



Spring Forward

Daylight-saving time begins Sunday, March 10 and while moving the clock forward an hour gives us those long summer nights we enjoy in south Louisiana, waking up on Monday morning may not be so easy. These sleep tips can help you spring forward easily and sleep better all year long:

- **Gradually Transition into the Time Change** – Go to bed 15 minutes early, starting several days before the time change.
- **Keep Regular Sleep Hours** – Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep.
- **Get Some Exercise During the Day** – Moderate exercise, like walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more.
- **Avoid Stimulating Substances** – Alcohol and caffeine can interfere with sleep. Try to avoid alcohol and caffeine for 4 to 6 hours before bedtime. Smokers should also avoid tobacco too close to bedtime.
- **Eat Lightly at Night** - Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed.
- **Relax Before Bed** - Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead.



March is National Colorectal Cancer Awareness Month

Colorectal cancer (CRC) is the second deadliest cancer in the U.S. This March, learn more about CRC and take charge of your colon health.

Three things you need to know:

- **Early detection is key:** When caught early, over 90% of colorectal cancer cases are successfully treated. Unfortunately, this cancer often shows no symptoms until later stages.
- **Screening saves lives:** Regular screening starting at age 45 significantly reduces your risk. Several safe and effective options are available, like colonoscopies and stool-based tests.
- **Know your risk factors:** Some people are at higher risk due to family history, certain medical conditions, or ethnicity. Talk to your doctor to understand your individual risk.

Don't Wait for Symptoms: Take Control of Your Colorectal Health

Did you know that colorectal cancer is the second deadliest cancer in the U.S., but it's also highly preventable? By getting screened starting at age 45, you can catch colorectal cancer early, when it's most treatable, or prevent it entirely.

Don't wait for symptoms like:

- Blood in your stool
- Unusual bowel changes
- Persistent stomach pain
- Unexplained weight loss

Take the Colorectal Cancer Alliance [screening quiz](#) to find out what screening option is right for you, based on your personal risk factors, and talk to your healthcare provider.



Live Better Louisiana

Earn your 2025 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 30, 2024** to get your preventive health checkup in order to be eligible for the 2025 wellness credit!

Live Better Louisiana Clinics	
Date	Location
03/01/2024	Nicholls State University (Thibodaux)
	Vernon PSB - Pickering HS & ES (Leesville)
	Southeastern Louisiana University (Hammond)
03/04 – 09/2024	Jefferson PSB - Emenes Building (Harahan)
	DEQ - Southeast Regional Office (New Orleans)
	University of Louisiana at Monroe (Monroe)
	DOTD District 02 Crescent City Connection Division (New Orleans)
	Washington PSB - Thomas Elementary School (Franklinton)
	Bienville Building (Baton Rouge)
	Morehouse PSB - Student Service Center (Bastrop)
03/11 – 15/2024	Bienville Building (Baton Rouge)
	Claiborne Building (Baton Rouge)
	University of New Orleans (New Orleans)
	Northwestern State University (Natchitoches)
	Nicholls State University (Thibodaux)
	Washington PSB - Central Office (Franklinton)
	Louisiana Tech University (Ruston)
03/18 - 22/2024	Benson Towers (New Orleans)
	Jefferson PSB - Central Office (Harvey)
	Vernon PSB - East Leesville Elementary (Leesville)
	Pinecrest Supports and Services Center (Pineville)
	Claiborne Building (Baton Rouge)
	LSERS Office (Baton Rouge)
03/25 – 29/2024	4th Circuit Court of Appeal (New Orleans)
	Bossier Parish Community College (Bossier City)
	Probation and Parole (Amite)
	Benson Towers (New Orleans)
	LA Retirement Systems Building TRSL (Baton Rouge)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
	Claiborne Building (Baton Rouge)

What's It Like to Work with a Dietitian Health Coach?

