



April is Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, we encourage you to educate yourself and your loved ones about the dangers of drinking too much.

Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems. 88,000 deaths are annually attributed to excessive alcohol use with Alcoholism being the 3rd leading lifestyle-related cause of death in the nation.

Alcohol abuse and alcoholism can affect all aspects of a person's life. Over time, excessive alcohol use can lead to numerous health problems, chronic diseases, neurological impairments and social problems. Here are some strategies to help you or someone you may know cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women and 2 drinks a day for men
- Learn the definition of a "[standard drink](#)"
- Recognize the [signs](#) of harmful alcohol use
- Don't drink when you are upset
- Limit the amount of alcohol you keep at home
- Avoid places where people drink a lot
- Make a list of reasons not to drink



Access2day's Top Tips for Nipping Spring Allergies in the Bud

Allergy season is no longer around the corner – it's here! From itchy eyes to endless sneezing, allergies can ruin your day and cut into your productivity, making it that much more difficult as we step into spring. Don't spend your time battling the sniffles! Access2day health clinics are here to help.

While it can differ from area to area, spring allergy season can begin as early as March and run its course into the beginning of summer. These allergies are commonly caused by two things: pollen and mold spores. Pollen is responsible for the sheen of yellow that inevitably coats everything, stemming primarily from trees. And while it's not as well-known, outdoor mold spores travel easily on both dry and wet days, so it's even harder to escape.

With that in mind, here are a few tips from Access2day to help manage this allergy season:

- Watch out for dry and windy days! Pollen spreads easiest during these conditions.
- Monitor local pollen levels on the weather station or app – on days with high pollen, think about taking the day off from outdoor activities.
- Shower and change your clothes after spending time outside to get rid of pollen clinging to your skin and hair.
- Keep your doors and window closed! The warm spring air can be tempting, but on days with high pollen, avoid inviting it right into your house.
- Look into allergy medication. Stay on top of treatment so your allergy symptoms aren't quite as severe.

Even if you can't avoid allergy triggers, you can count on Access2day to help make the symptoms easy to manage. With your membership, you have access to quality care without having to schedule appointments and deal with long wait times, so you can get the treatment you need today.

Find out how Access2day can help you by attending our April 6 webinar – register [here](#) or watch the recording by visiting the webinar library [here](#).



Live Better Louisiana

Earn your 2024 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 29, 2023** to get your preventive health checkup in order to be eligible for the 2024 wellness credit!

Live Better Louisiana Clinics

Date (Week)

Location

04/03 – 07/2023

Office of Public Health (New Orleans)
Bienville Building (Baton Rouge)
Vernon Parish School Board - Hicks HS (Leesville)
Jackson PSB - Weston High School (Jonesboro)
Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
Central Office - Jackson Parish School Board (Jonesboro)
LDAF / Woodworth Complex
Washington Parish - Franklinton High School
Tangipahoa Economic Stability Office (Amite, LA)
Child Support Enforcement Center (Lake Charles)
Vernon Parish School Board - West Leesville & Optional School (Leesville)

04/10 – 14/2023

Court of Appeals 5th Circuit (Gretna) EMPLOYEES ONLY
Central Office - Jefferson Parish School Board (Harvey)
Sabine Parish School Board - Central Office (Many)
Nicholls State University (Thibodaux)
Lenwil Elementary - Ouachita Parish School Board (West Monroe)
Zwolle Elementary School

04/17 – 21/2023

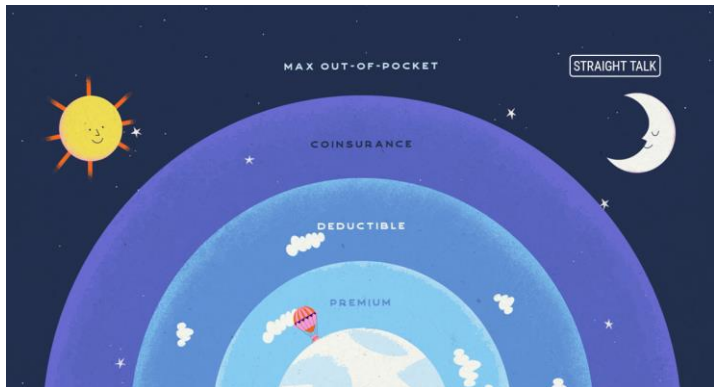
Southeastern Louisiana University (Hammond, LA)
Central Office - Jefferson Parish School Board (Harvey)
Louisiana Housing Corporation (Baton Rouge)
Many Junior High School
Pinecrest Supports and Services Center (Pineville)
Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge)
Bienville Building (Baton Rouge)
State Military Department (New Orleans)
LA Retirement Systems Building TRSL (Baton Rouge)
State Military Department (Carville)

04/24 – 28/2023

Avoyelles PSB - Avoyelles HS (Moreauville)
Jefferson Parish School Board Emenes Building (Harahan)
Claiborne Building (Baton Rouge)
Nicholls State University (Thibodaux)
Northwest Louisiana Human Services District (Shreveport)
Non-Flood Protection Asset Management Authority (New Orleans)
DOTD District 62 (Hammond)
Vernon Parish School Board - Central Office (Leesville)
LSU Shreveport (Shreveport)
University of New Orleans (New Orleans)

Health Insurance Payment Zones | Understanding Healthcare

Do you know how your money works for you in all the payment zones of health insurance? From premiums to accumulators like deductibles, copays, coinsurance and maximum out-of-pocket, knowing the payment zones will help you understand how much you could pay when you get care.



