



## 6 New Year's Tips to Adopt in 2021

With each New Year we take time to reflect on the last year – what went well, what didn't, and what we hope will happen next – and we resolve to be healthier, kinder, and more active in the coming year. The thing we forget from time to time, buried in all the new-year-new-you rhetoric is taking care of our mental health first and foremost. Below, are six New Year's health tips that are helpful for your mind, body, and soul all at once—each one bringing about a different way to feel better come 2021 (healthier, more active, and stimulated).

1. **Clear clutter** - Look at your surroundings. If you're constantly wading through junk drawers and cabinets stuffed to the brim, it's time to clear the clutter.
2. **Exercise a little bit** - Aim for smaller, attainable wins. Set a reachable daily goal, like walking 10,000 steps per day. There are step-counting apps available to measure how much you walk, and they add up quickly.
3. **And bring a friend** - Working out with a partner improves results and makes the going-to-the-gym experience a more enjoyable one. When you have someone relying on you to do the same, it makes you accountable and more likely to show up for yourself and your partner. Plus, it's more exciting that way. This might not be doable in-person during quarantine, but you can still get a workout buddy to join you for virtual exercise sessions.
4. **Eat mind-boosting foods** - There are tons of essential nutrients you can get from food that support your brain function, manage stress, and just generally make you happier. Adding salmon and fruits like blackberries and blueberries to your diet can help with memory and concentration, as well as staving off possible mood and anxiety disorders. The good news is that brain- and mood-boosting foods also include chocolate and avocados.
5. **Apologize and forgive** - A clear path toward mental fitness is forgiveness. Carrying around resentments and guilt wears us down and, believe it or not, can lead to serious illness. Remember, forgiveness doesn't mean you condone hurtful behavior. Instead, it frees you and allows you to move forward without added baggage.
6. **Learn something new** - Challenge your brain by learning to cook, paint, or speak a new language. Try yoga, meditation, or Tai Chi. Pick something you think would be interesting or useful to learn, and go for it.

## Live Better Louisiana

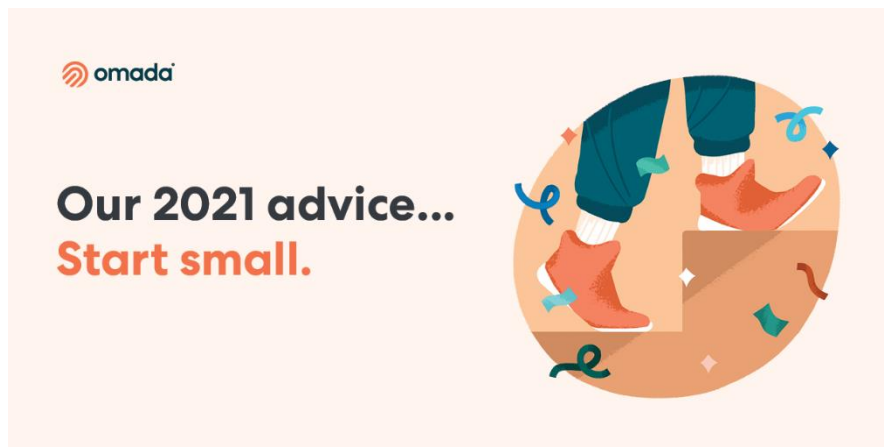
Earn your 2022 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to **a site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through 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
01/04/2021	Washington Parish - Varnado High School (Angie) Washington Parish - Enon Elementary School
01/11 – 15/2021	Washington Parish - Franklinton Junior High School Eastern Louisiana Mental Health System (Jackson) Vernon Parish School Board - Rosepine ES (Rosepine) Ouachita Parish School Board Student Support Services (West Monroe)
01/18 – 22/2021	Student Service Center - Morehouse PSB (Bastrop) DOTD Headquarters (Baton Rouge) Vernon Parish School Board - East Leesville Elementary (Leesville)
01/25 – 30/2021	Probation and Parole (Baton Rouge) DOTD District 58 (Chase) University of New Orleans (New Orleans) Sabine Parish School Board - Florien High School (Florien)



Sometimes, the truth hurts: Most of us will give up on our New Year's resolutions by January 10th. That's right—just 10 days after making them. But breaking down big goals into smaller steps can help you stick to your health goals this new year:

### Losing weight:

If you want to lose X pounds by the end of the year, try setting a weight loss goal for each month—not the entire year.

