



### October: National Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most frequently diagnosed cancer in women. It is also the second-leading cause of cancer death in women (after lung cancer).

Getting a mammogram is the most important action women can take to find breast cancer early – before physical symptoms develop – when the disease is most treatable. Regular mammograms can help find breast cancer at an early stage, when treatment is most successful.

If a woman is at high risk for breast cancer – because of family history, a genetic tendency, or certain other factors – the American Cancer Society recommends screening with an MRI along with a mammogram. These women might also need to start screening at a younger age. A woman at high risk should talk with her health care provider about:

- Her medical history
- Whether she should have an MRI along with each mammogram
- What age she should start screening.

Women can also help reduce their breast cancer risk by making healthy lifestyle choices, such as getting to and staying at a healthy weight, being physically active on a regular basis, and limiting their alcohol intake to no more than one drink per day.

**For more information on how you can stay well, visit the American Cancer Society website at [cancer.org/breastcancer](https://cancer.org/breastcancer) or call 1-800-227-2345.**



### Early Detection & Prevention Saves Lives

The statistics are significant: 1 in 8 women and 1 in 1000 men will develop breast cancer during their life. But thanks to increased awareness and research, we know more than ever what steps we can take today to improve our chances of avoiding this disease and boosting our health in general.

#### 1. **Maintain a Healthy Weight**

Being overweight can increase the risk of several types of cancer.

#### 2. **Avoid Smoking**

Smoking is linked to several deadly diseases. Breast cancer is one of them.

#### 3. **Avoid Alcohol**

Even moderate levels of drinking can increase the risk of breast cancer.

#### 4. **Have a Healthy Diet**

Eating the right foods benefits your entire body and lessens the risk of breast cancer.

#### 5. **Know Your Family History**

Special steps can be taken to prevent breast cancer if you come from a high-risk family.

#### 6. **Get Screened Regularly**

Breast cancer screenings do not prevent cancer from happening, but early detection highly increases one's chances of survival. Early stages of cancer are more treatable than later stages. Most women should get annual screenings starting at the age of 40.

No one can predict the future, but we can all take certain steps to help prevent illness and disease. Annual checkups are a cornerstone to better health and an essential tool in detecting diseases while they are in their early, more treatable stages. For many areas of preventative care, stop by your local Access2day clinic – and remember, your membership is 100% prepaid by the Office of Group Benefits, giving you convenient access to primary and urgent care services. Find your clinic at [access2dayhealth.com/locations](https://access2dayhealth.com/locations).



## 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 follow the steps below to reach out to Catapult for that confirmation:

### 1. Confirmation of receipt

- a. You must provide an email address on your form to receive confirmation. Catapult Health will send you an email to let you know that we have received and processed your form. Please print clearly.
- b. If you have not received an email within 14 business days after submission stating Catapult Health has processed your form, please contact our Customer Care team at [support@catapulthealth.com](mailto:support@catapulthealth.com), or you can call them at 214.785.2200 (Business Hours Mon-Fri; 8am-5pm CST)

### 2. Incomplete forms

- a. If any information is missing from your form, your form will not be processed. Catapult Health will make one attempt to contact you via the phone number or email address provided on your form to allow you to resubmit the form.

### 3. Questions

- a. Contact the Catapult Health Customer Care team at [support@catapulthealth.com](mailto:support@catapulthealth.com).

## Breast Cancer | Health Notes with BCBS Medical Directors

Cancer screenings save lives. If you are a woman who is 40 years or older, please speak to your doctor about a mammogram. Mammograms and monthly self-breast checks can catch cancer earlier and increase good health outcomes.



For more information, check out:

<https://news.bcbsla.com/press-releases/2021/breast-cancer-awareness-month>

## BCBS Livestreams:

### October 26 – Medicare Made Easy

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.



