until the onions are tender and translucent.
4. Add potatoes, rosemary, thyme, chicken broth, milk and salt to the pot. Stir to combine, and turn the heat to high.
5. Once the soup comes to a boil, cover with a lid and reduce heat to medium-low. Cook for 10 minutes, or until the potatoes are tender. Remove and discard rosemary and thyme sprigs.
6. Add 1 package of powdered potatoes to the pot. Stir to combine.
7. Turn off heat and add ¼ cup sour cream, ¼ cup cheddar cheese and 1 tablespoon chopped chives, stir to combine. Taste the soup and season with more salt and pepper as desired.
8. Serve soup topped with more sour cream, cheese, bacon, and chives.

Makes approximately 4 servings

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

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