



March is National Nutrition Month



The pandemic has affected us all in different ways. For many of us, healthy eating has fallen to the wayside. Check out these tips from Kaiser Permanente nutrition experts to get healthy eating back on track

Manage stress for healthier eating

Many of us are facing the challenge of losing the “COVID 15”. Stress can lead to extra eating and snacking on junk food, so it’s more important than ever to manage stress levels, eat mindfully and move more. Keeping healthy snacks on hand and avoiding stress eating helps keep your snacking in check.

Take a break from screen time

When working from home, be mindful not to eat in front of a screen. Take a break from the computer to eat and focus on your food. Mindless or distracted eating often leads to added caloric intake. Be sure to block time in your calendar to make a healthy lunch and eat slowly at the table, savoring every bite.

Stock up with healthy items

With fewer trips to the grocery store these days, planning meals ahead is more important than ever. Stock up on healthy pantry items, such as brown rice, whole grain pasta, canned or dried beans, tuna, peanut butter, and low-sodium pasta sauce. Take advantage of healthy frozen options such as frozen fruits and vegetables, fish and meat.

Seven Steps to Be More Grateful

Choose gratitude in 2022. An attitude of gratitude can not only improve your mental health, but also your physical health. Be conscious of your thoughts and follow these steps from Blue Cross and Blue Shield of Louisiana Social Worker Avis Brown to find benefits for yourself and others.



Save \$120 with One Doctor’s Visit

Receive Discounts on Health Insurance Premiums with Catapult

As part of your Access2day membership, you can receive a \$10 monthly discount on your 2023 health insurance premium with a Catapult preventative check-up. **When you visit your local Access2day clinic for a Catapult check-up, be sure to take the Catapult form with you. The deadline is August 31 to get your \$120 savings for 2023.**

Access2day has more than 80 clinics across the state of Louisiana that you can visit to participate in the Catapult program. To find a list of clinics nearest you, click [here](#).

Your Access2day Membership: What to Know

Access2day saves you money every time you visit the clinic. You and your covered dependents can visit any Access2day clinic to receive primary or urgent care services with no copay, no out-of-pocket expenses, and no appointment is necessary.

Access2day is available to all state employees, school board employees, retirees and covered dependents on the Magnolia Local, Magnolia Local Plus, Magnolia Open Access and Pelican HRA1000 health plans.

Have questions about your membership? Feel free to call us at 800.797.9503.



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
03/01 – 04/2022	Claiborne Building (Baton Rouge)
	Commissioner of Insurance (Baton Rouge)
	Boley Elementary - Ouachita Parish School Board (West Monroe)
	Probation and Parole (Amite)
	Office of Public Health - Calcasieu Parish Health Unit (Lake Charles)
	Vernon Parish School Board - Pickering HS & ES (Leesville)
	Student Service Center - Morehouse PSB (Bastrop)
03/07 – 11/2022	State Treasurer's Office (Baton Rouge)
	SOWELA Tech Community College - Arts and Humanities Bldg (Lake Charles)
	Harvey State Office Building (Harvey)
	State Military Department - Camp Minden (Minden)
	State Military Department - Camp Beauregard (Pineville)
	Louisiana Tech University (Ruston, LA)
	DCFS (Bogalusa)
	Dept of Agriculture and Forestry (Haughton)
	Vernon Parish School Board - East Leesville Elementary (Leesville)
	Washington Parish - Thomas Elementary School
03/14 – 18/2022	Student Service Center - Morehouse PSB (Bastrop)
	Tangipahoa Economic Stability Office (Amite, LA)
	Department of Wildlife and Fisheries (New Orleans)
	Bossier Parish Community College (Bossier City)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
	DOTD District 07 (Lake Charles)
	Southeastern Louisiana University (Hammond, LA)
	University of New Orleans (New Orleans)
	Probation and Parole (Shreveport)
03/21 – 25/2022	Pointe Coupee PSB Central Office (New Roads)
	Baton Rouge Community College (Baton Rouge)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Union Central Elementary School
	Court of Appeals 5th Circuit (Gretna) EMPLOYEES ONLY
	Ouachita Parish School Board Central Office (West Monroe)
	St. Tammany Economics Stability/Child Welfare Office (Covington)
	Orleans Parish Civil District Court (New Orleans)
	Columbia Elementary (Caldwell PSD)
	4th Circuit Court of Appeal (New Orleans)
03/28 – 31/2022	University of Louisiana Lafayette (Lafayette)
	South Louisiana Community College (Lafayette)
	DOTD District 07 (Lake Charles)
	State Archives Building (Baton Rouge)
	Probation and Parole (Monroe)
	Washington Parish - Franklinton High School
	DOTD District 02 Crescent City Connection Division (New Orleans)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
	South Louisiana Community College (Morgan City)
	LaSalle Building (Baton Rouge)

March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation®

Learn more at kidney.org

Garlic Butter Chicken Bites with Lemon Asparagus



This chicken and asparagus recipe is a winner for dinnertime - it has so much flavor and is so easy to throw together!

Ingredients:

- 3 boneless, skinless chicken breasts, cut into bite-sized chunks
- 2 bunch of asparagus, rinsed and trimmed
- 1/2 cup butter, softened
- 1 teaspoon olive oil
- 2 teaspoons minced garlic
- 1 teaspoon Italian seasoning
- 1 tablespoon hot sauce, optional
- 1/2 cup low-sodium chicken broth
- Juice of 1/2 lemon
- 1 tablespoon minced parsley
- Crushed red chili pepper flakes, optional
- Slices of lemon, for garnish

Chicken Seasoning Ingredients:

- 1 teaspoon salt
- 1 teaspoon fresh cracked black pepper
- 2 teaspoons onion powder

Instructions:

1. To prepare the chicken bites recipe and asparagus in garlic butter sauce: Start to slice chicken breasts into bite-sized chunks and season with salt, pepper, and onion powder. Let sit in a shallow plate while you prepare the asparagus.
2. Wash and trim the ends of the asparagus, then blanch them in boiling water for 2 minutes, then soak in ice water to stop the cooking asparagus. This way, asparagus will cook faster and evenly in the skillet. You can skip this step if you have skinny asparagus. Drain and set aside.
3. Heat half butter and olive oil in a large cast-iron skillet over medium-low heat. Gently stir-fry the chicken bites on all sides until golden brown. Lower the temperature, add one teaspoon minced garlic and Italian seasoning and stir and cook with chicken bites until fragrant. Remove the chicken bites from the skillet and set aside to a plate. You might have to work in batches to avoid crowding the pan and have steamed chicken bites instead of brown.
4. In the same skillet over medium-high, add minced garlic then deglaze with chicken broth (or wine). Bring to a simmer and allow to reduce to half the volume. Add remaining butter, lemon juice, hot sauce, parsley. Give a quick stir to combine.
5. Add the blanched asparagus and toss for 2 minutes to cook it up. Add the sautéed chicken bites back to the pan and stir for another minute to reheat. Garnish the chicken and asparagus with more parsley, crushed chili pepper, and lemon slices and serve your garlic butter chicken bites and asparagus immediately.

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

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