



Seasonal Affective Disorder Awareness Month

Some people experience a serious mood change during the winter months, when there is less natural sunlight. This condition is called seasonal affective disorder, or SAD. SAD is a type of depression. It usually lifts during spring and summer.

Symptoms

Not everyone with SAD has the same symptoms. They include

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability, restlessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Difficulty sleeping or oversleeping
- Changes in weight
- Thoughts of death or suicide

Get Help

SAD may be effectively treated with light therapy. But nearly half of people with SAD do not respond to light therapy alone. Antidepressant medicines and talk therapy can reduce SAD symptoms, either alone or combined with light therapy. Find [additional resources](#) for yourself or someone you care about.



12 Ways to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

1. **Wash hands often to help prevent the spread of germs.** Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control.
4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
5. **Be smoke-free.** Avoid smoking and secondhand smoke.
6. **Fasten seat belts while driving or riding in a motor vehicle.** Buckle up every time, no matter how short the trip and encourage passengers to do the same.
7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
8. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach.
10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.
11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Live Better Louisiana

The 2023 Wellness campaign has come to a close. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently scheduling clinics for the 2024 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2024 wellness credit. You can access that form on the OGB website by clicking [here](#).

If you have not received a confirmation from Catapult Health that you earned your 2023 credit, please reach out to Catapult for that confirmation: support@catapulthealth.com.

Know Before You Go: ER vs Urgent Care

Access2day Health is here to help!

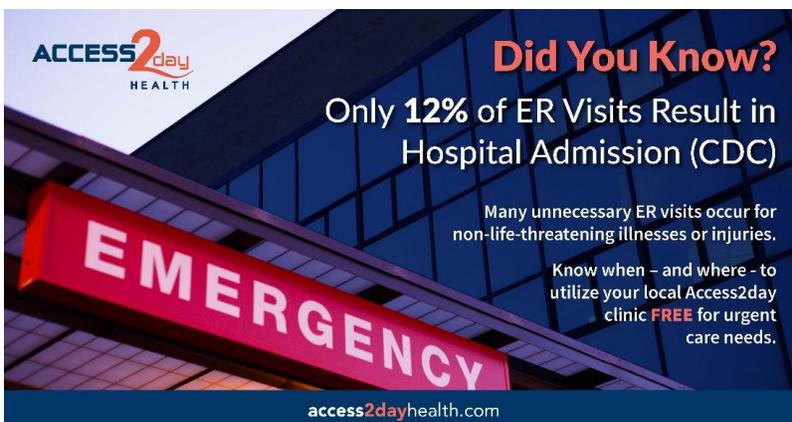
When it comes to urgent medical matters – especially in the case of emergencies – it can be difficult to know where to go for the care you need. All life-threatening conditions should be treated at the emergency room, but many people needlessly go to the ER for care that was non-life-threatening. An unnecessary visit to the ER can be very expensive and time consuming, so knowing where to get the best care is vital. Access2day clinics offer FREE medical services for your non-life-threatening accidents and illnesses. This chart should be helpful in knowing where to get care.

Access2day Clinics/Urgent Care **Non-life-threatening conditions**

Emergency Room **Life- or limb-threatening conditions**

Moderate Fever or Flu	High Fevers (103 or Higher)
Accidents & Falls	Chest Pain or Difficulty Breathing
Fractures & X-Rays	Major Allergic Reactions
Sprains & Strains	Broken Bones
Cuts That Need Stitches	Severe Cuts
Skin Rashes & Infections	Back, Neck, Eye, or Head Injuries
Lower Back Pain	Moderate to Severe Burns
Insect Bites, Minor Animal Bites	Possible Drug Overdose or Poisoning

OGB provides the Access2day Health membership to employees, retirees, and their covered dependents covered under the Magnolia Local Plus, Magnolia Local, Magnolia Open Access, or the Pelican HRA1000 health plans. Find your local clinic at access2dayhealth.com/locations.



Did You Know?

According to the CDC, only 12% of ER Visits Result in Hospital Admission

Many unnecessary ER visits occur for non-life-threatening illnesses or injuries. Know when – *and where* - to utilize your local Access2day clinic for urgent care needs:



Monitor Your Heart Health @ Your Check Up | Health Notes with Blue Cross Medical Directors

Heart disease affects men and women almost equally, and is the leading cause of death. That's why it's so important to monitor your health and have at least one checkup a year. Your doctor can look at your blood pressure, blood sugar and cholesterol levels. Catching issues early can make all the difference in your health. Schedule your check up today.

If you need help finding a primary care doctor, learn more here: <https://www.bcbsla.com/save-money/primary-care-doctor>



Honey Pecan Triangles



These cookie bars have all the goodness of pecan pie and are so easy to serve to a crowd.

Ingredients:

- 2 tsp plus ½ c butter, softened & divided
- ½ c packed brown sugar
- 1 large egg yolk, room temperature
- 1 ½ c all-purpose flour

Topping:

- 1 c packed brown sugar
- ½ cup butter, cubed
- ¼ c honey
- ½ c heavy whipping cream
- 4 c chopped pecans

Instructions:

1. Preheat oven to 350°. Line a 13x9-in. baking pan with foil, letting ends extend up sides; grease foil with 2 teaspoons butter.
2. In a large bowl, cream remaining butter and brown sugar until light and fluffy, 5-7 minutes; beat in egg yolk. Gradually beat in flour. Press into prepared pan. Bake until golden brown, about 15 minutes.
3. Meanwhile, in a large saucepan, combine brown sugar, butter and honey. Bring to a boil over medium heat, stirring constantly; cook and stir 3 minutes. Remove from heat; stir in cream and pecans. Pour over crust. Bake until hot and bubbly, about 30 minutes. Cool completely on a wire rack.
4. Lifting with foil, remove from pan. Cut into 24 squares. Cut squares diagonally into triangles.

Louisiana Marathon – 2023

- When:** January 14-15, 2023
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 BCBSLA15OFF23 when registering.

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

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