



Keep Your Heart Beating Strong!

Heart disease is the leading cause of death in the United States. While older people and people with long-term health conditions are at a higher risk for heart trouble, we can all take steps to keep our heart beating strong for years to come. Blue Cross Medical Director Dr. Emily Vincent shares tips you can use at any age for good heart health. Learn more about health coaching: <http://www.bcbsla.com/Stronger>.



Louisiana has higher-than-average rates of heart disease

Tips for a Healthy Heart

Stay heart-healthy with Access2day! Heart disease is the leading cause of death for both men and women. This heart health month, take these important steps to lower your risk of heart disease.

Get Active

Having an active lifestyle is key to a healthy heart. Take a walk after a long workday or play a team sport with your friends on the weekend. Be sure to get your annual exam or routine physical before participating in any rigorous activity. You and your family can visit an Access2day clinic to get these services with no out-of-pocket costs or copays!

Eat Healthy

What you eat matters—especially when it comes to heart health. Eating more fruits and vegetables, limiting unhealthy fats, and reducing your salt intake are all simple changes you can make toward a heart-healthy diet. Access2day clinics can provide you with wellness education to help you achieve a healthy diet.

Control Your Cholesterol

High cholesterol and blood pressure are major indicators of an increased risk for heart disease. Staying active, eating healthy, and managing stress are all ways you can keep in your cholesterol and blood pressure levels in check. You can also visit your local Access2day clinic to get blood pressure and cholesterol tests at no cost to you!

Join our webinar on February 14th at 10 a.m. CT with Craig Pearce, M.D., Interventional Cardiologist with the Clinics in Alexandria, Louisiana, for more tips on staying heart healthy. Register for the webinar [here!](#)

Access2day Health makes it easy for you and your family to get the care you need. Simply visit your local clinic and get high-quality primary and urgent care with no copay, no out-of-pocket expenses without needing an appointment. Find your nearest clinic at access2dayhealth.com/locations.

Reclaim Your Rhythm

American Heart Association
Go Red for women

FRIDAY, FEBRUARY 4, 2022

NATIONAL WEAR RED DAY

Make moves today for healthier tomorrows.

On Friday, February 4, crank up the tunes, get on your feet and **WEAR RED.**

WearRedDay.org
#WearRedDay

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Stay Heart Healthy with

ACCESS2day HEALTH

access2dayhealth.com

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
02/01 – 04/2022	Claiborne Building (Baton Rouge) Central LA Supports and Services Center (Alexandria)
02/07 – 11/2022	West Ridge Middle School - Ouachita Parish School Board (West Monroe) DOTD Headquarters (Baton Rouge)
02/14 – 18/2022	Claiborne Building (Baton Rouge) Franklinton Primary School Washington Parish (Franklinton) VFMC (Jackson) East Baton Rouge Housing Authority (Baton Rouge) University of New Orleans (New Orleans) Sabine Parish School Board - Florien High School (Florien)
02/21 – 25/2022	Pinecrest Supports and Services Center (Pineville) Dixon Correctional Institute (Jackson) Caldwell PSB Central Office (Columbia) University of Louisiana Lafayette (Lafayette)

National Cancer Prevention Month

Nearly 1,736,000 Americans will be diagnosed with cancer this year and more than 606,800 will die. However, research shows that up to 50% of cancer cases and about 50% of cancer deaths are preventable with the knowledge we have today. Prevention and early detection are more important than ever — and are proven, effective strategies to lower health care costs. You make choices every day that affect your health. Follow our Seven Steps to Prevent Cancer to reduce your risk.



For more information, visit preventcancer.org.

Step Away from Your Desk

Finding time to exercise can be a challenge when you are trying to juggle work and family time. Here are a few tips that can help you add more activity to your workday:

- **Stand up and work** – Standing burns more calories than sitting does. Stand while talking on the phone. Skip email and walk to a colleague's desk for a face-to-face chat.
- **Take fitness breaks** – Instead of hanging out in the break room with a coffee or snack, take a brisk walk or do some light stretching.
- **Join forces** – Organize a lunchtime walking group. You can hold each other accountable for regular exercise and offer encouragement to one another when the going gets tough.
- **Conduct meetings on the go** – When it's practical, schedule walking meetings or walking brainstorming sessions. Do laps inside your building or if the weather cooperates, take your walking meetings outdoors.
- **Treat elevators as the enemy** – Unless you work at the top of a 40-story building, skip the elevator and take the stairs.

Skillet Chicken Parmesan



If you can't find cutlets for this easy chicken Parmesan recipe at your supermarket, place a boneless, skinless breast flat on a cutting board, hold it steady with your palm and, using a sharp knife, slice the breast horizontally into two thin pieces.

Ingredients:

$\frac{3}{4}$ c panko breadcrumbs	1 tablespoon sliced garlic
4 chicken breast cutlets (4 ounces each, about 1/2 inch thick), trimmed	2 cups no-salt-added tomato sauce
4 tablespoons extra-virgin olive oil, divided	2 teaspoons sugar
$\frac{1}{4}$ teaspoon kosher salt	1 cup torn fresh basil, divided
$\frac{1}{4}$ teaspoon ground pepper	$\frac{3}{4}$ cup shredded part-skim mozzarella cheese
	$\frac{1}{4}$ cup grated Parmesan cheese

Instructions:

1. Position rack in middle of oven; preheat broiler to high.
2. Place panko in a shallow dish and dredge cutlets in it, pressing gently to fully coat.
3. Heat 1 1/2 tablespoons oil in a large cast-iron skillet over medium-high heat; add half the cutlets and cook until crispy, 3 to 4 minutes per side. Transfer to a plate. Repeat with 1 1/2 tablespoons oil and the remaining cutlets. Season with salt and pepper.
4. Add the remaining 1 tablespoon oil and garlic to the pan; cook, stirring often, until softened and fragrant, about 1 minute. Stir in tomato sauce and sugar and bring to a boil over medium-high. Reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened, about 5 minutes.
5. Nestle the cutlets into the sauce in the pan. Top with 1/2 cup basil, mozzarella and Parmesan. Transfer the pan to the oven.
6. Broil until the cheese is bubbling, 2 to 3 minutes. Let cool for 3 minutes before serving. Top with the remaining basil.

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

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