



Live Better Louisiana: Deadline for 2022 Credit is Extended for Hurricane Ida Victims.

Due to Hurricane Ida, OGB has made the decision to extend the deadline for the 2022 wellness credit to **November 15, 2021** for members living in **Southwest Jefferson, Lafourche, St. Charles, St. James, St. John and Terrebonne Parishes**. Members can have your doctor complete a Primary Care Provider form, found at info.groupbenefits.org, and fax or mail it to **OGB by November 15, 2021**. Fax: 225-342-9917 or Mail: OGB, Attn: Customer Service, P.O. Box 44036, Baton Rouge, LA 70804.

Live Better Louisiana Screenings Available at Access2day!

Members in the above mentioned parishes may also visit their local Access2day clinic for their no-cost annual wellness visit before November 15th to receive a \$120 discount on your 2022 health insurance costs through the Catapult program.

Flu & COVID-19 Vaccines – Why You Need Both

Both the flu vaccine and COVID-19 vaccine will help keep you—and those around you— stay protected as the pandemic continues.

In the recent Access2day member webinar, Rubin Patel, M.D., chief medical officer, and founder of Patient Plus Care in Baton Rouge, spoke on why the flu shot is important during the pandemic. According to Dr. Patel, “Getting the flu shot can reduce your chances of getting the flu by 40% to 60%.” If you missed Dr. Patel’s important message, watch the webinar recording [here](#).

Access2day is making it easier than ever to get your flu shot this year with convenient state office building locations in Baton Rouge on select dates in October or by visiting your local Access2day clinic.

Get Vaccinated at Your Local Access2day Clinic

If you can’t get to an on-site location in Baton Rouge, flu vaccines are always available at no cost to all state employees, retirees, and their covered dependents through the Access2day Health program. Members can visit their local Access2day clinic to receive their flu shot with no co-pay or out-of-pocket expenses. Some Access2day clinics are providing COVID-19 vaccines as well. Call your local clinic in advance to verify COVID-19 vaccine availability and to help clinics follow proper COVID-19 procedures. To find a clinic near you, download the Access2day Health Clinic Finder app or click [here](#).

Get Vaccinated On-Site at Three Convenient State Office Locations in Baton Rouge

Access2day Health is offering free flu shots at three convenient state offices in the Baton Rouge area October 12-14. Visit one of these locations for your free seasonal flu shot:

DOTD Auditorium

October 12 & 13
10:00am - 2:00pm

Claiborne Building – Thomas Jefferson Room 136-C

October 12-14
10:00am - 2:00pm

DPS Cafeteria

October 12-14
10:00am – 2:00pm

What to Know about Access2day

Access2day saves you money every time you visit the clinic. You and your covered dependents can visit any Access2day clinic to **receive primary or urgent care services with no co-pay, no out-of-pocket expenses and no appointment is necessary**. Access2day is available to all state employees, school board employees, as well as retirees and their families covered on the Magnolia Local, Magnolia Local Plus, Magnolia Open Access and Pelican HRA1000 health plans.



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.

Oct. 6th – Direct from the Doctors with Dr. Emily Vincent and Dr. Tracy Lemelle

Oct. 13th – Motivated Mindset with Avis Brown, Licensed Clinical Social Worker

Oct. 20th – Pharmacy Strong with our Care Team and Fraud Team to discuss medication management and Drug Take Back Day on October 24

Oct. 26th – Romaine Calm and Carrot On: Sugars and Spices with Registered Dietitians Laura Vidrine and Katherine Langlois

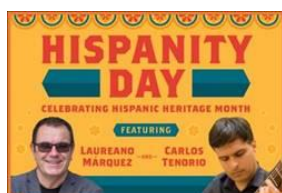
October 26th – Medicare Made Easy: 10 am via Facebook
Annual Enrollment for Medicare is now and our Medicare Experts Ann Booth & Mike Bertaut are here to help. This session will focus on ways to prevent fraud and protect your identity for older Americans.

October 28th – Conversando Francamente 2: 6 pm via Facebook or Zoom

Conversando Francamente 2: Sobre La Vacuna COVID,” a special online event, where our experts will answer questions or address concerns about the current state of Covid-19 hosted by Blue Cross leaders Anselmo Rodriguez,

head of the Blue Cross Hispanic Americans Employee Resource Group and Hispanic Chamber of Commerce of Louisiana board member and Healthcare Economist Michael Bertaut.

