



### Health Risks of High Blood Pressure

Also known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. Overall, the incidence of high blood pressure is about the same in men and women. However, there are gender differences between age groups. In people under the age of 45, the incidence of high blood pressure is higher in men whilst in the over 65-year age category it is higher in women. There are also race differences; it is more common among African Americans than Caucasians and less likely to occur in Mexican-Americans. In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms.

### Reducing High Blood Pressure

High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult.

Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African American people. It is also recommended that people eat potassium rich foods which help lower blood pressure. Potassium rich foods include fish, green leafy vegetables, bananas, citrus fruits and potatoes.

Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables. There are many affordable blood pressure monitors available for the consumer making it convenient to monitor your blood pressure at home.

For more information visit, the CDC [High Blood Pressure Education Month webpage](#).

### May is Women's Health Month

Women's Health Month is an awareness campaign serving as a reminder for women to take good care of their bodies and make their own physical and mental health needs a priority. It is extremely important for women age 65 and older, as well as those with underlying health conditions such as hypertension, diabetes, obesity, cardiovascular or respiratory conditions, to take steps to prevent common problems.

Some of the health conditions that especially impact women include:

- Heart disease
- Breast cancer
- Osteoporosis
- Gynecological and reproductive issues
- Depression and anxiety

Scheduling regular visits and getting age-appropriate screenings can help identify issues early. Also, making sure you are maintaining a healthy weight, eating a balanced diet, getting enough sleep and water, reduces your risk of common and chronic health problems.

At Access2Day, we believe that looking after your health and wellbeing is the greatest form of self-care. Honor this Women's Health Month by making the most of wellness resources at Access2Day Health clinics. To find your nearest location, <https://access2dayhealth.com/locations> today.

Women take care  
of so much.

Let us take  
care of you.



Women's Health Month 2022

[access2dayhealth.com](https://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](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>05/02 - 06/2022</b>	DCFS (Shreveport) LSU Health Science Center (New Orleans, LA) DOTD District 03 (Lafayette) Louisiana Housing Corporation (Baton Rouge) Housing Authority of New Orleans (New Orleans) EMPLOYEES ONLY Non-Flood Protection Asset Management Authority (New Orleans) Northshore TCC Lacombe Campus (Lacombe)
<b>05/09 – 13/2022</b>	LA Retirement Systems Building TRSL (Baton Rouge) Grambling State University (Grambling) Probation and Parole (Covington) Bienville Building (Baton Rouge) Vernon Parish School Board - West Leesville & Optional School (Leesville) Pinecrest Supports and Services Center (Pineville) Acadiana Area Human SVC District (Lafayette) DOTD District 62 (Hammond) Claiborne Building (Baton Rouge) SOWELA Tech Community College - Arts and Humanities Bldg (Lake Charles) Lenwil Elementary - Ouachita Parish School Board (West Monroe) Parkway Elementary School - Vernon PSB (Leesville)
<b>54/16 – 20/2022</b>	Nicholls State University (Thibodaux) Probation and Parole (Alexandria) Vernon Parish School Board - Hornbeck High School (Hornbeck) Louisiana Tech University (Ruston, LA) Department of Wildlife and Fisheries (Baton Rouge) Washington Parish School Board - Central Office (Franklinton) Sabine Parish School Board - Ebarb High School (Noble) DOTD Headquarters (Baton Rouge) University of New Orleans (New Orleans) Raymond Laborde Correctional Center (Cottonport) Louisiana Public Broadcasting (Baton Rouge)
<b>05/23 – 27/2022</b>	Jefferson Parish School Board Emenes Building (Harahan) DOTD District 61 East Baton Rouge (Baton Rouge) DEQ - Southeast Regional Office (New Orleans) St. Bernard Parish School Board (Chalmette) - EMPLOYEES ONLY St. Helena Central College and Career Academy - St Helena PSB (Greensburg)
<b>05/30 – 31/2022</b>	St. Bernard Parish School Board (Chalmette) - EMPLOYEES ONLY Central Office - Jefferson Parish School Board (Harvey)

## Meal Planning with Blue Cross Registered Dietitians

Our Registered Dietitians have quick and easy ways to make MEAL PLANNING effective and fun. If you Eat Better, you will Live Better. In this 39-minute webinar, you will learn more about creating a meal plan, quick, nutritious meals you can make with convenience foods, and more! Our dietitians share some of their favorite meals and snacks, too, as well as how to prep food for success!

Did you know we have health coaches who can work with you to help you find strength if you are dealing with chronic health conditions? Learn more:

<https://www.bcbsla.com/stronger>



## Women's Health Day and Retreat 2022: Celebrating Wellness & Culture

Thu, May 12, 2022

9:00 AM – 2:00 PM CDT

Louisiana State Capitol

Click [here](#) for registration and more information.

