



Live Better Louisiana: Deadline for 2022 Credit is Approaching!

There are only a few weeks left (**deadline August 31, 2021**) to earn your 2022 premium credit! 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 there are no clinic dates and locations available in your area, you can have your doctor complete a Primary Care Provider form, found at info.groupbenefits.org, and fax or mail it to Catapult Health by 5:00 pm August 31st.**

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 (Week)	Location
08/02 - 06/2021	Bienville Building (Baton Rouge) Department of Public Safety (Baton Rouge) Central LA Technical Community College (Alexandria) DEQ - Southeast Regional Office (New Orleans) Supreme Court of LA (New Orleans) DOTD Headquarters (Baton Rouge) Nicholls State University (Thibodaux)
08/09 – 13/2021	Benson Towers (New Orleans) Claiborne Building (Baton Rouge) University of New Orleans (New Orleans) DOTD District 62 (Hammond) Office of Attorney General (Baton Rouge) Child Support Enforcement Center (Lake Charles)
08/16 – 20/2021	Leesville High School - Vernon PSB (Leesville) Court of Appeals 5th Circuit (Gretna) Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge) Capital Area Human Services District (Baton Rouge) DOTD District 07 (Lake Charles) Elayn Hunt Correctional Center (St. Gabriel) DEQ - Southeast Regional Office (New Orleans) DCFS (Shreveport) University of New Orleans (New Orleans) St. Helena Central College and Career Academy - St Helena PSB (Greensburg)
08/23 – 27/2021	Central Louisiana State Hospital (Pineville) Southeastern Louisiana University (Hammond) Alumni Center Iberville Building (Baton Rouge) Nunez Community College (Chalmette) Benson Towers (New Orleans) Northshore TCC Florida Parishes Campus (Greensburg) Baton Rouge Community College (Baton Rouge) LSU Ag Center (Baton Rouge) Central LA Human Services Imperial Calcasieu Admin/DD Office (Lake Charles)
08/30 – 31/2021	1st Circuit Court of Appeals (Baton Rouge) Iberville Building (Baton Rouge)

No-Cost Back-to-School Physicals with Access2day!

Access2day members and their covered dependents can receive school physicals and other exams with no out-of-pocket costs.

Did you know that your employer-sponsored Access2day benefit covers back-to-school physicals for your family? As many schools start returning to the classroom full-time, doctors say it's important for students to get their school physicals to help identify if there are any health concerns that could affect them during the year.

To get a no-cost physical exam for your kids, simply visit your local Access2day clinic and present your membership ID card. **Then, your kids can get their school and sports physicals with no appointment necessary and a short wait time!**

Access2day Health has more than 70 clinics across the state of Louisiana that you can visit for your child's back-to-school physical. To find a list of clinics nearest you, click [here](#).

Don't Forget—You Still Have a Chance to Save \$120

You can save \$120 on your 2022 healthcare costs through the Catapult program when you visit your local Access2day clinic for your annual wellness exam. Catapult is an easy-to-use program that currently has more than 22,000 participants. **To take advantage of this added benefit and savings, get your no-cost annual exam and have your provider complete the [Catapult form](#) by August 31.**

What to Know about Access2day

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 actively lowering your health insurance premiums. You and your covered dependents can visit any Access2day clinic to **receive primary or urgent care with no co-pay, no out-of-pocket expenses, no appointment necessary and a short wait time.**

Access2day Health with the added Catapult program is available to all state employees, retirees and their dependents covered on the Magnolia Local, Magnolia Local Plus, Magnolia Open Access and Pelican HRA1000 health plans.



Pencils, Paper, Pediatrician: Schedule a Back-to-School Checkup

A new school year starting is the perfect time to schedule a checkup for your child. Regular visits help you and your child's doctor make sure your little one is meeting all age-appropriate developmental milestones and gets any needed immunizations on time. You can ask the doctor about any concerns related to your child's learning abilities, academic progress or fitness for sports and group activities at the visit.

In this video, Blue Cross Medical Director Dr. Tracy Lemelle, a pediatrician, explains why it's important for parents to add a checkup to their back-to-school checklist.



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.

August 4th – Motivated Mindset: Sensing Your Way to Calm
August 18th – Romaine Calm: A Day in the Life of a Dietitian
August 25th – Direct from the Doctors: Back to School with Covid-19

OGB Bariatric Surgery Benefit

Beginning August 1, 2021, the Office of Group Benefits will begin offering a bariatric surgery benefit to active and retired state employees. Here's what you need to know:

- Limit of 300 surgeries per year
 - No Surgeries until 1/1/2022
- Member must meet the following criteria:
 - Must be a state employee or retiree with a minimum of 1 year of enrollment in an OGB self-insured health plan
 - Pelican HRA1000, Magnolia Local, Magnolia Local Plus or Magnolia Open Access
 - Pelican HSA775 is **excluded** from this benefit.
 - Have a BMI \geq 40
 - Have a BMI \geq 35 with 2 comorbidities:
 - hypertension, cardiopulmonary conditions, sleep apnea, diabetes or severe osteoarthritis
 - 2021: 5-month preoperative waiting period
 - 2022+: 4-month preoperative waiting period
- Service must be provided at one of 14 accredited facilities within the Blue Cross Blue Shield of Louisiana provider network.
- This is a first come, first served benefit.
 - There will be a waiting list for those who are not part of the first 300 surgeries.
 - The list is also first come, first served.
- There is a cost share for the member:
 - Pre & post-operative services – 20% coinsurance.
 - Surgery - \$2,500 facility copayment and 10% coinsurance for physicians' services.
 - The copayments and coinsurance **DO NOT** accumulate towards the member's deductible amount or out-of-pocket amount.

You can learn more about the benefit and how to enroll in this informational [video](#) on the OGB YouTube channel or submit questions to OGB.bariatrics@la.gov.

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

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Lunchbox Pizza Rollups



These quick & tasty Lunchbox Pizza Rollups are not only kid approved, but are healthy & filling too...

Ingredients:

- 2 Skim Milk Mozzarella Cheese Stick
- 3 tbsp. pizza sauce
- 12-14 slices pepperoni
- 2 (10") soft tortillas

Instructions:

1. Lay tortilla flat. Spread pizza sauce over the tortilla starting with the center and then spread out to about 1" from the edge on all sides. Top the sauce covered tortilla evenly with pepperoni slices. Place the unwrapped mozzarella stick at the end of the tortilla and roll. Place in a sandwich bag or wrap in plastic wrap and pop into the lunchbox. Repeat for second rollup.

Easy Apple Peanut Butter Energy Bites



Easy Apple Peanut Butter Energy Bites, a perfect after school snack for the kids or mid-day pick me up on a busy workday!

Ingredients:

- 1 apple, sliced
- 2 tbsp. peanut butter
- ¼ cup raisins
- 1 tsp. chia seeds

Instructions:

1. Slice apple into 8-9 equal slices. Top each slices with an equal amount of peanut butter, raisins and chia seeds.