



## Hurricane Preparedness

Hurricane season begins June 1, 2023. The Office of Group Benefits (OGB) encourages our members to evaluate their personal hurricane risks and implement measures to keep themselves and their homes protected during a hurricane.

Here are some tips to prepare yourself and your household for the 2021 Hurricane season:

### Before A Hurricane

- Review your community's hurricane risk level. The location of your home can determine potential wind and flood hazards.
- Register for email updates from the National Weather Service and any available local alert systems to be aware of hurricane warnings or evacuation orders in your area.
- Develop a hurricane response plan and practice it regularly with members of your household.
- Prepare a hurricane kit with nonperishable food, water, medicine, emergency power sources, a first-aid kit and important documents.
- Limit your home's hurricane exposures by keeping drains and gutters clean, installing storm shutters on windows and doors and storing vehicles in a safe location.
- Review your homeowner's policy with your insurance professionals to ensure you will be covered in the event of a hurricane.
- Secure and reinforce your roof, windows and doors, including garage doors.
- Consider building a FEMA safe room designed for protection from high winds and flood waters.
- Learn how and when to turn off gas, water and electricity.

### After A Hurricane

- If you evacuated your home, don't return until local officials confirm it is safe to do so.
- When returning home, wear protective clothing and stay away from pools of floodwater, wet or damaged electrical equipment and downed power lines.
- Photograph all property damage and save receipts for any recovery expenses stemming from the hurricane to help file an insurance claim.

Get more tips and helpful resources by visiting [gohsep.la.gov](http://gohsep.la.gov).

## Beat the Heat

Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Some factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Dehydration
- Prescription drug use
- Heart disease
- Poor circulation
- Sunburn
- Alcohol use

There are ways to avoid heat-related illnesses:

- **Stay Hydrated** - Drink water! Avoid sugary beverages and alcohol.
- **Stay Cool** – Plan outdoor activities for early mornings or evenings, avoiding the hottest times of the day. Stay indoors in an air conditioned area during the mid-day, when temperatures are at their peak.
- **Dress to Stay Cool** – Wear lightweight, light-colored, loose-fitting clothes.



## 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
06/01 – 02/2023	St. Bernard Parish School Board (Chalmette) - <b>EMPLOYEES ONLY</b>
	Jefferson Parish School Board Emenes Building (Harahan)
	Louisiana Correctional Institute for Women (Baker)
06/05 – 09/2023	Eastern Louisiana Mental Health System (Jackson)
	Office of Public Health Laboratory (Baton Rouge)
	St. Bernard Parish School Board (Chalmette) - <b>EMPLOYEES ONLY</b>
	Ville Platte High School - Evangeline PSB (Ville Platte)
	Denham Springs Elementary (Denham Springs, LA)
	Bossier Parish Community College (Bossier City)
	Delgado CC City Park (New Orleans)
	Ouachita Parish School Board Central Office (West Monroe)
	Capital Area Human Services District (Baton Rouge)
	Assumption Parish Community Center
06/12 – 16/2023	University of New Orleans (New Orleans)
	St. Landry Parish School Board - Eunice HS (Eunice)
	St. Bernard Parish School Board (Chalmette) - <b>EMPLOYEES ONLY</b>
	Ville Platte High School - Evangeline PSB (Ville Platte)
	Pointe Coupee PSB Central Office (New Roads)
	Dixon Correctional Institute (Jackson)
	Louisiana State Penitentiary (Angola)
	Florida Parishes Human Services Authority (Hammond)
	Pinecrest Supports and Services Center (Pineville) - <b>EMPLOYEES ONLY</b>
	Orleans Parish Civil District Court (New Orleans)
06/19 – 23/2023	Natchitoches PSB - Central Office (Natchitoches)
	Claiborne Building (Baton Rouge)
	Bogalusa City School System - Central Office (Bogalusa)
	St. Landry Parish School Board - Resource Center (Opelousas)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
	Southeastern Louisiana University (Hammond, LA)
	Avoyelles PSB - Avoyelles HS (Moreauville)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Louisiana Public Broadcasting (Baton Rouge)
06/26 – 30/2023	Lake Charles Behavioral Health Clinic (Lake Charles)
	DOTD District 08 (Alexandria)
	Nicholls State University (Thibodaux)
	Pierre Part Middle/Primary School - Assumption Parish (Pierre Part)
	Delgado CC Sidney Collier College (New Orleans)
	Eastern Louisiana Mental Health System - Main Compound ASSA (Jackson)
	Benson Towers (New Orleans)
	DOTD Houma/D02 Administration Office (Houma)
	Dept of Revenue - LaSalle Building (Baton Rouge)
	Elayn Hunt Correctional Center (St. Gabriel)

## June is Men's Health Month

There's no better time to focus on spreading awareness for men's health and encouraging them to take preventative measures for common health issues.

