



Back to School Healthy Beginnings!

During the rush to get your child ready to go back to school, don't overlook their health, as well as yours. If you are like most parents, you want this school year to be the best ever! From packing nutritious lunches to fitting in family physical activities, consider these tips to get the school year off to a healthy start.

Eat Right

Learn the **ABCs** of saving calories and money when you shop for groceries to pack your lunches.

- **A**lways use ads and store bonus cards, which may offer discounts on healthy foods like fruits and veggies.
- **B**uy produce in season to cut costs. Fall is often the best time of year to find a wide range of local produce.
- **C**ompare brands and package sizes to find the best buy. Be sure to read the Nutrition Facts label on packaged food to choose products lower in calories, saturated and trans fats, sodium, and sugars.

Turn food shopping into family time after school or on the weekends! Bring your kids along and teach them to look out for healthy choices.

Reduce Screen Time

Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family—with these tips.

- Turn off the TV during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.
- Limit screen time to two hours each day for children 2 or older.
- Suggest playing outside after school and join in the fun.
- Turn on some music and have a family dance party.
- Be a good role model. If you reduce your screen time and move more, your kids will too!



National Eye Exam Month

August is National Eye Exam Month – a great reminder that getting your eyes checked regularly is an important part of your annual healthcare routine. The connection to eyesight to your overall health, independence, and quality of life is too important to be ignored.

More reasons eye exam month is important:

1. Good vision improves work performance. It's tough to focus on work if you're having vision problems, which may contribute to reading and concentration issues. Getting your vision corrected would help – and make you much more efficient and successful at the office.
2. Eye exams can help reveal other issues. Eye exams can reveal much more than simply the health of your eyes – such as issues with diabetes, glaucoma, high cholesterol, and high blood pressure.
3. Eye exams offer a preemptive strike. Many diseases that affect the eye often do not have warning symptoms but can have severe effects on vision and eye health later on. Eye conditions can often be easily managed when caught early.

To protect your eyes:

- Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
- Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
- Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds.

In order to maintain a healthy vision, adults ages 18 to 60 should have a thorough eye exam at least every two years. Children under 18 and adults over the age of 61 should have annual exams.



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
8/01-04/2023	Bienville Building (Baton Rouge)
	Housing Authority of New Orleans (New Orleans) EMPLOYEES ONLY
	Thrive Academy
	Negreet High School
8/07-11/2023	Claiborne Building (Baton Rouge)
	Central LA Technical Community College (Alexandria)
	Leesville High School - Vernon PSB (Leesville)
	Office of Attorney General (Baton Rouge)
	LA Delta Community College (West Monroe)
	Baton Rouge Community College (Baton Rouge)
	Northwestern State University (Natchitoches)
	Lallie Kemp Charity Hospital (Independence)
	LA Delta Community College (Winnsboro)
	NOCCA (New Orleans) EMPLOYEES ONLY
	SOWELA Tech Community College (Lake Charles)
	LA School of Math Science & Arts (Natchitoches)
	LA Delta Community College (Ruston)
8/14-18/2023	LSU Health Science Center (New Orleans, LA)
	Central LA Technical Community College - Ferriday Campus (Ferriday)
	St. Landry Parish School Board - Resource Center (Opelousas)
	Iberville Building (Baton Rouge)
	LA State Board of Nursing (Baton Rouge)
	Louisiana State Penitentiary (Angola)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Delgado CC City Park (New Orleans)
	1st Circuit Court of Appeals (Baton Rouge)
	LA Retirement Systems Building TRSL (Baton Rouge)
8/21-25/2023	South Central LA Human Services Authority (Houma)
	University of New Orleans (New Orleans)
	Southeastern Louisiana University (Hammond, LA)
	Nicholls State University (Thibodaux)
	Louisiana Workforce Commission
	DEQ - Southeast Regional Office (New Orleans)
	Nunez Community College (Chalmette)
8/28-31/2023	LSU Ag Center (Baton Rouge)
	Claiborne Building (Baton Rouge)
	University of New Orleans (New Orleans)
	Claiborne Parish School Board - Central Office (Homer)
	DOTD Headquarters (Baton Rouge)
	Louisiana Workforce Commission
8/28-31/2023	DOTD District 04 (Bossier City)
	Dept of Natural Resources - LaSalle Building (Baton Rouge)

Go Back to School in Style – Not Sick!

With summer winding down, a new school year is here! That means children will be retreating from the wide outdoors into the close quarters of classrooms, where passing around germs is inevitable. According to a study from John Hopkins Medicine, school children catch around six to eight colds per school year, and that isn't accounting for other illnesses- including the less prevalent but still persistent COVID-19.¹

While you can't prevent the breeding ground of common colds that is a child's classroom, here are some tips to prevent you and your loved ones from catching the back-to-school blues.

Regularly wash your hands.

A crucial rule to follow! Washing your hands can make a world of difference, both preventing you from catching illnesses and infections and stopping the spread of sickness to others. Make sure kids stick to passing notes to each other—not germs.

Practice healthy habits.

Staying healthy goes beyond just your hands. Make time for exercise and be sure you're eating a balanced diet and staying hydrated, even when the summer heat winds down. Maintaining a healthy lifestyle will help build your immunity and keep pesky illnesses at bay.

Make room for regular visits to your doctor.

From catching illnesses early to keeping up to date with your immunizations, making regular visits to your local doctor is vitally important. With your Access2day membership, making those doctor's visits is easier than ever! Whether you're looking for a primary checkup or an urgent care visit, Access2day provides quick and easy access to the care you need.

Put your health at the top of your to-do list! Find your nearest clinic today: <https://access2dayhealth.com/locations>

1. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/upper-respiratory-infection-uri-or-common-cold>



ACCESS²day
HEALTH | **ogb**

**Start the School Year
Off Right—Not Sick!**

Access2day helps you put
your best foot forward.