### Exercising more:

Add some steps to your day by taking a morning or lunch walk around your neighborhood. Mix in a few stretch breaks too!

### Eating healthy:

If you're tired of fruit and nuts as a work snack, try Greek yogurt with cinnamon and berries or a cheese stick with cherry tomatoes.

### Small steps, big changes

Omada® helps you lose weight, gain energy, and improve your overall health, all with a simple app. We'll match you with a health coach you can talk to anytime, anywhere—and you'll never pay a dime.

See if you're eligible for Omada in just 1 minute: [omadahealth.com/ogb](https://omadahealth.com/ogb)

## Louisiana Marathon – 2021

**When:** March 6-7, 2021  
**Where:** The State Capitol  
Downtown Baton Rouge, LA  
**Times:** Saturday: 8 am – 5k and Quarter Marathon  
10 am – Kids Marathon  
Sunday: 7 am – Full and Half Marathon

Louisiana is well known for its festivals, where we celebrate with food, music and dancing. The Louisiana Marathon adds running to that mix for a truly unforgettable weekend. Come run a fast, flat, and fun race course with runners from 50 states and over 36 countries. Then enjoy a true Louisiana Festival featuring local musicians and some of the best southern cuisine around. Participants can choose from a full, half, a quarter marathon, a 5K, and kid's marathon, click [here](#) to register.

**Blue Cross Blue Shield of Louisiana members can receive a 20% discount by entering BCBS25 when registering.**

### Chicken Pot Pie with Biscuits



In this lightened-up recipe for chicken potpie, creamy chicken stew is topped with flaky biscuits for quintessential comfort food.

#### Ingredients: Filling

- 2 tsp. canola oil
- 1 small onion chopped
- 1 16oz. bag frozen mixed vegetables (thawed)
- ½ cup all-purpose flour
- 1 tsp. dried thyme
- 1 14.1 oz can reduced sodium chicken broth
- ¾ cup nonfat milk
- 3 cups chopped, cooked chicken breast
- 1/3 cup chopped parsley
- ½ tsp freshly ground pepper
- ¼ tsp. salt

#### Biscuits

- 1 ¼ cups whole-wheat or white whole-wheat flour
- 1 cup all-purpose flour
- 1 tbsp baking powder
- 1 ½ tsp sugar
- ¼ tsp salt
- 4 tbsp cold, unsalted butter, cubed
- 5 tbsp canola oil
- ¾ cup nonfat milk
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#### Directions:

1. To prepare filling: Heat oil in a large skillet over medium heat. Add onion; cook stirring occasionally, until tender, 3 to 5 minutes. Add vegetables; cook, stirring, until hot, 2 to 3 minutes. Sprinkle with flour and thyme; stir to coat. Add broth and milk and stir until thickened, 4 to 6 minutes. Stir in

chicken, parsley, pepper and salt. Transfer to a 9-by-13-inch baking dish.

2. Preheat oven to 350 degrees.
3. To prepare biscuits: Whisk whole-wheat flour, all-purpose flour, baking powder, sugar and salt in a large bowl. Add butter and rub together with your fingertips until the mixture begins to look like cornmeal. Drizzle with oil and toss to coat. Drizzle with milk and mix together. Turn dough out onto a lightly floured surface and knead a few times. Roll or pat the dough into a 10-by-6-inch rectangle, then cut into 6 biscuits. Place biscuits on top of the filling with equal space in between (they will only partially cover the top).
4. Bake the potpie until it is bubbling around the edges and the biscuits are light brown, about 38-40 minutes. Let cool 10 minutes before serving.

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