



Cataract Awareness Month

More than half of all Americans age 80 or older either have cataracts or have had surgery to remove cataracts, according to the **National Eye Institute (NEI)**. The **Centers for Disease Control and Prevention (CDC)** states that cataract is the leading cause of vision loss in the United States, and the leading cause of blindness worldwide. Prevent Blindness has declared June as Cataract Awareness Month to educate the public on risk factors, symptoms, types of cataract, and cataract surgery.

A cataract is a clouding of the eye's lens which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain.

There are several possible **risk factors for cataracts**, such as:

- Age
- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

The following problems may indicate that you have a cataract:

- You have blurred vision, double vision, ghost images, or the sense of a “film” over your eyes.
- Lights seem too dim for reading or close-up work, or you are “dazzled” by strong light.
- You change eyeglass prescriptions often and the change does not seem to help your vision.
- You may also be able to see the cataract in your eye. It may look like a milky or yellowish spot in your pupil.

June is Men's Health Month

Men's Health Month in June focuses on spreading awareness of health problems among men and reminding them to take preventative measures to stay ahead of these issues.

Many studies show that men are less likely to go for regular checkups or have a trusted primary care doctor than women, and their average lifespan is about five years less. They often wait longer before addressing a health concern, which can mean worse outcomes if a problem isn't detected early on. Because of this, men are more likely to end up with terminal cancers and almost twice as likely as women to die of a heart attack. They are also typically less willing to seek treatment for mental health conditions, which makes them more susceptible to dying by suicide.

According to the CDC, some of the leading causes of death among men include:

- Heart disease
- Prostate, colon, and testicular cancer
- Accidental injury
- Chronic lower respiratory diseases
- Depression and anxiety (suicide)

Access2Day Health is here to provide support with primary, urgent, and preventative care services to help make sure you, or the men you love, live a long and healthy life. To find your nearest location, go to <https://access2dayhealth.com/locations> today.

Being proactive and getting an annual physical can have a great impact on men's health. As a state employee, you can save \$120 on your health insurance premiums in 2023 by taking advantage of OGB's Live Better Louisiana wellness program!

Visit any Access2day Health [location](#) for your annual check-up and submit the paperwork to Catapult Health by September 30, 2022 to receive your credit. Go to <https://access2dayhealth.com/catapult.php> for program details and Catapult form.



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
06/01-03/2022	St. Bernard Parish School Board (Chalmette) - EMPLOYEES ONLY Nicholls State University (Thibodaux) Acadiana Area Human SVC District (Lafayette) Sabine Parish School Board - Many Elementary School (Noble) South Central LA Human Services Authority (Houma) EMPLOYEES ONLY
06/06-10/2022	St. Bernard Parish School Board (Chalmette) - EMPLOYEES ONLY Southeastern Louisiana University (Hammond, LA) Ville Platte High School - Evangeline PSB (Ville Platte) LSU Shreveport (Shreveport) Louisiana Correctional Institute for Women (Baker) Claiborne Building (Baton Rouge) Eastern Louisiana Mental Health System (Jackson) Office of Public Health Laboratory (Baton Rouge) Bienville Building (Baton Rouge)
06/13-17/2022	St. Bernard Parish School Board (Chalmette) - EMPLOYEES ONLY Ville Platte High School - Evangeline PSB (Ville Platte) St. Landry Parish School Board - Eunice HS (Eunice) DCFS (Thibodaux) STAFF ONLY Dixon Correctional Institute (Jackson) Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge) FPHSA Slidell Behavioral Health Clinic (Slidell) EMPLOYEES & RETIREES ONLY University of New Orleans (New Orleans) Bienville Building (Baton Rouge) LDH - Office of Public Health (New Orleans)
06/20-24/2022	Central Office - Concordia Parish School Board Bienville Building (Baton Rouge) Bogalusa City School System - Central Office (Bogalusa) Central Office - Jefferson Parish School Board (Harvey) St. Landry Parish School Board - Resource Center (Opelousas) Coastal Protection and Restoration Authority Headquarters (Baton Rouge) Florida Parishes Human Services Authority (Hammond) EE's & RETIREES ONLY Avoyelles PSB - Avoyelles HS (Moreauville) State Archives Building (Baton Rouge) Central Louisiana State Hospital (Pineville)
06/27-30/2022	Jefferson Parish School Board Emenes Building (Harahan) Nunez Community College (Chalmette) Louisiana State Penitentiary (Angola) Delgado CC City Park (New Orleans) LDH - Office of Public Health (New Orleans) DOC Headquarters (Baton Rouge) Pinecrest Supports and Services Center (Pineville) Dept. of Revenue - LaSalle Building (Baton Rouge) The Port of South Louisiana (Reserve)

At-Home Fitness Tips

Can't make it to the gym? There are plenty of ways you can stay active and fit around your home. Follow these five tips to make fitness fun and easy.