Visit Your Local Clinic for \$0 Cost, Quality Care

How Can Blue Cross Health Coaches Help You?

You may be wondering what it's like to work with a health coach. In this video, Nurse Brandi explains how our health coaches, who are real medical providers, can help you manage your chronic health condition and support you in between doctor's appointments.



**WHAT TO EXPECT
WHEN YOU SEE A
BLUE CROSS
HEALTH COACH**

WATCH NOW

Medicare Made Easy Livestream



Louisiana

f LIVE

August 23rd – 10:00 AM

<https://www.facebook.com/events/1027100461794231>

Healthier Back-to-School Lunches

We cooked up a formula for simple yet healthy school lunches.

Preparing healthy, nutrient-rich lunches for you and your family can help prevent weight gain, a major risk factor for type 2 diabetes, hypertension, and other chronic conditions.

School lunch:

- + 1 handful of whole grains
- + 1 hand-sized portion of protein
- + 1 handful of veggies
- = 1 complete lunch

Omada's Programs Can Help



100% human-led. A real, personal health coach gives you one-on-one support.



Not a celery-stick diet. Get healthy with foods you already enjoy.



On your time. If you have your smartphone, you have your health coach.



Tools to guide you. Smart devices to track your progress (yours to keep).



Made for you. A wellness plan and lessons tailored to your goals and lifestyle.



Quinoa and Black Bean Tacos

- + 1/2 cup baked beans
- + 1 cup cooked quinoa
- + Sliced avocados
- + Dressing drizzled on top
- + Corn tortillas

1 "Overweight & Obesity Statistics - Niddk." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, Sept. 2021.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.



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**Introducing a Financial Wellness Series
for State of Louisiana Employees**

Advanced Asset Distribution Strategies

This seminar will cover important topics, like these:

- Overview of wealth accumulation strategies
- Protecting your assets
- Tips to navigate planning pitfalls

Tuesday – August 8, 2023 from 10:00-11:00 a.m. (CT)
Wednesday – August 16, 2023 from 11:30 a.m. – 12:30 p.m. (CT)
Thursday – August 24, 2023 from 2:00-3:00 p.m. (CT)
via Zoom

[Click Here to Register](#)

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

Participants Sought for Study to Help Correct Iron Deficiency Among Women

The presence of iron in blood is crucial for the transport of oxygen throughout the body. Without enough iron, iron deficiency, or the more severe form, iron deficiency anemia develops, resulting in symptoms such as fatigue, weakness, headaches, dizziness, and pale skin. More than 1-in-5 premenopausal women in the United States are iron deficient. A study now underway at Pennington Biomedical Research Center, and led by Dr. Stephen Hennigar, is exploring dietary strategies to improve iron status in this population.

For his study, Dr. Hennigar is recruiting women between the ages of 18 and 40 who are not pregnant. Participants will be provided with and instructed to consume a lunch meal with an iron supplement each day for 2 months. The goal of this study is to determine which foods are best suited for the delivery and absorption of iron in the body. In addition to the provided meal, participants will be compensated for their time. Those interested in participating can see if they qualify for the IRON study at <https://www.pbrc.edu/iron>.

6 Ways to Have a 'Berry' Happy Blueberry Month

For National Blueberry Month, researchers Cathy Carmichael and Kate Blumberg of Pennington Biomedical's Dietary Assessment and Nutrition Counseling unit are sharing the health benefits of this "super" food, along with ways to incorporate blueberries into your diet. Studies on blueberries have found various health benefits associated with them, including showing that blueberries have properties that help improve factors related to pre-diabetes and decreased inflammation in obese men and women.

"Blueberries are naturally sweet, high in fiber and a good source of Vitamin C. Their rich colors mean they are high in antioxidants and disease-fighting nutrients," Carmichael said.

Blumberg offered these tips for adding blueberries to any diet: Throw some blueberries in your cereal, oatmeal or yogurt for breakfast or a snack. Add them to whole grain muffins, waffles or pancakes. Pop a handful in your mouth as a healthy snack. Add them to a salad with nuts. Use them on a peanut butter/nut butter sandwich instead of jelly. Make a blueberry smoothie.

Buffalo Chicken Casserole



A creamy Buffalo Chicken Casserole that is Whole30, Keto and Paleo compliant. Filled with shredded chicken, mayo, ranch, nutritional yeast, seasoning, green chilies and Franks Hot sauce. A perfect easy and quick weeknight dinner.

Ingredients: Salad

- 2.5 lbs. cooked chicken breast (shredded)
- 3 ½ c cauliflower rice
- ½ cups Franks Hot Sauce
- 2 tbsp. ranch dressing
- 1/3 cup mayo
- ½ c chopped onion
- 1/3 c green chilies
- 1/3 c chopped green onions

Seasoning

- ½ tsp. salt
- ½ tsp. pepper
- 2 ½ tbsp. nutritional yeast
- 1 tsp. paprika
- ¾ tsp garlic powder

Instructions:

1. Preheat oven to 350°
2. Coat 9X9 or 9X13 baking dish with olive oil
3. In a large bowl, add the cauliflower rice, onions, green onions, banana peppers or green chilies, cooked shredded chicken, Franks Red Hot Sauce, mayo, ranch, nutritional yeast and the rest of the seasoning.
4. Mix all the ingredients together until completely combined.
5. Transfer the mixture to the baking dish and add to the oven.
6. Bake for 35-40 minutes or until the top is crispy and bubbling.
7. Drizzle with ranch, top with fresh chopped green onions and add a little more Franks Hot Sauce to the top.

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