



## Happy & Safe 4<sup>th</sup> of July

As we get ready to celebrate Independence Day, many of us plan to attend fireworks displays or a backyard picnic. The American Red Cross offers these tips so you can enjoy a fun-packed, safe holiday.

### FIREWORKS SAFETY

The safest way to enjoy fireworks is to attend a public firework show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. Leave any area immediately where untrained amateurs are using fireworks. If you are setting fireworks off at home, follow these safety steps:

- Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials. Always follow the instructions on the packaging.
- Keep a supply of water close by as a precaution.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.

### PICNIC SAFETY

- Wash your hands before preparing the food.
- Don't leave food out in the hot sun. Keep perishable foods in a cooler with plenty of ice or freezer gel packs.
- If you are going to cook on the grill, never grill indoors. Keep the grill out in the open, away from the house, the deck, tree branches or anything that could catch fire.
- Always supervise the grill when in use. Don't add charcoal starter fluid when coals have already been ignited. Use the long-handled tools especially made for cooking on the grill to keep the chef safe.
- Make sure everyone, including pets, stays away from the grill.



## Summertime Wellness

When school's out and the temperatures rise, it's easy to fall into unhealthy habits as you escape the heat. But opportunities to get outdoors, be active, eat well, and have fun are everywhere! Here are 8 ways to stay healthy and happy this summer.

- **Go swimming!** One of the heart-healthiest forms of exercise, summer's favorite pastime is also easy on the joints.
- **Dive into a good book.** Whether you're relaxing with a beach read or listening to an audiobook on a long road trip, stories are a great way to engage your brain.
- **Dig into gardening.** The physical activity involved in yard work like lifting, squatting, digging and more can burn as many calories as a workout, plus, being in nature has mental benefits too.
- **Have a picnic or dinner party.** Gathering with friends or loved ones, for an 'alfresco,' or outdoor, meal contributes to a sense of wellbeing.
- **Hydrate!** When it's hot out, your body sweats more and is prone to dehydration, which can cause headaches and organ trouble. Be sure to carry a refillable water bottle with you and drink up!
- **Take a hike.** Hit a local trail, park, greenway, or a walk on the beach. Or if it's more your speed, make it a jog! Running and walking, especially outside, offer cardio while helping reduce anxiety.
- **Protect your skin.** To avoid sunburns, aging, and even skin cancer, make sure you use a sunscreen with at least 30 SPF and reapply every two hours when you're out in the sun.
- **Visit the farmer's market.** It doesn't get better than fresh, local fruits and vegetables to round out a healthy diet and engaging with your neighbors is guaranteed to make you feel good.

If you need a primary care visit or urgent care, be sure to make good use of your Access2Day Health membership for health services with a short wait time and no co-pay or out-of-pocket costs! Find the clinic nearest you at [access2dayhealth.com/locations](https://access2dayhealth.com/locations).



## Live Better Louisiana

Earn your 2023 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with Catapult Health, to bring preventive checkups to a **site near you**. 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
<b>07/04 – 08/2022</b>	DHH Central LA State Hospital - Pineville, LA Vernon PSB Anacoco ES Commissioner of Insurance - Baton Rouge, LA Louisiana Public Broadcasting - Baton Rouge, LA Emenes Bldg Jefferson Parish School Board - Harahan, LA
<b>07/11 – 15/2022</b>	Orleans Levee District - New Orleans, LA Harvey State Office Building - Harvey, LA St. Landry PSB Resource Center - Opelousas, LA Central Office- Franklin Parish School Board (Winnsboro) Claiborne Parish Central Office - Homer, LA Pinecrest - Pineville, LA Emenes Bldg Jefferson Parish School Board - Harahan, LA Dept. of Wildlife and Fisheries - Baton Rouge, LA Delgado CC City Park - New Orleans, LA Pierre Part Middle School-Assumption PSB - Pierre Part, LA DOTD District 08 - Alexandria, LA LSU Health Science Center (New Orleans, LA) Southeast LA Flood Protection Authority West - Marrero, LA Calcasieu Child Welfare - Lake Charles, LA
<b>07/18 – 22/2022</b>	Southeastern - Hammond, LA Jefferson Parish School Board Central Office - Harvey, LA LSERS - Baton Rouge, LA Department of Public Safety - Baton Rouge, LA Office of Attorney General - Baton Rouge, LA University of New Orleans - New Orleans, LA Louisiana State Penitentiary - Angola, LA Court of Appeals 2nd Circuit - Shreveport, LA Ouachita PSB Central Office- West Monroe, LA Central LA Human Services District (Alexandria, LA) Lafourche Parish Medicaid Office - Thibodaux, LA
<b>07/25 – 29/2022</b>	Washington PSB Mt. Hermon School - Mt. Hermon, LA Office of Public Health - New Orleans, LA CLTCC Natchitoches Campus - Natchitoches, LA Department of Public Safety - Baton Rouge, LA Office of Public Health - Alexandria, LA Natchitoches PSB - Central Office - Natchitoches, LA Rayburn Correctional Center - Angie, LA Denham Springs Elem LPSB - Denham Springs, LA LA State Board of Nursing - Baton Rouge, LA Jefferson Parish School Board Central Office - Harvey, LA Claiborne Building - Baton Rouge, LA DOTD Houma/D02 Administration Office - Houma, LA Concordia PSB - Monterey High School - Monterey, LA Workforce Commission - Baton Rouge, LA DCFS - Thibodaux, LA

## Ways to Get Active | Romaine Calm and Carrot On

Looking for easy ways to get moving and keep going? The registered dietitians from Blue Cross and Blue Shield of Louisiana talk more than food to help you in your health journey - join them and let us know what works for you to be active!