October 12th – Hispanity Day: 11 am via Zoom or Facebook
Celebrate Hispanity Day with us at 11 a.m. (Central Time) on Tuesday, Oct. 12. Speaker, historian and humorist Laureano Márquez will share *The Historical and Cultural Importance of October 12, 1492*, and Carlos Tenorio will perform musical pieces composed or arranged for classical guitar that represent Spain and North, Central and South America. The presentation will be in Spanish with English translation options. You can join from our Blue Cross Facebook page (<https://www.facebook.com/events/241346134669221>) or via Zoom (<https://bit.ly/HispanityDay>).



Keep Up with Your Care

Stay on top of your health by scheduling your annual wellness visit. An annual wellness visit is important to check up on your health and catch any problems early when they are often easier to treat. For more information, visit <https://www.bcbsla.com/keepupwithcare>.



1 Million Steps 2 Safety Virtual Walk, Run & Bike Steps Challenge

The National Highway Traffic Safety Administration has designated October as Pedestrian Safety Month. The Louisiana Highway Safety Commission in partnership with Louisiana Department of Health Own Your Own Health will be hosting our second annual **1 Million Steps 2 Safety Virtual Walk, Run & Bike**.

In Louisiana in 2020, 649 pedestrians, pedal cyclists, and motorcyclists were involved in severe and fatal crashes (CARTS). 1 Million Steps 2 Safety is intended to get people out, moving, and provide our vulnerable road users safety tips on how to safely navigate the roadways.

From October 1st through November 1st, you can visit www.oyohla.com and choose the **OYOHLA group** to sign up. Steps and workouts are automatically tracked with Fitbit or Google Fit app. The website also allows you to manually input other activities such as Zumba classes, weight lifting, cycling, gardening, etc. and it will calculate the time you performed the workout into steps.



Halloween Health and Safety Tips



Fall celebrations like Halloween are fun times for children and adults alike. Dressing up in costumes, enjoying parties and eating yummy treats are something to look forward to. This is also a time to think about giving and receiving healthy snacks, physical activity and focusing on safety. Check out these tips to help make your festivities fun and safe for trick-or-treaters and party guests:

S

Swords, knives, and other costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

A

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

October: National Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most frequently diagnosed cancer in women. It is also the second-leading cause of cancer death in women (after lung cancer).

Getting a mammogram is the most important action women can take to find breast cancer early – before physical symptoms develop – when the disease is most treatable. Regular mammograms can help find breast cancer at an early stage, when treatment is most successful.

If a woman is at high risk for breast cancer – because of family history, a genetic tendency, or certain other factors – the American Cancer Society recommends screening with an MRI along with a mammogram. These women might also need to start screening at a younger age. A woman at high risk should talk with her health care provider about:

- Her medical history
- Whether she should have an MRI along with each mammogram
- What age she should start screening.

Women can also help reduce their breast cancer risk by making healthy lifestyle choices, such as getting to and staying at a healthy weight, being physically active on a regular basis, and limiting their alcohol intake to no more than one drink per day.

For more information on how you can stay well, visit the American Cancer Society website at cancer.org/breastcancer or call 1-800-227-2345.



Chicken, Sausage and Peppers



This quick-fix meal is ready in 35 minutes. Add sweet Italian sausage to the skillet or make it chicken-only.

Ingredients:

| | |
|---------------------------------------|--|
| 2 tbsp. Butter | 2 bell peppers, cut into 1-inch pieces |
| ¾ lb. smoked sausage, cut into chunks | 3 cloves minced garlic |
| ¾ lb. chicken breast, cut into chunks | ½ c dry white wine |
| Kosher salt and black pepper | ¾ c chicken broth |
| 1 tbsp. flour | ¼ c chopped parsley |
| 1 small onion, chopped | 2 pickled cherry peppers, chopped, plus 2 tbsp. of liquid from jar |

Instructions:

1. Heat 1 tablespoon butter in a large skillet over medium-high heat. Cook the sausage until golden, about 2 minutes. Season the chicken with salt and pepper, then toss with the flour in a bowl; add to the skillet and cook until browned but not cooked through, about 3 minutes.
2. Add the onion, peppers, garlic, 1/2 teaspoon salt, and pepper to taste and cook 3 minutes. Add the wine, scraping up any browned bits; bring to a boil and cook until slightly reduced, about 1 minute. Add the broth and bring to a gentle simmer. Cover and cook until the sausage and chicken are cooked through, about 5 minutes.
3. Transfer the chicken, sausage and vegetables to a platter with a slotted spoon. Increase the heat to high and stir the parsley and cherry peppers and their liquid into the skillet; boil until reduced by one-third, 2 to 3 minutes. Remove from the heat and stir in the remaining 1 tablespoon butter. Pour the sauce over the chicken mixture.

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

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