



November: Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death for both men and women in the US. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

The American Cancer Society (ACS) estimates that more than 228,150 Americans will be diagnosed with lung cancer this year, and approximately 143,000 lung cancer patients will die.

Lung cancer screening programs offer new promise for early detection and improving survival rates. As many as 12,000 to 15,000 lives can be saved each year through screening programs.

Symptoms

According to the American Lung Association (ALA), many people with lung cancer don't have symptoms until the disease is in its later stages. Symptoms may include:

- A cough that doesn't go away and gets worse over time
- A chronic cough or "smoker's cough"
- Hoarseness
- Constant chest pain
- Shortness of breath or wheezing
- Frequent lung infections such as bronchitis or pneumonia
- Coughing up blood

See your doctor right away if you notice any of these symptoms.

Protection and Prevention

- **Stop smoking:** Don't start smoking; quit smoking if you smoke; and avoid secondhand smoke.
- **Be mindful of air pollution:** Breathing in dangerous chemicals can cause lung cancer. The more chemicals you breathe in, the higher your lung cancer risk.
- **Exercise:** Daily aerobic exercise and breathing exercises are ways you can "work out" your lungs to their full capacity.
- **Get checked regularly:** Seek medical help on a regular basis to address any medical concerns or questions you might have.



Getting the Most Out of Your Access2day Membership

In this season of thankfulness, we want to take a moment to express our sincere gratitude to all our members and wish to offer some helpful tips on how to get the most out of your Access2day membership. We wish you all the best in health and wealth this holiday season.

Helpful Tips to Get the Most Out of Your Membership

- When preparing to visit an Access2day Clinic, remember to bring your membership card
- If you do not have your membership card, *you can still unlock your zero-pay benefit* by identifying yourself at check-in as an Access2day member
- Your membership covers you *and your dependents* at all Access2day locations
- Make sure you go to the Access2day website or use the Clinic Finder App for the most convenient clinic location near you
- Avoid the emergency room by using your local Access2day clinic for all your non-life-threatening medical needs
- Your membership is 100% prepaid by the Office of Group Benefits, so there's always zero co-pay and out-of-pocket expense for care and no appointment is necessary!

Stop by your local Access2day Clinic today for:

- Flu Shots & Vaccinations
- X-Rays & Labs
- Cough, Cold, Lumps & Bumps
- Sinusitis
- Urgent Care & Primary Services
- And more!

Find your clinic today at access2dayhealth.com/locations.
Need a membership card? Call 800.797.9503

**Thank You to All Our Members!**

ACCESS2day
HEALTH

2021 Large Member Survey Results

- 95%** were seen in 30 minutes or less
- 96.6%** would visit an Access2day clinic again
- 93.8%** were satisfied or greatly satisfied with their experience

Access The Care You Need Today

- Access2Care
- Access2Exams
- Access2Testing
- Access2Wellness
- Access2Prevention

access2dayhealth.com

Live Better Louisiana

The 2023 Wellness campaign has come to a close. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently scheduling clinics for the 2024 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2024 wellness credit. You can access that form on the OGB website by clicking [here](#). If you have not received a confirmation from Catapult Health that you earned your 2023 credit, please reach out to Catapult for that confirmation: support@catapulthealth.com.

Get Your COVID-19, Flu Shots to Lower Your Risk of Respiratory Illnesses

Winter weather is still weeks away, but health officials in Louisiana and nationally are already [reporting higher-than-average rates of children being hospitalized for respiratory illnesses](#).

"We expect to see more cold and flu cases in colder weather as people spend more time indoors, making it easier to spread illnesses. But this year, we've seen a spike in these and other respiratory viruses, including COVID-19 and [RSV](#), since late summer," said Dr. Tracy Lemelle, a pediatrician and Blue Cross and Blue Shield of Louisiana medical director. Australia just had one of the worst flu seasons in recent years. Based on that, health officials are predicting a severe flu season here. Dr. Lemelle advises families to take precautions now, ahead of the late winter months that are the peak time for respiratory illnesses.



