



### Allergy Symptoms vs. COVID-19 Symptoms

Throughout the U.S., pollen has started to bloom and cause typical symptoms in those with allergies, right as we continue to see the spread of coronavirus. Allergies typically cause nasal symptoms such as runny nose and sinus congestion but do not usually result in a fever, as is found with coronavirus or the flu. While some symptoms of the coronavirus overlap with allergies, there are several differences.

#### Coronavirus Symptoms

(may appear 2 – 14 days after exposure)

- Fever
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

#### Allergy Symptoms

- Sneezing
- Runny or stuffy nose
- Watery and itchy eyes
- Itchy sinuses, throat, or ear canals
- Ear congestion
- Postnasal drainage

#### Less Common Allergy Symptoms

- Headache
- Shortness of breath
- Wheezing
- Coughing

### COVID-19 Vaccine Update

Effective March 29, 2021 all Louisiana residents ages 18 and up (16 and up if receiving the Pfizer vaccine) are eligible to receive the COVID-19 vaccine. OGB encourages our members to get the vaccine as this will help our state get one step closer to pre-COVID days. This means a return to all the things we love in Louisiana: Festivals, Food, Music and Sports!



Visit [covidvaccine.la.gov](https://covidvaccine.la.gov) for locations to receive your COVID-19 Vaccine. Roll your #SleeveUp to do your part in stopping #COVID19.

## 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](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, 2021** to get your preventive health checkup in order to be eligible for the 2022 wellness credit!

Live Better Louisiana Clinics	
Date	Location
04/01 – 02/2021	Probation and Parole (Monroe)
	Tangipahoa Economic Stability Office (Amite, LA)
	Orleans Parish Civil District Court (New Orleans)
04/05 – 09/2021	Bossier Parish Community College (Bossier City) <b>Open to Retirees</b>
	Pinecrest Supports and Services Center (Pineville)
	University of Louisiana Lafayette (Lafayette) <b>Open to Retirees</b>
	University of New Orleans (New Orleans)
	Central Office - Jackson Parish School Board (Jonesboro)
04/12– 16/2021	Supreme Court of LA (New Orleans)
	Department of Agriculture and Forestry (Baton Rouge)
	Delgado CC City Park - Dolphin Den (New Orleans)
	Jackson PSB - Quitman High School (Quitman)
	ULL New Iberia Research Center (New Iberia)
	Central Office - Concordia Parish School Board
	West Ridge Middle School - Ouachita Parish School Board (West Monroe)
	Northwestern State University (Natchitoches) <b>Open to Retirees</b>
Louisiana School for the Deaf and Visually Impaired (Baton Rouge)	
04/19 – 23/2021	River Parishes Community College (Gonzales)
	South Louisiana Community College (Lafayette)
	Bossier Parish Community College (Bossier City) <b>Open to Retirees</b>
	Office of Public Health - Calcasieu Parish Health Unit (Lake Charles)
	Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge)
	Nicholls State University (Thibodaux)
	University of New Orleans (New Orleans)
	Delgado CC Charity School of Nursing (New Orleans)
	South Louisiana Community College (Morgan City)
	Southeastern Louisiana University (Hammond) Alumni Center <b>Open to Retirees</b>
04/26 – 30/2021	Richland Parish - Central Office (Rayville)
	NOCCA (New Orleans)
	DOC Headquarters (Baton Rouge)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
	Central LA Technical Community College (Alexandria)
	LA Retirement Systems Building TRSL (Baton Rouge)
LaSalle Building (Baton Rouge)	
Vernon Parish School Board - Central Office (Leesville)	

## Blue Cross Blue Shield Livestreams

Each month, Blue Cross Blue Shield conducts weekly livestreams on a variety of topics. These livestreams start at noon CDT on the BCBSLA Facebook page - [www.facebook.com/bluecrossla](https://www.facebook.com/bluecrossla)

April 7, 2021	Motivated Mindset: Caregiving for Alzheimer's Patients
April 14, 2021	Keeping Up with Care: What can a Health Coach do for you
April 21, 2021	Direct from the Doctors: COVID Vaccines Virtual Chat
April 28, 2021	Romaine Calm: Healthy Shopping