Overcome Stress One Breath at a Time

Overcome stress one breath at a time with Omada®. Studies show that practicing deep, controlled breathing slows your heart rate, and can calm your feelings to help reduce stress and depression. It even helps to increase alertness, improve sleep and boost your immune system. With Omada, you'll have help to breathe more, breathe better and improve your overall health. **Get started today.** omadahealth.com/ogb



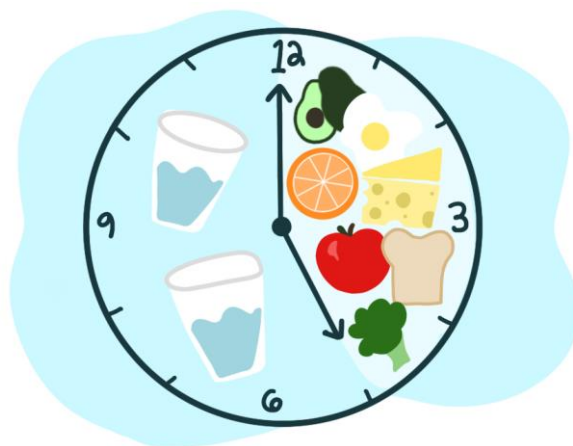
Healthy Adults Needed for an Exciting Study to See if Intermittent Fasting or Calorie-Counting Can Slow Aging

Studies have shown that intermittent fasting can help people lose weight and may be easier to follow than counting calories (traditional calorie restriction).

Exciting new research in animals suggests that intermittent fasting slows aging and helps animals live longer. Researchers at LSU's Pennington Biomedical Research Center and the University of Alabama at Birmingham are now doing a study to see if intermittent fasting can slow the aging process in people, too, and are looking for healthy adults aged 25-45 to participate.

In this new study, called [DiAL-Health](https://www.pbrc.edu/DialHealth), researchers will determine if intermittent fasting or calorie restriction can slow aging and improve health in healthy people who are either lean or somewhat overweight. Moreover, the study will help determine if either dietary approach can improve aging biomarkers and improve "health span" – the length of your life that a person is free of diseases like diabetes or high blood pressure. Compensation of up to \$850 is offered for the completion of this study.

For more information, visit www.pbrc.edu/DialHealth.



Spring Cleaning Tips

Cleaning not only improves the look and feel of your home, but it can also benefit your physical and mental health. Here are a few tips on how you can improve your health this season:

- Open a window and take a few deep breaths. Fresh air flowing into your home can increase ventilation and improve the quality of the air you breathe.
- Vacuum your rugs or dust hard surfaces and window blinds with a damp cloth. Just a few minutes every day is all it takes to keep dust and allergens at bay.
- Listen while you clean. Cleaning can be a great opportunity to multitask and catch up on your favorite podcast, audio book or practice your dance moves while you listen to some cheerful music.
- Tackle the pantry. Not only will sorting through your pantry help you find expired foods that need to be tossed, but it can also help you take note of your family's eating habits. Check the nutrition labels on the processed food you regularly eat – the facts might surprise you!



PATHWAYS EVENT YOU'RE INVITED

Introducing a Financial Wellness Series and Financial Wellness Check-ups for State of Louisiana



We hear every day that many Americans are not financially prepared for their future. People find the financial planning process overwhelming, and they don't know where to begin. Many are asking their employers for help.

We are pleased to offer you the following financial wellness educational series and Financial Wellness Check-ups, through Prudential Pathways®. Prudential Pathways® offers practical, down-to-earth information that may help you and your family today, tomorrow, and beyond. It is designed to give you an understanding of the fundamentals of financial wellness through educational seminars.

3-Part Series

A series of engaging onsite financial wellness seminars. These easy-to-understand seminars are designed to teach you how to best manage your financial house in all areas related to financial wellness.

- Setting your financial goals
- Protecting your assets through risk management
- Investment principles
- Healthcare planning
- Retirement and asset distribution strategies
- Tax strategies
- Estate planning strategies
- How your benefits fit into your overall financial wellness

**April 4, 19, & 27, 2023
2:00 p.m. – 3:00 p.m. (CST)
via WebEx**

[Register Now!](#)

If you have a question or concern, please contact us at Pathways@prudential.com or 844-592-8993.

Traditional Baked Ham with a Fruit Glaze



Ingredients:

- 1 bone-in fully cooked spiral sliced ham
- 1 can whole-berry cranberry sauce
- 1 can mandarin oranges, drained
- 1 can jellied cranberry sauce
- ½ cup orange juice
- ½ teaspoon garlic powder
- 1/8 teaspoon hot pepper sauce

Instructions:

1. Place ham on a rack in a shallow roasting pan. Bake uncovered at 325° for 2 hours.
2. In a large saucepan, combine the remaining ingredients. Cook and stir over medium heat until heated through.
3. Brush ham with some of the glaze; bake 30-60 minutes longer or until a meat thermometer reads 140°, brushing occasionally with the remaining glaze.

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

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