



April is Distracted Driving Awareness Month

April is Distracted Driving Awareness Month and new NSC estimates show that our roads are the most dangerous they've been in years; on a typical day, eight people are killed and hundreds more are injured in distraction-affected crashes.

Each death or injury is 100% preventable. From cell phones to dashboard infotainment systems to evolving voice command features – all pose a threat to our safety. Just one second of your attention is all it takes to change a life forever.

To put it in perspective, here are a few myths and realities of distracted driving:

- 1. Myth** – Drivers can multitask.
Reality – The human brain **cannot do two things at the same time** – like watch tv and hold a phone conversation. **The same is true when driving** and talking on your phone. The brain switches between the two tasks which **slows reaction time**.
- 2. Myth** – Talking on a cell phone is just like speaking to a passenger.
Reality – Backseat drivers are good for you. **Adult passengers help the driver and alert drivers to traffic problems**. People on the other end of phones **can't see what's going on!**
- 3. Myth** – Speaking hands-free is safe to use while driving.
Reality – Drivers talking on cell phones **can miss seeing up to 50% of their driving environments**, including pedestrians and red lights.
- 4. Myth** – I only use my phone at stop lights so it's ok.
Reality – Even at stop lights, it is important to remain an attentive driver. For example, a recent AAA study shows that people are **distracted up to 27 seconds after** they finish sending a voice text.
- 5. Myth** – Voice-to-text is safe to do while driving.
Reality – It is actually still VERY distracting. You're not mentally distracted, but you're visually distracted due to common autocorrect errors.

Allergies or Illness? How to Tell

With spring in swing, many of us are experiencing coughing, sneezing, sore throat, itchy eyes and more. Beyond being uncomfortable, these symptoms can easily be confused with other illnesses like cold, the flu, or worse, Covid-19.

Here's a handy chart to check your symptoms before seeking care:

Symptom	Cold	Allergy
Cough	Often	Sometimes
Aches	Sometimes	Never
Fatigue	Sometimes	Sometimes
Fever	Rarely	Never
Itchy, watery eyes	Rarely	Often
Sore throat	Often	Sometimes
Runny or stuffy nose	Often	Often

Whatever the outlook—with Access2Day, you can be sure of what you're dealing with and get the treatment you need to feel better today.

Find your nearest clinic at <https://access2dayhealth.com/locations.php>.



BCBSLA Livestream – Preventing Fraud

April 27, 2022 – 12:00 PM

Register to join via ZOOM:

<https://bit.ly/MMEOnlineEducation> or on our BCBSLA Facebook page.

Live Better Louisiana

Earn your 2023 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 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, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **September 30, 2022** to get your preventive health checkup in order to be eligible for the 2023 wellness credit!

Live Better Louisiana Clinics

Date (Week)	Location
04/01/2022	LaSalle Building (Baton Rouge) South Louisiana Community College (Lafayette) Imperial Calcasieu Admin/DD Office (Lake Charles)
04/04 – 08/2022	Sabine Parish School Board - Central Office (Many) LA Retirement Systems Building TRSL (Baton Rouge) LaSalle Building (Baton Rouge) Jackson PSB - Quitman High School (Quitman) South Central LA Human Services Authority (Houma) EMPLOYEES ONLY Pinecrest Supports and Services Center (Pineville) Central Office - Jackson Parish School Board (Jonesboro) Franklinton Elementary School - Washington PSB (Franklinton) State Military Department (New Orleans) DEQ - Southeast Regional Office (New Orleans) Vernon Parish School Board - North Polk Elementary School (Fort Polk) Child Support Enforcement Center (Lake Charles) University of New Orleans (New Orleans) Vernon Parish School Board - Pitkin HS (Pitkin) Vernon Parish School Board - Vernon Middle School (Leesville) Beauregard Parish School Board - East Beauregard HS (DeRidder) Jackson PSB - Weston High School (Jonesboro) Washington Parish - Franklinton Junior High School
04/11 – 14/2022	Northwestern State University (Natchitoches) DOTD District 45 (Baton Rouge) University of Louisiana Lafayette (Lafayette) Kelly Early Childhood Center (Columbia, LA) Caldwell Parish Junior High (Columbia, LA) Delgado CC Charity School of Nursing (New Orleans)
04/18 – 22/2022	Claiborne Building (Baton Rouge) Department of Agriculture and Forestry (Baton Rouge) River Parishes Community College (Gonzales) Supreme Court of LA (New Orleans) DCFS (Livingston) Delgado CC Sidney Collier College (New Orleans) Denham Springs Junior High - Livingston PSB (Denham Springs) ULL New Iberia Research Center (New Iberia) Nicholls State University (Thibodaux) State Military Department (Carville)
04/25 – 29/2022	DOTD District 05 (Monroe) LDH - Office of Public Health (New Orleans) Delgado CC West Bank Campus (New Orleans) Bossier Parish Community College (Bossier City) Vernon Parish School Board - Central Office (Leesville) Northwest Louisiana Human Services District (Shreveport) Southeast Louisiana Veterans Home (Reserve) Delgado CC City Park (New Orleans) Mangham High School - Richland Parish (Mangham)

Stress Awareness

Stress can affect your mental health, physical health and emotional well-being. While some stressors may be unavoidable, the way we cope with stress can affect the outcome.

