



### Be Involved in Your Health Care

It's a new year and a great time to start "Living Better." Your health care is a team effort and you are the most important part of the team. Here are a few tips that will help you take charge of your care:

- **Speak up** – Write down any questions you have about your health and take the list with you to your doctor. Be sure to talk with your doctor about any changes since your last visit, such as: recent illnesses or surgeries, new medicines you are taking (including over-the-counter medicines, herbs or home remedies and vitamins), and any health concerns or issues.
- **Keep track of important health information** – Keep all of your health information in one place to make it easier to manage your health care. Take this information with you to every medical appointment.
- **Know your family health history** – The health history of your family is also an important part of your personal health record. Try to keep track of conditions that run in your family.
- **See a doctor regularly for checkups** – Regular checkups can help find problems early, when they may be easier to treat. Visit one of the Live Better Louisiana on-site clinics for even more convenient care.
- **Follow up after your appointment** – It can take time and hard work to make the healthy changes you talked about with your doctor. Remember to call if you have any questions and to schedule follow-up appointments for tests or lab work, if needed.

When you play an active role in your health care, you can improve the quality of care you and your family receive.

### Protect Your Lungs

Make it your New Year's resolution to protect your lungs in 2022. Blue Cross and Blue Shield of Louisiana has some tips to on how you can breathe a little easier next year.



### Kick Off the New Year with a Winter Workout

It might seem hard to stay physically active when it's cold outside, but don't let winter weather stop you. To prevent winter weight-gain and maintain a healthy lifestyle, the Physical Activity Guidelines for Americans recommends adults get 150 minutes of moderate intensity aerobic physical activity (brisk walking) each week and muscle strengthening exercise on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Two hours and 30 minutes each week sounds like a lot, but you can spread your activity out into smaller chunks of time during the day. As long as you're doing physical activity at a moderate or vigorous intensity (jogging or running) for at least 10 minutes at a time.

Below are some tips to help you stay active this winter:

- Develop a set of regular activities that you can always do—no matter what the weather holds. For example, walk around your local mall or swim at your local community center.
- Mix it up! Don't get stuck in a workout rut. Try a new exercise every few weeks to keep motivated and ensure your body is using different muscles.
- Plan ahead. Make physical activity a regular part of your daily or weekly schedule and add it to your calendar.
- Make physical activity social. Invite a friend to exercise with you on a regular basis. Be sure your friend adds it to his or her calendar, too.

Enjoy the health benefits of staying active. Exercising regularly during the winter months will:

- Help **reduce stress**. The winter season can be a stressful time with family obligations, work pressure, and travel. Being active regularly can reduce your risk of depression and may help you sleep better.
- Help you **maintain or lose weight**. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. Staying active helps you burn the same or more calories than you consume each day.
- Help **reduce your risk for chronic diseases** such as type 2 diabetes, heart disease, and some forms of cancer.

## 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](http://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](http://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
01/03 – 07/2022	Washington Parish - Varnado High School (Angie) Probation and Parole (Baton Rouge)
01/10 – 15/2022	Ouachita Parish School Board Student Support Services (West Monroe) Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) University of New Orleans (New Orleans) Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) Fletcher Technical Community College (Schriever) Sabine Parish School Board - Florien High School (Florien)
01/17 – 21/2022	Eastern Louisiana Mental Health System (Jackson) Vernon Parish School Board - Rosepine HS (Rosepine) Southwest Louisiana War Veterans Home (Jennings)
01/24 – 28/2022	DOTD District 58 (Chase)

### January is Blood Donor Awareness Month

According to the American Red Cross, winter is "one of the most difficult times of year to collect enough blood products to meet patient needs." That's because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That's just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, "blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life."

Click [here](#) to find your nearest blood donation site.



1 blood donation  
can save up to  
**3 lives.**



### Louisiana Marathon – 2022

**When:** January 15-16, 2022  
**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 BCBSLA20 when registering.**

**LOUISIANA  
MARATHON**  
26.2 # 13.1 # 6.55 # 5K # KIDS





## 7 Days to a Healthier Habit

This year, try a new approach to creating healthier habits with Omada®:

- Reach your health resolutions with a **dedicated health coach**.
- Create a plan that fits your lifestyle, based on proven scientific methods.
- Access resources to help guide you

The State of Louisiana OGB offers Omada to help you build healthy habits that stick, one small change at a time. Claim your benefit to get paired with your professional health coach.

Your daily habits influence a lot: how you eat, sleep, your energy and even how you feel. With Omada, your health coach works with you through 1-to-1 conversations to build a flexible plan to help you rethink your health habits and reach your goals, one step at a time.

**If you engage with your Omada coach or community in the first week of the program, you are approximately 94% more likely to achieve your health goals in the program.**

Looking to change an unhealthy habit this year? Try this approach:

### 1. Make a list

Think about your daily routine and write down unhealthy things you might do every day, like skipping breakfast, sitting for hours without a break, or drinking a soda every afternoon.

### 2. Choose one habit to change

Pick one habit to change and make a simple plan. For example, swap out an afternoon sugary drink with water. To move more, go for a 15-minute walk at lunchtime.

### 3. Commit to 7 days

Focus on the new habit for the next 7 days. If you slip, forgive yourself, and simply start over for another 7 days. Change is hard, and Omada has your back through it.

**BONUS:** Join Omada and get extra support, guidance and accountability to meet your goals. Congratulations - you are on your way to forming a healthy new habit!

Visit [omadahealth.com/ogb](https://omadahealth.com/ogb) for your no cost\* program today.

\* If you or your adult family member are enrolled in an Office of Group Benefits Blue Cross® and Blue Shield® of Louisiana health plan and at risk for type 2 diabetes or heart disease, the Office of Group Benefits, in partnership with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program.

## Quick Shrimp and Corn Soup



No time to cook? An easy, quick south Louisiana favorite. Open up cans of corn and tomatoes, and toss in shrimp for this simple yet superb tomato-based soup.

### Ingredients:

- 2 (15 ½ ounce) cans cream style corn
- 2 cups frozen corn
- 2 (14 ½ ounce) cans dice tomatoes and green chilies
- 1 (15 ounce) can tomato sauce
- 2 pounds medium peeled shrimp
- 1 bunch green onions, chopped


### Instructions:

1. In large nonstick pot, combine cream-style corn, corn, tomatoes and green chilies, tomato sauce, until heated.
2. Add shrimp, bring to boil. Lower heat, cook until shrimp is done 5-7 minutes. Sprinkle with green onions, serve.

\*\*\*Makes 12 (1 cup) servings\*\*\*

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