## ENCOURAGE: A Community Mental Wellness Fair

Sat, May 14, 11 AM – 1 PM

Festival Plaza

101 Crockett St, Shreveport, LA

Click [here](#) for more information.

## 7th Annual Brenda H. Owens Wellness Event

Sat, May 7, 2022 10 AM – 2 PM

Edna Karr High School, New Orleans, LA

Click [here](#) for more information.

## Cardio at The Pavilion: Independence

Mon, May 9, 2022 5:30 PM – 7:30 PM

Independence Community Park, Baton Rouge, LA

Click [here](#) for more information.

## Heart Walk

Sat, May 7, 2022 1:30 – 5:30 PM

419 N New Hampshire St., Covington, LA

Click [here](#) for more information.

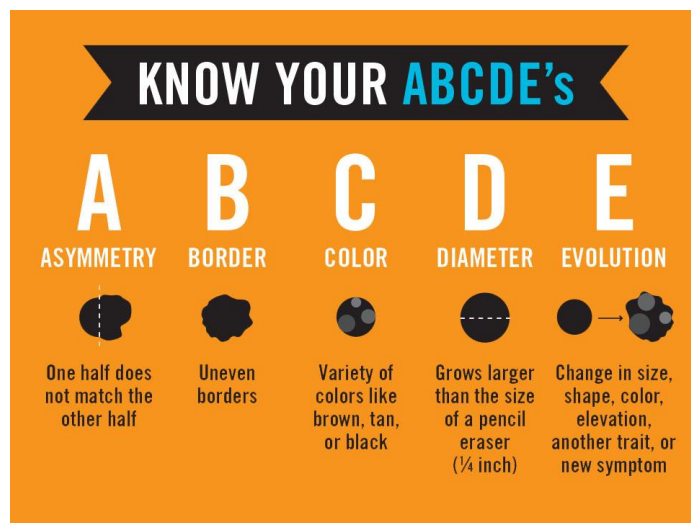
## Skin Cancer is the Cancer You Can See

Yet skin cancer often goes undetected until it is too late. Get to know your skin, look in the mirror and keep these 3 words in mind: New, Changing or Unusual. It could save your life!

### The Step by Step Self-Exam

1. **Examine your face** – especially your nose, lips, mouth and ears.
2. **Inspect Your Scalp** – Thoroughly inspect your scalp using a blow dryer to expose each section to view. Get a friend or family member to help, if you can.
3. **Check Your Hands** – Palms and backs, between the fingers and under the fingernails. Continue up the wrists to examine both forearms.
4. **Scan Your Arms** – Standing in front of a mirror, begin at the elbows and scan all the sides of your upper arms and underarms.
5. **Inspect Your Torso** – Next, focus on the neck, chest and torso. Women should lift breasts to view the undersides.
6. **Scan Upper & Lower Back** – With you back to a full-length mirror, use a hand mirror to inspect the back of your neck, shoulders, upper back, lower back, buttocks and backs of both legs.
7. **Inspect Your Legs** – Sit down; prop each leg on a stool or chair. Check the front and sides of both legs, thigh to shin, ankles, tops of feet, between toes and under toenails. Also examine the soles of your feet and heels.

If you see something NEW, CHANGING or UNUSUAL, get it checked out right away!



## Taco Pizza



Taco Tuesday meets Pizza Night in the most delicious way possible!

### Ingredients:

- 1 pizza crust
- ½ lb lean ground turkey
- ½ packet taco seasoning
- ½ cup fat free refried beans
- ¼ c salsa
- 1 c shredded part skim mozzarella cheese
- ½ c diced green onions
- ¼ c minced fresh cilantro
- tomatoes
- 1 c finely shredded lettuce
- ¼ c water

### Instructions:

1. Preheat oven to 400 degrees.
2. In a medium skillet, brown ground turkey.
3. Add taco seasoning, water, green onions and 2 tablespoons cilantro. Mix well and cook for 3-4 minutes.
4. While meat is cooking, lightly spray pizza crust with cooking spray. Put on a cookie sheet or pizza stone and pre-bake for about 2 minutes.
5. In a medium bowl, mix refried beans and salsa until thoroughly combined.
6. Take pizza crust and spread the bean mixture, covering the entire crust except for the outer edges.
7. Spread meat on top of bean mixture and then cover with cheese.
8. Bake for 10 minutes.
9. Remove from oven and top with cilantro, shredded lettuce and tomatoes.
10. Let cool before cutting into 8 slices.

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

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