



Live Better Louisiana: Deadline for 2022 Credit is Extended!

Due to Hurricane Ida, OGB has made the decision to extend the deadline for the 2022 wellness credit to **September 30, 2021**. 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 September 30th.**

Available dates and times for appointments can be found at www.TimeConfirm.com/OGB or by calling **1-877-841-3058**.

Live Better Louisiana Screenings Available at Access2day!

Visit your local Access2day clinic for your no-cost annual wellness visit before **September 30th** to receive a \$120 discount on your 2022 health insurance costs through the Catapult program.

Catapult is an easy-to-use program that currently has more than 22,000 participants. When you visit your local Access2day clinic for your annual wellness exam, be sure to have your provider complete the Catapult form and send it to Catapult by September 15th to receive your monthly savings for the 2022 plan year.

Blue Cross Case Management Can Help You Navigate Care

Blue Cross and Blue Shield of Louisiana has a Case Management program that provides help when you or a family member have a complex medical condition, or a catastrophic illness or accident.

Our nurses have experience with cancer treatment, transplants, high-risk pregnancy, children with special needs, traumatic injuries and other conditions.

What can the program do for you? Our nurse case managers can help you coordinate your healthcare services and serve as an advocate for your healthcare needs. We can provide you with educational materials and information about community-based resources. The program promotes a healthy lifestyle. We will help you set positive healthcare goals and coach you to reach them.

Ready to Get Started? To see if you are eligible and get started, call one of our health coaches, Monday — Friday, 8 a.m. - 5 p.m. at 800-363-9159.



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.

Sept. 9th – 6pm Conversando Francamente 2: A Candid Conversation about the Covid Vaccine in English with a Spanish interpretation option.

Zoom: www.bit.ly/conversando9

Facebook: <https://www.facebook.com/events/148949500713263>.

Sept. 18th – Motivated Mindset: You are Stronger Than Stress

Sept. 21st – 10am Medicare Made Easy: Annual Enrollment Educational event

Sept. 25th – Romaine Calm and Carrot On: Healthy Eating

Sept. 29th – Keeping Up With Healthcare

September is National Childhood Obesity Awareness Month.

Did you know that Louisiana ranks sixth nationally for prevalence of childhood obesity?

Help us to change that ranking by starting the school year with a healthy habit scientifically proven to help reduce your child's risk of obesity - **Limiting screen time!**

But how much is too much?

We recommend following the American Academy of Pediatrics' guidelines.

For children up to 18 months: avoid the use of screen time except for video chatting.

For children 18-to-24 months old: Limit screen time to 1 hour per day and choose high-quality interactive and educational programming (like [PBS kids](#)).

- It helps if you watch with your children to help the children understand what they are seeing.

For children 2 to 5: Limit screen time to 1 hour per day of high-quality programs.

For children 6 and older: Set consistent limits on the time spent using media and **on** the types of media. *If your child has overweight or obesity, limit to no more than 1 hour per day.*

- Make a family media plan for free at [AAP Media Plan](#).
- Don't let screen time take the place of adequate sleep, physical activity and other essential health behaviors.
- Designate media-free times together, such as [dinner](#) or driving, as well as media-free locations at home, such as bedrooms.
- Having a TV in your child's bedroom increases his or her risk of developing obesity.
- Eating meals at the table as a family helps promote healthy family relationships, speech development for younger children and decreases the risk of obesity for all family members.

For more from the AAP, click [here](#) and [here](#). Let's use this month to establish habits that can improve our children's health!

Access2day COVID-19 Update

Access2day Health clinic locations are still open, providing primary and urgent care treatment to members and following all CDC guidelines as COVID-19 cases continue to increase. Access2day clinics are safe options for members to receive treatment with no out-of-pocket costs.

No appointment is necessary for treatment. However, Access2day is asking members to please call ahead before visiting their local clinic so the clinics can follow proper COVID-19 procedures. Clinic contact information can be found [here](#) or in the Access2day Clinic Finder App. Members may be asked to wait in their car if they are experiencing symptoms of COVID-19.

Access2day clinic providers can also help members find testing and vaccination locations. To learn more about Access2day clinic procedures for COVID-19, visit <https://access2dayhealth.com/index.php>.

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.

Watermelon Salad with Cucumber & Mint



This cool, refreshing salad will help stretch summer out a little longer.

Ingredients:


- 4 cups watermelon cut into ½ inch cubes
- 1 medium cucumber, peeled and cut into ½ inch cubes
- ¼ cup sliced fresh mint
- ¼ cup pistachios, roughly chopped
- 3 oz. (about ½ cup) feta cheese crumbles
- Salt to taste

Instructions:

1. Combine all ingredients.
2. For best flavor, and to allow pistachios to soften, prepare a few hours ahead of time and store in the refrigerator until ready to serve.

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