



## Preventing Heart Disease through Diet, Exercise & Risk Reduction

Coronary Artery Disease, commonly known as heart disease, is the result of progressive narrowing of the arteries that provide oxygen-rich blood to the heart. This narrowing occurs when waxy deposits called plaque form on the walls of the coronary arteries. When too much plaque builds up, it can close off a portion of or completely obstruct an artery. If an artery becomes totally blocked, a heart attack will likely occur. Fortunately, by reducing your intake of cholesterol and saturated fats, exercising regularly and eliminating risk factors such as smoking, obesity and stress, you can significantly reduce your chances of developing heart disease.

- **Reduce Cholesterol and Saturated Fat:** All cholesterol and most saturated fats are found in animal based foods. Eating more fresh fruits and vegetables and complex carbohydrates such as whole grains, in addition to eating chicken and fish instead of red meat will help you keep your cholesterol levels in the healthy range. Saturated fats (found in meat and dairy) are those fats that remain solid at room temperature. Limit fatty cuts of meat, whole milk dairy products, and saturated oils.
- **Exercise Regularly:** For meaningful health benefits, adults should do at least 150 minutes of aerobic exercise each week to strengthen and condition the heart muscle. This will help to control your weight and blood pressure, while reducing your risk of heart disease. Walking is an excellent form of aerobic exercise, so is swimming or biking. Be sure to check with your healthcare provider before beginning any exercise program.
- **Examine your Risk Factors:** While some risk factors for heart disease (such as genetics) can't be altered, it's important to change those that can. Controlling your blood pressure, weight and stress level and quitting smoking are critical to reducing your chances of developing heart disease.



## Matters of the Heart

### *Tips for Heart Disease Prevention*

When it comes to your health, what's in the heart truly matters. February is American Heart Awareness month, a time when our nation focuses on the #1 killer of Americans: heart disease.

In recognition of this special month of awareness, we offer you the following tips on heart health.

### Tips for a Healthy Heart

- **Don't Smoke**  
If you're a smoker, giving your heart a break by quitting smoking could be one of the best decisions you ever make.
- **Eat a Healthy Diet**  
A heart-healthy diet consists of eating plenty of fruits, vegetables, omega-3 fatty acids, and fiber-rich whole grains, avoiding beverages that are high in sugar, and consuming less than 1,500 mg of sodium per day.
- **Know Your Family History**  
Talk to your doctor about any heart-related issues that run in your family, especially if you have a parent or sibling that experienced a heart attack before age 50.
- **Know Your Numbers**  
According to John Hopkins Medicine, tracking your health and fitness levels can be crucial to maintaining healthy heart numbers. Five key things to track are how many steps you take per day, cholesterol, blood sugar, hours of sleep per night, and blood pressure.

As your partner in primary, preventative, and urgent care needs, we encourage you and your covered dependents to take full advantage of the convenient access to high-quality health services that are available to you at your local Access2day Health clinic, including lab work and diagnostics that measure cholesterol, blood pressure, and all other levels that are so vital to the health of your heart.

Remember, your membership is 100% prepaid by the Office of Group Benefits, providing you with a fast pass to \$0 cost care to help make for a healthier today – *and tomorrow*.

Find your nearest clinic at [access2dayhealth.com/locations](https://access2dayhealth.com/locations).



## 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](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 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
02/01 – 03/2023	DCFS (Bogalusa)
02/06 – 10/2023	Boley Elementary - Ouachita Parish School Board (West Monroe) Regional Transportation Management Center Caldwell PSB Central Office (Columbia) University of New Orleans (New Orleans) East Baton Rouge Housing Authority (Baton Rouge) Commissioner of Insurance (Baton Rouge)
02/13 – 18/2023	Student Service Center - Morehouse PSB (Bastrop) University of Louisiana Lafayette (Lafayette) Southeastern Louisiana University (Hammond, LA) VFMC (Jackson) Pinecrest Supports and Services Center (Pineville) Sabine Parish School Board - Florien High School (Florien)
02/20 – 24/2023	DOTD District 07 (Lake Charles) Dixon Correctional Institute (Jackson) Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) State Archives Building (Baton Rouge) Office of Public Health - Calcasieu Parish Regional Office (Lake Charles)
02/24 – 28/2023	Claiborne Building (Baton Rouge) Harvey State Office Building (Harvey) Vernon Parish School Board - North Polk Elementary School (Fort Polk) Dixon Correctional Institute (Jackson)

