



## November is Diabetes Awareness Month

Diabetes is a constant battle, not only for those diagnosed, but for their loved ones, caregivers, and health care providers. With the guilt, the blisters, the numbers, the sleepless nights—it's no wonder it seems impossible that there are good days ahead. Now is the time to take charge. One in three people in the United States has prediabetes, step up and educate yourself to be aware of how diabetes affects you. Click [here](#) to learn more about the different types of diabetes.

### Know Your Diabetes Risk

Do you know your diabetes risk? Early detection of diabetes is proven to prevent life-altering complications like stroke, vision impairment, and kidney disease. Click [here](#) to take the diabetes risk test, for you or someone you care for.

### Diabetes Management Made Easy

The right diabetes management tips can be the difference between struggling and thriving. Incorporate diet, exercise, medication, and more into your daily routine. The American Diabetes Association is there for you – whether you're newly diagnosed, caring for someone with diabetes. Click [here](#) for ways to make managing diabetes easier.



## Live Better Louisiana

Thank you to everyone who participated in the Live Better Louisiana program this year. The deadline for the 2022 premium credit discount has passed and we will begin working with Blue Cross and Catapult to notify those of you who qualified. If you did not participate this year, we are in the process of scheduling clinics for the 2023 plan year credit. Stay tuned for more information!

## Cracking Access2day Health Myths

Did you know that you could get a no-cost annual wellness exam or physical for your covered dependents with your Access2day Health membership?

In this article, we're breaking down the common misconceptions about Access2day Health so that you can get the most out of this pre-paid, added benefit from the Office of Group Benefits.

### 1. **Myth: Access2day Health membership doesn't cover annual wellness exams.**

Your Access2day membership covers the full scope of primary, urgent and preventative care with no co-pay, no out-of-pocket expenses, no appointment necessary and a short wait time! This means you can get no-cost annual wellness exams, sports physicals, flu shots, allergy treatment and more at any Access2day Health clinic. For a full list of services, visit <https://access2dayhealth.com/index.php#services>.

### 2. **Myth: Access2day Health replaces your primary care physician (PCP).**

You can visit an Access2day clinic for your primary or urgent care needs, but this does not mean you have to stop visiting your PCP. Access2day is simply another option that allows you and your covered dependents to receive care with no appointment necessary if you need care and can't see your PCP.

### 3. **Myth: The Access2day Health program is only for when you're sick.**

While Access2day is a great way to receive the primary or urgent care you need when you are sick, you can still take full advantage of your membership even if you never feel ill. Your Access2day benefit is a convenient way to receive preventative care and keep up with your health. You can visit a clinic for a flu shot, to monitor your blood pressure or a basic check for kidney and thyroid function—at no cost to you.

Access2day Health is a cost-savings tool available to you and your dependents covered on the Magnolia Local, Magnolia Local Plus, Magnolia Open Access or Pelican HRA1000 health plans that saves you money every time you visit a clinic.



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.

**Nov. 17** – Keeping Up with Your Healthcare: Maternal Health Programs

### Alzheimer's Awareness Month

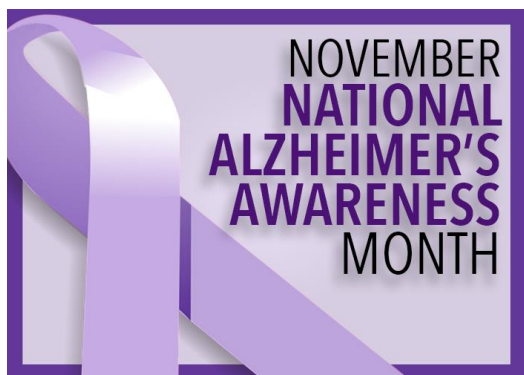
Alzheimer's disease is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States. Although those age 65 or older are more likely to develop Alzheimer's disease, there are thousands under the age of 65 who have early onset Alzheimer's.