Studies that women have nearly twice as many doctor's visits as men. Similar studies show that on average, men have a lifespan five years less than women. Discovering health issues early is the key to limited serious medical issues.

Lack of treatment for mental health conditions is also common in men, which can lead to devastating health consequences in and of themselves. Being proactive when it comes to health both mental and physical is crucial, and it can have an enormous impact on men's overall wellbeing.

In the spirit of encouraging men's health, here are six easy tips to keep in mind<sup>2</sup>:

- Learn preventable risks to your health
- Schedule regular doctor's visits
- Build better eating habits
- Stay active
- Mind your mental health
- Look out for your skin!

With summer in full swing, the last point is especially important. While men over the age of 50 are at high risk for skin cancer, it also happens to be one of the easier cancers to prevent—so stock up on sunscreen and keep yourself safe!

Access2day Health is here to help you put your health first. We're dedicated to providing primary, urgent, and preventative care services to support your wellbeing and longevity. Celebrate Men's National Health Month and take advantage of \$0 cost annual exam by Catapult. Simply download the form and follow directions, and you'll save \$120 on your health insurance in 2024!

Find your nearest location today: <https://access2dayhealth.com/locations>

To download the Catapult form: <https://access2dayhealth.com/docs/OGBPCPForm2022-2023.pdf>



## When and Where to Seek Care

Do you know what kind of healthcare provider to see when you need care? This advice from two of our health coaches can help. Still not sure? Blue Cross and Blue Shield of Louisiana members with ongoing health concerns can call to get started with our health coaching program. OGB members should call 1-800-363-9159.



## NIH Launches Largest Precision Nutrition Research Effort of Its Kind

Nutrition for Precision Health is working with 14 sites across the country, including Pennington Biomedical Research Center and LSU Health New Orleans, to engage 10,000 participants from diverse backgrounds and learn more about how individuals respond differently to food.

The study's findings may one day allow healthcare providers to offer more customized nutritional guidance to improve overall health. The goal of precision nutrition is to move from a "one-size-fits-most" approach to more specific recommendations that are based on each individual's unique characteristics and environments. For more information or to join this exciting new research study, visit <https://www.pbrc.edu/nph>.



# 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 seminar and Financial Wellness 360, 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.

### Healthcare in Retirement

This seminar will cover important topics, like these:

- Understanding healthcare costs in retirement
- The ABCs of Medicare
- Strategies to cover healthcare cost

**Tuesday – June 13, 2023 from 10:00-11:00 a.m. (CT)**  
**Wednesday – June 21, 2023 from 11:30 a.m. – 12:30 p.m. (CT)**  
**Thursday – June 29, 2023 from 2:00-3:00 p.m. (CT)**  
**via WebEx**

**[Click Here to Register](#)**

If you have a question or concern, please contact us at [Pathways@prudential.com](mailto:Pathways@prudential.com) or 844-592-8993.

## Grilled Chicken Fajita Kebabs



*Grilling season is upon us and these Grilled Chicken Fajita Kebabs are perfect for Memorial Day, 4th of July, or any weeknight family dinner.*

### Ingredients:

- 16 oz. boneless, skinless chicken breasts *chopped into squares*
- 3 large bell peppers (any color) *chopped into squares*
- 1 medium purple onion *chopped into squares*
- 1 TBSP olive oil
- 1 TBSP ground cumin
- 1 TBSP garlic powder
- 1 TBSP chili powder
- 2 TSP paprika
- ¼ TSP sea salt
- ¼ TSP pepper
- 1 lime *cut into wedges*
- Fresh cilantro *chopped*

### Instructions:

1. Preheat grill or oven to 400°F.
2. Prepare veggies by slicing into squares. Transfer to a gallon-sized bag and a tablespoon of olive oil. Shake.
3. Prepare chicken breasts by slicing into squares and transfer to another gallon-sized bag.
4. In a small bowl mix together all of the spices.
5. Add half of the spice mixture to the vegetables and the other half to the chicken. Shake well and let sit for 10 minutes (place chicken in the fridge).
6. Place peppers, onion and chicken onto skewers (alternating between the three). Repeat.
7. Et kebabs on top of tin foil and grill for around 15 minutes, rotating kebabs every 5 minutes.
8. Remove from heat and squeeze on lime juice (THIS PART IS KEY) and sprinkle on fresh cilantro.
9. Enjoy!

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