"As we approach the holiday season and make plans to gather with loved ones, it's very important that everyone in your family who can gets their flu shot and COVID-19 vaccine or updated booster. That will give you the best protection against severe illness, hospitalization or death."

A message from Dr. Tracy Lemelle, pediatrician

 Louisiana

STRONGER THAN The Flu

Health officials [recommend everyone age six months and older get a flu shot each year](#), ideally by the end of October. It's especially important for adults 65 and older, pregnant women, young children and people with long-term conditions like heart disease, diabetes or asthma, who are at higher risk for severe complications or death from the flu. This year, the U.S. Centers for Disease Control & Prevention (CDC) [recommends adults 65 and older get a higher-dose version of the flu shot for stronger protection than the standard shot](#).

Blue Cross and most other health plans cover flu shots at \$0 or very low cost. Flu shots are widely available at doctor's offices, clinics, pharmacies, grocery stores, community health centers and other locations statewide. For more information, visit [BCBSLA.com/Flu](https://www.bcbsla.com/Flu).

BCBS Livestreams:

Nov. 2 – Conversando Francamente: <https://fb.me/e/25POKWyzP>

Nov. 10 – WINTER WELLNESS: <https://fb.me/e/1RCNmIdJV>

Nov. 30 – Medicare Made Easy: <https://fb.me/e/25PP5sLuZ>

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.





Louisiana



LILLY, OMADA HEALTH COACH

Great to see the tips we talked about are helping! Keep up the great work!



Zero judgment. Zero costs.

Everyone deserves zero-judgment support for better health. Omada®'s easy-to-follow program helps members get healthier.

Our members love Omada:

"I want to improve the quality of my life. It's about changing the way I feel day-to-day about myself and reducing my stress levels. I feel more empowered!"

— AILEENA, OMADA MEMBER

If you or your spouse or adult dependent are enrolled in a Blue Cross and Blue Shield of Louisiana health plan and at risk for type 2 diabetes or heart disease, Blue Cross will cover the entire cost of the program.

Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross and Blue Shield Association.

Omada is a program of Omada Health, an independent company that provides the program's services for eligible [Company] members.

What you get with Omada:

A program value up to \$700
—at no cost to you.



YOUR PERSONAL HEALTH COACH

One-on-one support with an actual human who cares about your progress.



EXPERT ADVICE, TAILORED TO YOU

Manage food, activity, sleep and stress with personalized support.



SMART SCALE INCLUDED

Track your progress with this easy-to-use, synced device.



ONGOING EMOTIONAL SUPPORT

Access tools and resources to ensure your mindset is healthy, too.



JOIN TODAY FOR \$0
omadahealth.com/ogb

Air-Fryer Brussels Sprouts



These super-crispy and browned air-fryer Brussels sprouts with sweet onions and salty bacon--all amped up with bright lemon juice--are sure to be a hit, whether you serve them for a weeknight side dish or as part of your holiday spread for Thanksgiving. This recipe makes enough to serve eight but is easily halved, though once you taste it you may well want a double serving.

Ingredients:

- 4 slices center-cut bacon
- 1 large red onion, roughly chopped
- $\frac{3}{4}$ Tsp. salt
- 2 Tbsp. lemon juice
- 2 $\frac{1}{2}$ Lbs. Brussels Sprouts, trimmed & halved
- 1 Tbsp. extra-virgin olive oil
- $\frac{1}{4}$ Tsp. ground black pepper
- 2 Tsp. fresh thyme leaves

Instructions:

1. Place bacon in a single layer in the basket of an air fryer. Air-fry at 400 degrees F until the bacon is crisp, about 14 minutes, flipping once halfway through. Transfer to a paper-towel-lined plate.
2. Toss Brussels sprouts, onion, oil, salt and pepper in a large bowl. Place about half of the Brussels sprouts mixture in a single layer in the air fryer basket. Air-fry at 375 degrees F until browned and crispy, 14 to 16 minutes, flipping once halfway through. Transfer to a serving platter. Repeat with the remaining Brussels sprouts mixture. Drizzle with lemon juice; sprinkle with thyme. Crumble the cooked bacon over the top.

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

Follow us on Twitter



Follow us on YouTube



Follow us on Facebook