While there are no drugs or treatments to cure Alzheimer's disease, there are treatments that can slow down its progression. Part of awareness is knowing the symptoms, so you can know whether a loved one may be developing it. Those symptoms include:

- **Memory Loss**
- **Trouble Planning or Solving Problems**
- **Confusion with Time or Place**
- **Misplacing Things & Unable to Retrace Steps**
- **Mood & Personality Changes**

Although there is no cure for Alzheimer's disease, there are things you can do to help a loved one, especially if the disease is still in its early stages:

- **Keep a Daily Routine**
- **Don't Overstimulate**
- **Be Reassuring**
- **Don't Yell or Argue**



### Health Plan Shopping Is Like Visiting a Car Lot

OGB annual enrollment ends Nov. 15. If you still aren't sure what to choose, this video may help. Blue Cross and Blue Shield of Louisiana Healthcare Economist Mike Bertaut walks us through terms we need to know as we go health plan shopping. Learn more at [www.straighttalkla.com](http://www.straighttalkla.com)



### Chicken, Sausage and Peppers



This is a great winter soup. Make it as spicy as you want. It's also a great way to get rid of leftover Thanksgiving turkey.

#### Ingredients:

- |                            |                           |
|----------------------------|---------------------------|
| 1 large onion, sliced      | 2 ½ cups chopped turkey   |
| 1 green bell pepper, cubed | 3 cups vegetable juice    |
| 2 cups chicken stock       | Hot pepper sauce to taste |
| 1 clove garlic, minced     | 1 tbsp. lime juice        |
| 1 cup chunky salsa         | Salt & pepper to taste    |

#### Instructions:

1. Place a heavy pot over high heat. Add the onion and bell pepper; cook 2 to 3 minutes without stirring until browned. Immediately pour in the chicken stock, and stir to release vegetables from the bottom of the pot. Reduce heat to low. Stir in the garlic, turkey, salsa, vegetable juice, hot pepper sauce, and lime juice. Simmer over medium heat until heated through, about 15 minutes. Season to taste with salt and pepper.





# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

### Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.

### Microwave:

Cook immediately after thawing.

### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

### DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



## Clean



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

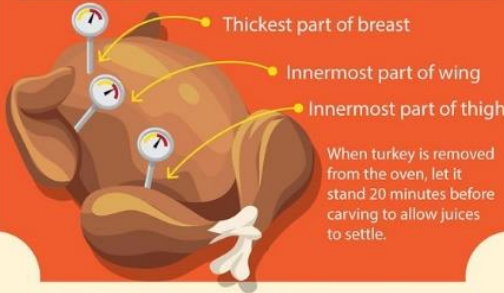
**SO DON'T WASH YOUR TURKEY!!**

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.



When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## SEPARATE



Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.



Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [Pregunteleakaren.gov](http://Pregunteleakaren.gov) for questions in Spanish.





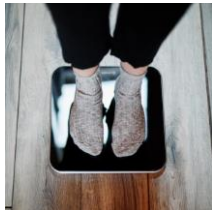
## Stay healthy during the holidays

In less than 10 minutes a day, get a healthier you from anywhere at any time. All at no cost to you.

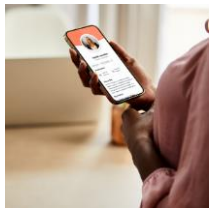
Learn more at: [omadahealth.com/ogb](https://omadahealth.com/ogb)

Celebrate the holidays *and* feel good with Omada®. Our dedicated team of healthcare professionals is here to help you make healthy choices that fit your life and keep you accountable to your goals.

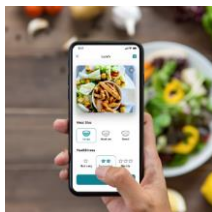
### What you'll get with Omada\*:



- Wireless smart scale and any necessary connected devices, delivered to your door



- A dedicated health coach & care team
- Interactive weekly lessons



- A healthier lifestyle in 10 minutes a day
- Long term results through changes to habits and behavior

Get started at [omadahealth.com/ogb](https://omadahealth.com/ogb)

If you or your adult family member are enrolled in an Office of Group Benefits Blue Cross® and Blue Shield® of Louisiana health plan and at risk for type 2 diabetes or heart disease, the Office of Group Benefits, in partnership with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program.

*\*Some of the program features described in this email are specific to certain Omada programs. Certain connected devices provided by Omada as a part of an Omada program are only available to members who meet certain program and clinical eligibility.*



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

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