## 2022 One Million Steps Virtual Walk/Run/Bike

It's that time of the year...Pedestrian Safety Month!!! During the month of October, The Louisiana Highway Safety Commission in partnership with the Louisiana Department of Health - Own Your Own Health will host the Third Annual **1 Million Steps 2 Safety Virtual Walk, Run, and Bike** challenge.

What a fun way to get up, out, and moving while educating participants on pedestrian and bicyclist safety. Participants 18 years and older of all fitness levels are welcomed to sign-up. Our commitment is to provide you with safety tips on how to share and navigate the roadways while obtaining the highest number of steps with family and friends.

**1 Million Steps 2 Safety** will be held from October 1<sup>st</sup> through November 1<sup>st</sup>. Visit [www.oyohla.com](http://www.oyohla.com) and choose the OYOHLA group to sign up. If you do not have a Fitbit you can download the Google Fit app from the website which will automatically track your steps. An added feature is you can manually input any physical activity, such as Zumba classes, cycling, gardening, folding clothes etc.





# HALLOWEEN SAFETY TIPS

## WHEN WALKING

**CROSS THE STREET AT CORNERS**

**USE TRAFFIC SIGNALS AND CROSSWALKS**

**LOOK LEFT, RIGHT, AND THEN LEFT  
AGAIN BEFORE YOU CROSS**

**PUT YOUR PHONE DOWN AND HEAD UP  
WHEN CROSSING**

**HAVE CHILDREN LEARN TO MAKE EYE  
CONTACT WITH DRIVERS BEFORE CROSSING  
IN FRONT OF THEM**

**WALK ON SIDEWALKS, NOT THE STREET**

**KEEP A LOOKOUT FOR CARS THAT ARE  
TURNING OR BACKING UP**

## WHEN DRIVING

**DRIVE SLOWLY AND STAY ALERT**

**TAKE TIME TO LOOK FOR CHILDREN AT  
INTERSECTIONS, MEDIANS AND CURBS**

**BACK YOUR VEHICLE UP SLOWLY AND  
TRIPLE CHECK TO MAKE SURE NO ONE IS  
AROUND**

**ELIMINATE DISTRACTIONS**

**AROUND THE HOURS OF 5:30 TO 9:30  
THERE WILL BE A LOT OF CHILDREN OUT.  
DRIVE EXTRA CAREFUL AT THESE HOURS**

**STOP FOR ALL CHILDREN AND ALLOW  
THEM TO CROSS IN FRONT OF YOU TO  
ELIMATE THE RISK OF THEM DARTING OUT**





## Smoked Chicken Tortilla Soup



This no-fuss soup comes together so quickly, you'll want to whip up large batches to freeze for later. The crunchy tortilla strips on top are an added bonus here, but you can also use these recommended toppings: fresh cilantro, avocado slices, lime slices, or crumbled queso fresco. A fast family-favorite, you'll want to keep this recipe on hand for chilly months.

### Ingredients:

- 1 large onion, diced
- 1 large jalapeño, seeded and chopped
- 3 tbsps. olive oil
- 3 garlic cloves, chopped
- 8 cups chicken broth
- 1 can whole kernel corn, drained
- 1 can fire roasted diced tomatoes
- 1 can diced tomatoes with chilies
- 1 ½ tbsps. Chile powder
- 3 tbsps. Ground cumin
- 1 tps. Worcestershire Sauce
- 5 cups rotisserie chicken (from 2 rotisserie chickens)
- Topping: tortilla strips, fresh cilantro, avocado slices, lime slices, crumbled queso fresco

### Instructions:

1. Sauté onion and jalapeño pepper in hot oil in a Dutch oven over medium high 5 to 6 minutes. Add garlic and sauté 1 to 2 minutes.
2. Stir in broth and next 8 ingredients. Bring to a boil; reduce heat and simmer 40 minutes.
3. Remove from heat and stir in chicken. Let stand 10 minutes before serving.
4. Serve with Desire toppings.

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

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