



Hurricane Preparedness



Hurricane season begins June 1, 2021 and the Office of Group Benefits (OGB) encourages our members to evaluate their personal hurricane risks and implement measures to keep themselves and their homes protected during a hurricane. The National Oceanic and Atmospheric Administration (NOAA) has predicted a likely range of 13 to 20 named storms, of which 6 to 10 could become hurricanes, including 3 to 5 major hurricanes (category 3, 4 or 5) are expected.

Here are some tips to prepare yourself and your household for the 2021 Hurricane season:

Before A Hurricane

- Review your community's hurricane risk level. The location of your home can determine potential wind and flood hazards.
- Register for email updates from the National Weather Service and any available local alert systems to be aware of hurricane warnings or evacuation orders in your area.
- Develop a hurricane response plan and practice it regularly with members of your household.
- Prepare a hurricane kit with nonperishable food, water, medicine, emergency power sources, a first-aid kit and important documents.
- Limit your home's hurricane exposures by keeping drains and gutters clean, installing storm shutters on windows and doors and storing vehicles in a safe location.
- Review your homeowners policy with your insurance professionals to ensure you will be covered in the event of a hurricane.
- Secure and reinforce your roof, windows and doors, including garage doors.
- Consider building a FEMA safe room designed for protection from high winds and flood waters.
- Learn how and when to turn off gas, water and electricity.

After A Hurricane

- If you evacuated your home, don't return until local officials confirm it is safe to do so.

- When returning home, wear protective clothing and stay away from pools of floodwater, wet or damaged electrical equipment and downed power lines.
- Photograph all property damage and save receipts for any recovery expenses stemming from the hurricane to help file an insurance claim.

Get more tips and helpful resources by visiting gohsep.la.gov.

Wellness Wednesday Facebook Broadcasts with BCBSLA



Access live while streaming from 12-12:30 pm on the Blue Cross Blue Shield of LA [Facebook page](#) or later in our Videos section on the BCBSLA Facebook page or on the BCBSLA YouTube channel.

June 9 – Registered Dietitians – Romaine Calm and Carrot On at The Farmer's Market (June is Fresh Fruit and Veggies Month)

June 16 – Direct from the Doctors – Dr. Emily Vincent and Dr. Tracy Lemelle answer questions about the Covid Vaccine, especially now that it's available for 12+ years old

June 23 – Keeping Up with Your Healthcare – our nurses share resources and programs for expecting and new mothers

Two Special Events:

June 8 at 10 am – Hurricane Season Health Needs with Dr. Lawrence Simon and Medicare Agent Ann Booth

June 17 at 6 pm – Conversando Francamente sobre la vacuna Covid: A Candid Conversation about the Covid Vaccine with the Hispanic Chamber of Commerce of Louisiana and Ochsner Health

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 scheduled throughout the state. 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
06/01 - 04/2021	Avoyelles PSB - Avoyelles HS (Moreauville) St. Bernard Parish School Board - Rowley Alternative School (Chalmette) Sabine Parish School Board - Central Office (Many) Baton Rouge Community College (Baton Rouge) Bienville Building (Baton Rouge) Ouachita Parish School Board Central Office (West Monroe)
06/07 - 11/2021	DOTD District 07 (Lake Charles) LA Delta Community College (West Monroe) Bogalusa City School System - Central Office (Bogalusa) St. Bernard Parish School Board - Rowley Alternative School (Chalmette) Northwest Louisiana Human Services District (Shreveport) NLCC Minden Campus Eastern Louisiana Mental Health System (Jackson) Court of Appeals 2nd Circuit (Shreveport) Dixon Correctional Institute (Jackson) Office of Public Health Laboratory (Baton Rouge)
06/14 - 18/2021	Pierre Part Middle/Primary School - Assumption Parish (Pierre Part) Bossier Parish Community College (Bossier City) FPHSA Slidell Behavioral Health Clinic (Slidell) LA Workforce Commission (Baton Rouge) St. Landry Parish School Board - Resource Center (Opelousas) University of New Orleans (New Orleans) Pinecrest Supports and Services Center (Pineville) Rayburn Correctional Center (Angie) Coastal Protection and Restoration Authority Headquarters (Baton Rouge) Florida Parishes Human Services Authority (Hammond) Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) Louisiana Correctional Institute for Women (Baton Rouge) Delgado CC City Park - Dolphin Den (New Orleans) Central Office - Jefferson Parish School Board (Harvey)
06/21 - 25/2021	Delgado CC City Park - Dolphin Den (New Orleans) Jefferson Parish School Board Emenes Building (Harahan) Claiborne Building (Baton Rouge) Media Center - Natchitoches PSB (Natchitoches) South Central LA Human Services Authority - Admin Office (Houma) Ville Platte High School - Evangeline PSB (Ville Platte) LaSalle Building (Baton Rouge) New Orleans City Park (New Orleans) DCFS (LaPlace) Denham Springs Junior High - Livingston PSB (Denham Springs)
06/28 - 30/2021	Bienville Building (Baton Rouge) Nicholls State University (Thibodaux) Jefferson Parish School Board Emenes Building (Harahan) Livingston PSB - Central Office (Livingston) Ville Platte High School - Evangeline PSB (Ville Platte) LA Retirement Systems Building TRSL (Baton Rouge) Supreme Court of LA (New Orleans)

Visit an Access2day Clinic this Men's Health Month



Receive No-Cost Care with Your Active Membership

Did you know that men are more likely to have hypertension (high blood pressure) than women? Hypertension is a common chronic disease that can cause heart disease or stroke. As an active Access2day member, you can still receive high-quality primary and urgent care services with no co-pays or out-of-pocket expenses – including blood pressure monitoring!

Even if you don't regularly visit the doctor, this Men's Health Month might be a good time to get the care you need at your local [Access2day Health clinic](#). You can receive care for your annual check-up, respiratory issues or cholesterol and diabetes screenings with no appointment necessary and no time wasted on insurance headaches.

Save Money Simply by Visiting the Doctor

Access2day Health is a cost-savings tool that saves you money every time you visit a clinic. By seeking the care you need, when you need it at an Access2day Health clinic, you're helping with OGB's initiative to keep health insurance premiums as low as possible.

Still Not Convinced? Join the Access2day Webinar to Learn More

If you still have questions about your Access2day Health membership or how you can save money by receiving no-cost primary and urgent care, join our free [webinar](#) on **Wednesday, June 9th at 10 a.m. CDT**.

You can also call customer service at 1-800-797-9503 with questions and help finding the nearest Access2day clinic locations.

Chicken, Tomatoes, and Corn Foil Packs



Wrap up chicken and summer veggies for a fast and super-fresh meal.

Ingredients

4 boneless skinless chicken breasts	2 tbsp. butter
2 c. grape tomatoes, halved	Kosher salt
2 ears corn, kernels stripped	Freshly ground black pepper
2 cloves garlic, thinly sliced	Fresh basil, for garnish
1/4 c. extra-virgin olive oil	

Instructions:

1. Heat grill to high. Cut 4 sheets of foil about 12" long. Top each piece of foil with a chicken breast, tomatoes, corn, and garlic. Drizzle each with oil and top with a pat of butter. Season with salt and pepper.
2. Fold foil packets crosswise over chicken and roll top and bottom edges to seal.
3. Grill until chicken is cooked through and vegetables are tender, 15 to 20 minutes.
4. Serve topped with basil.

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

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