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.

- June 14 at 6 p.m. - Conversando Francemente – a Spanish language livestream about Mental Health and how to find resources, support
- June 22 at 12 p.m. - Medicare Made Easy – Hurricane Prep, Summer Health & Safety (appropriate for all ages)
- June 29 at 10 a.m. - Romaine Calm & Carry On – Healthy Lifestyle Choices with our registered dietitians
- June 29 at 11:30 a.m. - Our Hispanic American ERG hosts an educational event about the Spanish contribution to the independence of the United States (in English)
- June 7 at 11:30 a.m. - Boots to Blue: Steps to Transition from Military Life to the Corporate World <https://bit.ly/BlueVetsJUNE>



Stay Healthy and Happy this Summer

Summer vacations don't mean throwing your health goals out the window. Omada can help you find the healthy balance that works for your life and helps you feel your best.

Learn more: omadahealth.com/ogb

Here are 3 tips for healthy summer travel:

- **Pre-plan snacks.**
Pack healthy snacks to avoid impulse eating.
- **Move daily.**
Find creative ways to move like exploring the neighborhood on foot.
- **Get support.**
Your Omada health coach or physical therapist can help you make choices that improve your health and fit your lifestyle.

Meet your health goals this summer.

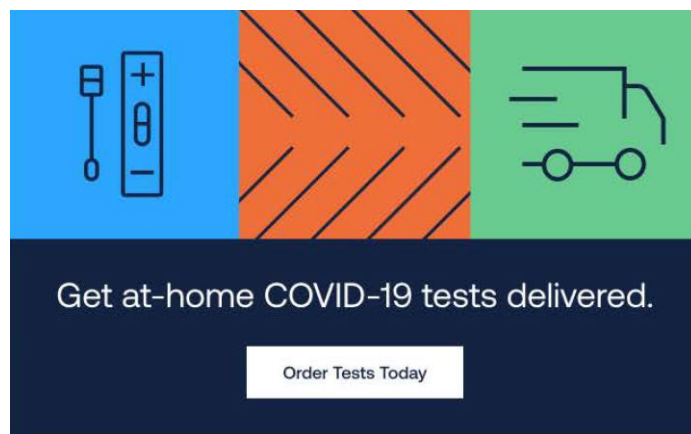
Your Omada health benefit includes smart devices and a dedicated health coach or physical therapist to help you stay on track this summer.



At-Home COVID-19 Tests Delivered Right to Your Door

As part of your prescription plan, Express Scripts® offers free standard deliver and \$0 copay for at-home tests. You can also use your benefit to get tests at a participating retail pharmacy. Testing at home offers convenience and peace of mind.

When you visit to the general Express-Scripts website it says, "I'm interested in" and then the first option is "Ordering Free Covid-19 tests".



Hurricane Preparedness

Hurricane season begins June 1, 2022 and the Office of Group Benefits (OGB) encourages our members to evaluate their personal hurricane risks and implement measures to keep themselves and their homes protected during a hurricane. Forecasters at NOAA's [Climate Prediction Center](#), a division of the National Weather Service, are predicting above-average hurricane activity this year — which would make it the seventh consecutive above-average hurricane season. NOAA's outlook for the 2022 Atlantic hurricane season, which extends from June 1 to November 30, predicts a 65% chance of an above-normal season, a 25% chance of a near-normal season and a 10% chance of a below-normal season.

For the 2022 hurricane season, NOAA is forecasting a likely range of 14 to 21 named storms (winds of 39 mph or higher), of which 6 to 10 could become hurricanes (winds of 74 mph or higher), including 3 to 6 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher). NOAA provides these ranges with a 70% confidence.