See the full Facebook Live (35:18) here:

<https://fb.watch/dYkOtubhgd/>

We are here for you to help you be Stronger Than Ever...Stronger Than Any Diagnosis...Together. You can talk to a member of our care team about our programs for members available at no extra cost. Visit us online at <https://www.bcbsla.com/stronger> or call us at 1-800-821-2749.

### BCBS Livestreams:

Access livestreaming 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.

- July 14 at 12 p.m. - Direct from the Doctors: Answering Your Health & Wellness Questions
- July 27 at 12 p.m. - Medicare Made Easy: Q & A on Medicare Basics and Meet Our Agents



### Summertime is Fun Time

The summer season has started and that means increased hours in the sun participating in outdoor activities. While sun exposure should be a concern all year, it is especially important to protect your skin in summer when days are longer and more time is spent outdoors. The following information can help you protect your skin while having fun in the sun:

**What causes sunburn?** According to Mayo Clinic, sunburn occurs when skin is exposed to too much ultraviolet (UV) light, particularly ultraviolet A (UVA) and ultraviolet B (UVB) rays. Sunny, clear days are not the only times you can be exposed to UV rays and get sunburn—cloudy days, tanning beds and sunlamps can also cause sunburn. Click [here](#) to find out the symptoms of sunburn and how to treat it.

**Does sunburn lead to cancer?** Skin cancer is the most common form of cancer according to the American Cancer Society, which lists too much exposure to ultraviolet (UV) radiation (from sunlight or tanning beds and lamps) as a risk factor. UVB radiation is responsible for the burning effect of sunlight and contributes to cellular changes in skin that can lead to cancer. Click [here](#) to find out more about the relationship between sun exposure and skin cancer.

**How can I protect myself and my family?** With so many lotions, sprays, sun protection factor (SPF) numbers and special clothing available, it's difficult to know what works and what doesn't. SPF ratings are multipliers of the skin's exposure time before burning. For example, an SPF of 5 means that person can stay in the sunlight without burning five times longer than he/she could without sunscreen. Click [here](#) for expert guidance on how to be safe while having fun in the sun this summer.

Protecting skin from the sun can help prevent premature aging and reduce your risk of skin cancers. So, while enjoying the outdoor fun, make sure to protect yourself and your family from the sun.

## July is Juvenile Arthritis Awareness Month

That's right, kids get arthritis! It is a common misconception that only "old" people are afflicted with arthritis, but nearly 300,000 children in America have been diagnosed with juvenile arthritis.

Although the various types of juvenile arthritis (JA) share many common symptoms, like pain, joint swelling, redness and warmth, each type of JA is distinct and has its own special concerns and symptoms. Some types of JA affect the musculoskeletal system, but joint symptoms may be minor or nonexistent. Juvenile arthritis can also involve the eyes, skin, muscles and gastrointestinal tract.

The seven main types of JA are:

- [Juvenile idiopathic arthritis \(JIA\)](#)
- [Juvenile dermatomyositis](#)
- [Juvenile lupus](#)
- [Juvenile scleroderma](#)
- [Kawasaki disease](#)
- [Mixed connective tissue disease](#)
- [Fibromyalgia](#)

There is no known cause for most forms of juvenile arthritis. For more information on JA, visit the Arthritis Foundation's website dedicated to pediatric rheumatic diseases, [KidsGetArthritisToo](#).



## Slow Cooker Bourbon – Peach Baked Beans



### Ingredients:

- 3 bacon slices, chopped
- 2 cans unsalted cannellini beans, drained & rinsed
- 2 cans unsalted pinto beans, drained and rinsed
- 2 ripe peaches, peeled and finely diced (about 2 cups)
- 2 cloves minced garlic
- ½ c ketchup
- ½ c bourbon
- ¼ c maple syrup
- 2 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 2 tsp chopped, canned chipotle chiles in adobo sauce
- 2 tsp chili powder
- 1 tsp smoked paprika
- ¼ tsp kosher salt
- ¼ tsp pepper

### Instructions:

1. Heat a large nonstick skillet over med-high. Add bacon and cook until crisp, 4 to 5 minutes. Remove from skillet.
2. Coat inside of a 4-quart slow cooker with cooking spray. Add bacon, beans and remaining ingredients, stir well.
3. Cover and cook on LOW 4 to 6 hours. Keep covered until ready to serve.

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

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