



COVID-19 – How to Mentally Recharge

The COVID-19 pandemic has temporarily changed the way we work and live, go to school, and spend time together. One of the best things you can do to help prevent the spread of COVID-19 is to stay home. If you have to go out, social distance from others and always wear a mask. While this is the right thing to do, it can have an effect on your mental well-being. As we all adapt to recent events, it's natural to feel stress, worry, and even anger. That's why learning how to deal with difficulties in healthy ways and bounce back from hardship is key.

Below are some tips to help you maintain your mental well-being and mentally recharge from COVID-19:

1. **Stick to a Routine** – Try to maintain as much normalcy as possible. If you can't get to the gym for a workout, try an in-home workout. There are many online workouts available to fit every skill level. If your children are still learning from home, try to follow the same routine they would have if they were physically in the classroom. Try to limit screen time and incorporate outdoor learning time.
2. **Sleep Well** - If you are working from home, try to maintain your sleep schedule as if you are going to the office each day. Sleeping in or staying up late can be tempting, but keeping your normal routine will help keep your mind fresh for each new workday.
3. **Go Outside** – Take a walk around your neighborhood. Move your workspace outside. Being in the sun exposes you to Vitamin D. Many people are vitamin D deficient, so any time spent outside can help, especially as temperatures start to warm up.
4. **Unplug and Don't Obsess** – It is easy to become overwhelmed by watching the news and checking for updates on the situation surrounding COVID-19. It is important to stay informed, but not obsess. Instead of watching the news all day, check-in periodically or once in the morning and once at night.
5. **Practice Positivity and Gratitude** – Take a step back and focus on the positive. Taking five minutes each day to write down things you are grateful for can lower stress levels and create a positive mindset.

Overall, your mental well-being plays a huge role in your health. Make sure it is prioritized.

Spring Forward

Daylight-saving time begins Sunday, March 14 and while moving the clock forward an hour gives us those long summer nights we enjoy in south Louisiana, waking up on Monday morning may not be so easy. These sleep tips can help you spring forward easily and sleep better all year long:

- **Gradually Transition into the Time Change** – Go to bed 15 minutes early, starting several days before the time change.
- **Keep Regular Sleep Hours** – Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep.
- **Get Some Exercise During the Day** – Moderate exercise, like walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more.
- **Avoid Stimulating Substances** – Alcohol and caffeine can interfere with sleep. Try to avoid alcohol and caffeine for 4 to 6 hours before bedtime. Smokers should also avoid tobacco too close to bedtime.
- **Eat Lightly at Night** - Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed.
- **Relax Before Bed** - Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead.

5 Facts About the COVID-19 Vaccine

As of March 1, more than 75 million doses of COVID-10 vaccines have been administered in the United States, reaching 13.9% of the total U.S. population, according to federal data collected by the Centers for Disease Control and Prevention. The U.S. is currently administering over 1.5 million shots a day. Vaccine distribution began in the U.S. on Dec. 14, 2020.

Get the facts about the vax! This video outlines five facts to address common questions or myths about the COVID-19 vaccine. Blue Cross and Blue Shield of Louisiana urges everyone to get the vaccine as soon as you are able.

Learn more: <https://brcovidsafe.com>



It's easy to protect your health with Blue Cross and Catapult Health

With just one quick checkup, you can get a free, preventive health exam AND earn a credit toward next year's health insurance premium. [Watch this video](#) to learn what a checkup includes.

OGB members with Blue Cross health plans can earn a \$120 premium credit on next year's health insurance premium. You just have to have a Catapult Health preventive exam this year. You have until **Aug. 31, 2021**, to get your checkup.

Taking part in a Catapult Health clinic is just as safe as going to your doctor's office. All Catapult technicians follow strict rules to keep you safe. You will meet with a certified Nurse Practitioner through a secure online portal, limiting the number of people onsite. Please wear a mask and do not attend your appointment if you feel sick.

Visit www.timeconfirm.com/OGB to schedule your appointment. If there are no appointments currently available at your workplace or in your area, please check again. Catapult adds new appointments as clinics are planned.