Here are some tips to prepare yourself and your household for the 2021 Hurricane season:

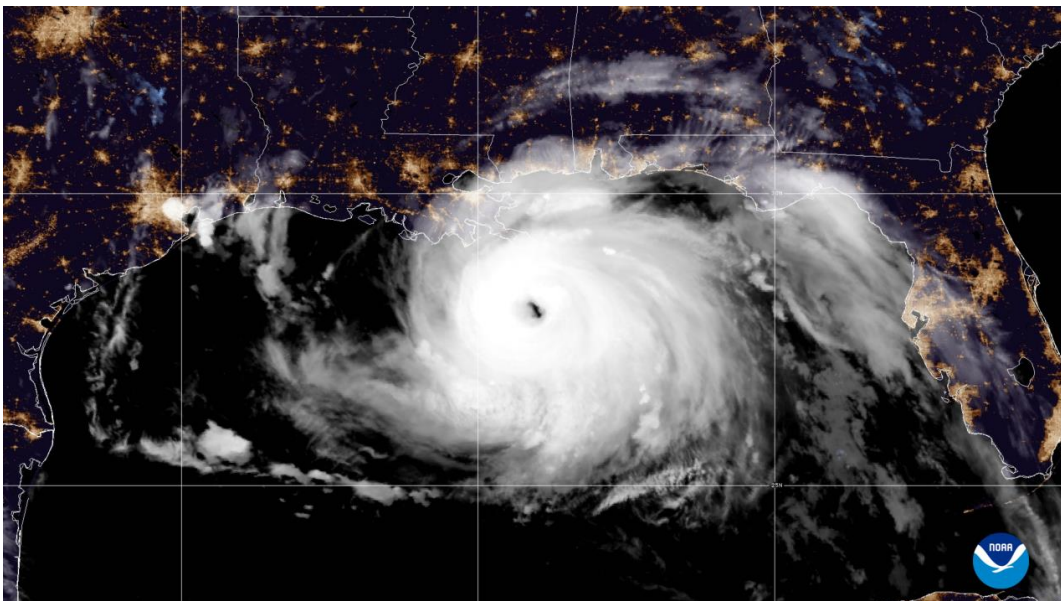
Before A Hurricane

- Review your community's hurricane risk level. The location of your home can determine potential wind and flood hazards.
- Register for email updates from the National Weather Service and any available local alert systems to be aware of hurricane warnings or evacuation orders in your area.
- Develop a hurricane response plan and practice it regularly with members of your household.
- Prepare a hurricane kit with nonperishable food, water, medicine, emergency power sources, a first-aid kit and important documents.
- Limit your home's hurricane exposures by keeping drains and gutters clean, installing storm shutters on windows and doors and storing vehicles in a safe location.
- Review your homeowner's policy with your insurance professionals to ensure you will be covered in the event of a hurricane.
- Secure and reinforce your roof, windows and doors, including garage doors.
- Consider building a FEMA safe room designed for protection from high winds and flood waters.
- Learn how and when to turn off gas, water and electricity.

After A Hurricane

- If you evacuated your home, don't return until local officials confirm it is safe to do so.
- When returning home, wear protective clothing and stay away from pools of floodwater, wet or damaged electrical equipment and downed power lines.
- Photograph all property damage and save receipts for any recovery expenses stemming from the hurricane to help file an insurance claim.

Get more tips and helpful resources by visiting gohsep.la.gov.



Grilled Chicken Fajita Kebabs



Grilling season is upon us and you need these Grilled Chicken Fajita Kebabs in your life. They're perfect for Memorial Day, 4th of July, or any weeknight family dinner.

Ingredients:

- 16 oz. boneless, skinless chicken breasts, chopped into squares
- 3 large bell peppers, chopped into squares
- 1 medium purple onion
- 1 tbsp. olive oil
- 1 tbsp. ground cumin
- 1 tbsp. garlic powder
- 1 tbsp. chili powder
- 2 tsp. paprika
- ¼ tsp. sea salt
- ¼ tsp. pepper
- 1 lime, cut into wedges
- Fresh cilantro, chopped

Instructions:

1. Preheat grill or oven to 400°.
2. Prepare veggies by slicing into squares. Transfer into a gallon-sized bag and add olive oil. Shake.
3. Prepare chicken breast by slicing into squares and transfer to another gallon-sized bag.
4. In a small bowl, mix all of the spices together to create your rub.
5. Add half of spice mixture to the vegetables and the other half to the chicken. Shake well and let sit for 10 minutes. (place the chicken in the fridge to marinate.)
6. Place peppers, onion and chicken onto skewers.
7. Lay a piece of tin foil on the grill and spray with cooking spray.
8. Set kebabs on top of foil and grill for around 15 minutes, rotating kebabs every 5 minutes.
9. Remove from heat and squeeze on lime juice and sprinkle with fresh cilantro.

This recipe makes around 8-10 skewers.

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