The best thing you can do to prevent stress overload and the health consequences that come with it is to know your stress symptoms and learn how to avoid and manage them in a healthy way. Here are some healthy ways to manage stress:

- **Avoid drugs and alcohol:** They may seem to be a temporary fix to feel better, but in the long run drugs and alcohol can create more problems and add to your stress – instead of taking it away.
- **Find support:** Seek help from a partner family member, friend, counselor, doctor, or clergy person. Having someone with a sympathetic, listening ear and sharing about your problems and stress can really lighten the burden.
- **Connect Socially:** After a stressful event, it is easy to isolate yourself. Make sure that you are spending time with loved ones. Consider planning fun activities with your partner, children, or friends.
- **Take care of yourself:** Eat a healthy, well-balanced diet; Exercise regularly; Get plenty of sleep; Give yourself a break if you feel stressed out – for example, treat yourself to a therapeutic massage; and maintain a normal routine
- **Stay active:** You can take your mind off your problems with activities like helping a neighbor, volunteering in the community, and taking the dog on a long walk. These can be positive ways to cope with stressful feelings.
- **Recognize when you need more help:** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

Safe and Healthy Easter Tips

Easter, a joyful celebration for many, is quickly approaching. To ensure your family, friends and coworkers have a safe Easter holiday, keep the following safety tips in mind.

1. **Be Mindful of Choking Hazards** – Small candy and toys with small pieces are choking hazards for kids. Give out age-appropriate candy and toys and keep an eye on little ones at all times.
2. **Practice Egg Safety** - Eggs are a potentially hazardous food that can carry and spread disease-causing bacteria if not stored or cooked properly. To promote egg safety during your Easter celebration, put the following tips into practice:
 - a. Always keep eggs refrigerated before boiling them for Easter decorating or painting.
 - b. Don't eat or cook eggs that are cracked or have been unrefrigerated for more than two hours.
 - c. If decorated eggs are left at room temperature for hours or days, do not eat them.
 - d. Always wash your hands when handling eggs, especially between cooking, cooling and dyeing.
3. **Hunt Safely** – Plan a safe Easter egg hunt. Do not hide eggs near electrical outlets or light sockets, around glass, in plants that have thorns or in holes in the ground. Additionally, be mindful of children's age differences when planning egg hunts. If there is a risk of older, bigger children accidentally hurting smaller, younger children during the hunt, consider having separate egg hunts for different age groups.
4. **Be Careful with Easter Critters** – Avoid purchasing animals as Easter gifts. Chicks and bunnies may be cute and cuddly, but they can carry bacteria that can make your child sick. Children do not have fully developed immune systems, which means they face a higher risk of illness than adults. If your children touch any type of pet, teach them to wash their hands before touching food or their eyes or mouth.
5. **Keep Food Allergies in Mind** – Protect family members and friends who have food allergies. Candy that is free of dairy, peanuts and gluten is readily available at most grocery stores. Additionally, snacks like popcorn, gummy bears, and cheese crackers are great alternatives to products that contain chocolate or nuts.



Crispy Shrimp Cakes with Smoky Tomato Aioli



These tender, golden shrimp cakes, inspired by the flavors of Spanish tapas, are deceptively easy to pull together. Plus, you can make them ahead and simply reheat.

Ingredients: Crispy Shrimp Cakes

- 2/3 cup bread crumbs
- 3 green onions, roughly chopped
- 1/2 cup parsley roughly chopped
- 1 egg
- 1 tsp lemon zest
- 1 Tbsp lemon juice
- 1/4 tsp pepper
- 2 pkg frozen raw shrimp thawed and peeled
- 1 Tbsp olive oil
- 1 lemon cut into wedges

Smoky Tomato Aioli Ingredients:

- 2/3 cup mayonnaise
- 2 Tbsp parsley
- 1 Tbsp tomato paste
- 1 Tbsp lemon juice
- 1 clove cloves garlic pressed or grated
- 1 tsp smoked paprika

Crispy Shrimp Cakes Instructions:

1. In a food processor, pulse bread crumbs, green onions, parsley, egg, lemon zest, lemon juice and pepper until onions are finely chopped. Add shrimp; pulse, just until finely chopped. Scoop by 2 tbsp (25 mL) and shape into ½-inch (1 cm) thick cakes.
2. In a large non-stick skillet, heat 1 tsp (5 mL) of the oil over medium heat. Cook cakes in batches, using remaining oil as necessary, until golden and centers are firm, about 3 minutes per side.
3. Transfer to a platter and garnish with lemon wedges.

Smoky Tomato Aioli

Meanwhile, whisk together mayonnaise, parsley, tomato paste, lemon juice, garlic and paprika. (Make-ahead: Cover and refrigerate for up to 24 hours.) Serve with cakes.

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

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