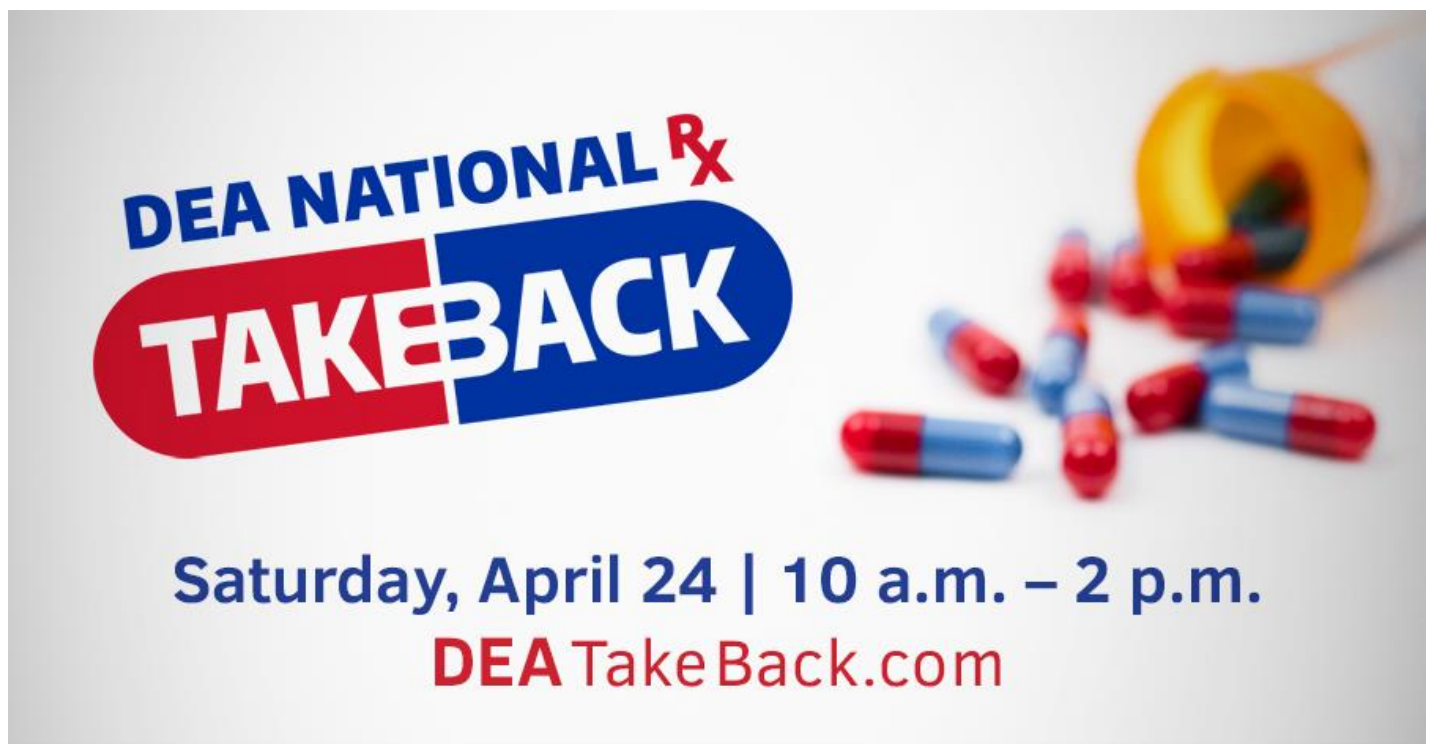
## Spring Cleaning Tips

Cleaning not only improves the look and feel of your home, but it can also benefit your physical and mental health. With spring in the air, now is the perfect time to start thinking about spring cleaning. Here are a few tips on how you can improve your health this season:

- Open a window and take a few deep breaths. Get some fresh air flowing into your home to increase ventilation and improve the quality of the air you breathe.
- Vacuum your rugs or dust hard surfaces and window blinds with a damp cloth. Just a few minutes every day is all it takes to keep dust and allergens at bay – and keep the air in your home a little healthier.
- Listen while you clean. Cleaning can be a great opportunity to multitask and catch up on your favorite podcast, audio book or practice your dance moves while you listen to some cheerful music. This way you can improve your mood – and the state of your home!
- Tackle the pantry. Not only will sorting through your pantry help you find expired foods that need to be tossed, but it can also help you take note of your family's eating habits. Check the nutrition labels on the processed food you regularly eat – the facts might surprise you!

## Drug Take Back Day

April 24, 2021 is Drug Take Back Day. From 10 am to 2 pm, DEA will have locations across Louisiana accepting unwanted medicines, no questions asked. Drug Take Back Day is a convenient and responsible way to dispose of unused or expired prescription drugs. You can take leftover prescription drugs to the drop box for safe disposal. Turn-in is anonymous. Find a drop box near you: <https://bit.ly/3cz2DFr>



The graphic features the text "DEA NATIONAL <sup>Rx</sup> TAKEBACK" in a stylized font. "DEA NATIONAL" is in blue, "Rx" is in red, and "TAKEBACK" is in white on a blue and red background. To the right is a photograph of several red and blue capsules and a yellow pill container. Below the text, it says "Saturday, April 24 | 10 a.m. – 2 p.m." and "DEATakeBack.com".

**DEA NATIONAL <sup>Rx</sup> TAKEBACK**

Saturday, April 24 | 10 a.m. – 2 p.m.  
**DEATakeBack.com**

## Quick One-Skillet Taco Pasta



This recipe combines two of the most popular foods out there: pasta and tacos. It's easy to make and only requires one skillet, which makes clean-up time a whole lot quicker!

### Ingredients:

- 6 oz. dried whole-grain medium shells or rotini pasta
- 12 oz. lean ground beef
- 1 small yellow or orange bell pepper, chopped
- 1/2 cup chopped poblano pepper or 2 to 3 Tbsp. finely chopped jalapeño pepper
- 1/2 cup chopped onion
- 1 15-oz can reduced-sodium black beans, rinsed and drained
- 1 14.5-oz can fire-roasted diced tomatoes, undrained
- 1 8-oz can tomato sauce
- 3 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- 1 avocado, halved, pitted, peeled, and chopped
- 1/2 cup shredded Mexican blend cheeses
- 1/3 cup plain Greek yogurt
- 1/4 cup chopped fresh cilantro

### Directions:

1. In a 12-inch skillet, cook pasta according to package directions. Drain; set aside. In the same skillet, cook beef, bell pepper, poblano, and onion over medium heat until meat is browned and vegetables are tender, stirring to break up meat as it cooks. Drain off fat.
2. Add beans, tomatoes, tomato sauce, garlic, paprika, and cumin to meat mixture in skillet. Cook and stir until just boiling. Stir in pasta. Heat through.
3. To serve, divide pasta mixture among four serving plates. Top with avocado, cheese, yogurt, and cilantro

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

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