If you got your premium credit for a prior year, you will need to earn it again for 2022. To get your checkup, you must be the primary member on a 2021 OGB Blue Cross plan that is in effect at the time of the checkup. To get the credit, you must be the primary member on an OGB Blue Cross policy in 2022.

If you cannot come to a Catapult Health clinic in person OR are pregnant, visit www.bcbsla.com/OGB. Then scroll down to OGB Customer Forms, select and download the Catapult Expectant Mother or Catapult Health Primary Care Provider form. Follow the instructions on the form.

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
03/01 - 05/2021	University of Louisiana at Monroe (Monroe)
	Probation and Parole (Amite)
	State Treasurer's Office (Baton Rouge)
	Vernon Parish School Board - Pickering HS & ES (Leesville)
03/08 – 12/2021	East Baton Rouge Housing Authority (Baton Rouge)
	Bienville Building (Baton Rouge)
	Southeastern Louisiana University (Hammond) Alumni Center
	Probation and Parole (Shreveport)
	Vernon Parish School Board - Hicks HS (Leesville)
	University of New Orleans (New Orleans)
	Franklinton Elementary School - Washington PSB (Franklinton)
03/15 – 19/2021	Washington Parish - Franklinton High School
	University of Louisiana at Monroe (Monroe)
	Claiborne Building (Baton Rouge)
	Nicholls State University (Thibodaux)
	Pointe Coupee PSB Central Office (New Roads)
	Louisiana Public Broadcasting (Baton Rouge)
03/22 – 26/2021	State Archives Building (Baton Rouge)
	Probation and Parole New Orleans District
	Ouachita Parish School Board Central Office (West Monroe)
	University of Louisiana Lafayette (Lafayette)
	Delgado CC West Bank Campus (New Orleans)
	Louisiana Tech University (Ruston, LA)
	Pinecrest Supports and Services Center (Pineville)
03/29 – 31/2021	Washington Parish - Thomas Elementary School
	4th Circuit Court of Appeal (New Orleans)
	Washington Parish - Mt. Hermon School
	St. Tammany Economics Stability/Child Welfare Office (Covington)
	Central LA Technical Community College (Alexandria)
	Dept. of Agriculture and Forestry (Haughton)
Coastal Protection and Restoration Authority Headquarters (Baton Rouge)	
Mangham High School - Richland Parish (Mangham)	
DOTD District 02 Crescent City Connection Division (New Orleans)	

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.

One Skillet Beef tips with Peppers and Onions



This easy one skillet recipe for beef tips with peppers and onions is hearty, full of flavor, and exactly what you need for a quick weeknight dinner. Not only is this recipe easy and delicious, it is also Whole30 compliant, Paleo friendly, and gluten free. It is sure to be a new family favorite.

Ingredients:

- 1 ½ tbsp. GHEE or avocado oil
- 1 Lb. sirloin steak, cut into small bite sized pieces
- 2 tsp salt
- 1 tbsp. apple cider vinegar
- 3 cloves minced garlic
- 1 red bell pepper, diced into large chunks
- 1 orange bell pepper, diced into large chunks
- ½ yellow onion, sliced
- 1 ½ cups sliced baby bella mushrooms
- ¼ cup sliced green onion, for garnish

Directions:

1. Add the steak to a mixing bowl and season with salt and pepper. Stir until well combined.
2. Heat a large skillet over medium-high heat. Once the skillet is hot, add the ghee or avocado oil. Next add the steak bites into the skillet and cook for 3-5 minutes until browned on all sides. Remove meat from the pan and set aside.
3. Add the apple cider vinegar to the skillet to deglaze the pan. Then, add the garlic, onion, mushrooms and diced peppers. Cook the veggies for 10-12 minutes until the sliced onion is translucent and the bell peppers are tender yet crisp.
4. Add the steak and its juices back to the skillet. When the beef is back in the pan, give everything a good stir until well combines and cook for 2-3 more minutes until the steak is hot.
5. Remove the skillet from the heat and garnish with fresh green onion before serving.

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