## Healthy Eating

Did you know ... Blue Cross has dietitians as part of our in-house team of clinical professionals? They work with our members on how to eat healthy and use food choices to improve their outcomes for conditions like diabetes or heart disease.

In this [new YouTube series](#), Romaine Calm and Carrot On, meet our dietitians - Katherine and Laura - as they answer some common nutrition questions and give tips to help you be STRONGER THAN cravings and eat well.

Visit [www.bcbsla.com/Stronger](http://www.bcbsla.com/Stronger) to connect with a Blue Cross dietitian or health coach.

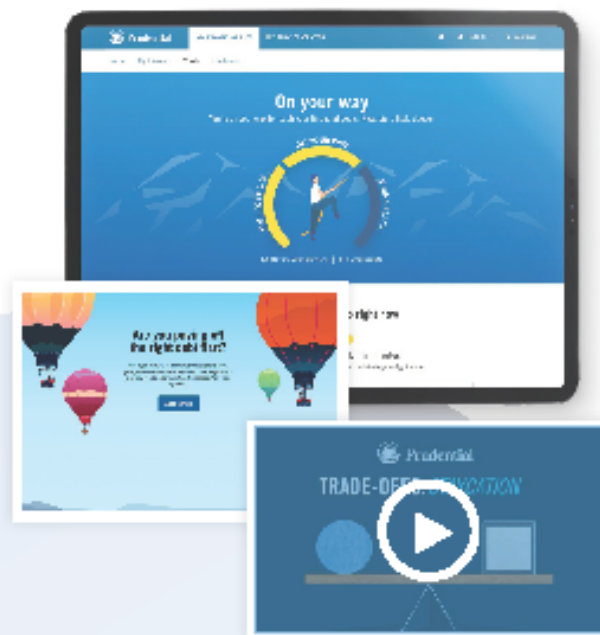




# Take care of your financial health

## ➔ Introducing the Financial Wellness Center

A digital hub to help you manage day-to-day finances, achieve financial goals, and protect against financial risks.



You'll enjoy easy-to-use interactive resources such as:

- The Financial Wellness Assessment Tool
- Keep Track of Your Money Budgeting Tool
- Debt Manager Tool
- Life Insurance Calculator
- Disability Insurance Calculator

Plus, you can access a library of over 300+ articles and videos.

➔ **Start here**—visit your Financial Wellness Center or speak to your HR representative for more details.

Explore ways the Financial Wellness Center can you help promote your financial health.

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## Crispy Baked Honey BBQ Wings



*These Crispy Baked Honey BBQ Wings are easy to make and perfect for game day!*

### Ingredients (Wings):

- 18 chicken wings
- ½ cup flour
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 ½ tsp. chili powder
- 1 ½ tsp. black pepper
- cooking spray

### Ingredients (Sauce):

- 1 cup barbecue sauce
- ½ cup honey
- 2 tbsp. hot sauce
- 4 tbsp. butter
- 1 ½ tsp garlic powder

### Instructions:

1. Preheat oven to 425°.
2. In a small bowl, mix together flour, salt, garlic powder, chili powder and black pepper.
3. Wash, dry and dip the wings into the flour mixture until coated.
4. Cover a cookie sheet with foil and spray with a generous amount of cooking spray.
5. Place wings in a single layer on the cookie sheet and place in the oven.
6. Cook for 35 – 40 minutes, depending on the size of the wings, turning once half-way through.
7. While wings are baking, make the sauce by slowly simmering the sauce ingredients over the lowest heat.
8. When wings are done baking, carefully dip them in the sauce and place them back in the oven for another 5 minutes, or until the sauce is bubbling.

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