March is National Nutrition Month. Did you know ... Blue Cross has registered 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. Our Registered Dietitians demonstrate how a call with them sounds and looks like when you sign up to work with one of them. Through this role-play video (16:31), they answer questions, share recipes and resources and talk through healthy eating challenges that might be familiar to you!



Endometriosis Awareness Month

Normal periods do not cause excruciating pain, but endometriosis does. There are a number of endometriosis symptoms that should not be ignored.

Endometriosis is a disorder where similar tissues inside the uterus start to grow outside the uterine cavity. This lining of the uterus is called endometrium. Its symptoms vary from woman to woman. The severity of pain cannot indicate the endometriosis stage.

Here are some common issues women and teens with endometriosis suffer from.

- Pain in lower abdomen before and during periods (usually worse than “normal” menstrual cramps)
- Pain during or after sexual activity
- Painful urination/bowel movements during periods
- Fatigue
- Infertility
- Heavy bleeding
- Other gastrointestinal upsets such as diarrhea, constipation, nausea

In addition, many women with endometriosis suffer from:

- Allergies
- Chemical sensitivities
- Frequent yeast infections

Many women with endo also experience a range of immune disorders, including asthma, eczema, and certain autoimmune diseases. Infertility affects about 30-40% of women with endo and is a common result of the progression of the disease.

Endometriosis Diagnosis

An endometriosis diagnosis is considered uncertain until proven by laparoscopy, a surgical procedure done under anesthesia. A laparoscopy usually shows the location, size, and extent of the growths. Laparoscopy is an invasive surgery to remove the endometrial tissues. This helps the doctor and patient make better treatment choices. If you or a loved one is experiencing endometriosis-like symptoms, please visit your healthcare provider.



Don't Just Wear Green, Save Some

What's luckier than cost-free care with Access2day Health this St. Paddy's Day?

Saint Patrick's Day is all about good luck—pots of gold, four-leaf clovers, and rainbows. But, for many, even St. Paddy's Day can quickly turn unlucky at the doctor's office, due to surprise medical bills and high co-pays. Whether for primary, preventative, or urgent care, many patients end up paying far more than they had anticipated, even after long waits to get an appointment. These out-of-pocket costs can quickly add up to more than a pot of gold.

But, with your Access2day Health clinic membership, you and your dependents can receive cost-free preventative, primary, and urgent care at any clinic location—no long wait times and no appointments needed!

Don't Leave Your Healthcare to Luck—Visit Access2day Health

While you're guaranteed \$0 care at any Access2day clinic you visit, patients without a membership aren't nearly as lucky. But exactly how much green are you saving with Access2day Health?

Let's suppose, on Saint Patrick's Day this year, you trip over a leprechaun and end up in urgent care. For patients without Access2day Health, the cost of this trip can be hundreds, between copays and medications. With Access2day Health, however, you don't have to rely on luck to save on care year-round!

At the End of the Rainbow

So, while you won't find a literal pot of gold at your nearest Access2day Health clinic this Saint Patrick's Day, you might just end up saving one. And, while we don't have any four-leaf clovers to give away, \$0 primary, preventative, and urgent care is still a pretty darn lucky thing to have in your back pocket.

Access2day members are for employees and their covered dependents on the Magnolia Local Plus, Magnolia Local, Magnolia Open Access, and Pelican HRA1000 health plans.

Find your nearest clinic today at
www.access2dayhealth.com/locations.



Lower your risk for diabetes

1 in 3 adults has prediabetes—yet 81% don't know it.¹

Prediabetes is a serious condition caused when your blood sugar levels are higher than normal. It increases the risk of type 2 diabetes, heart disease, and stroke.

That's why you have access to Omada, a program that provides proven, one-on-one support to help prevent type 2 diabetes and related health issues.

You may be at risk for prediabetes and type 2 diabetes if:²

- ✓ **You are 45 years old or older.**
The older you are, the higher your risk.
- ✓ **Type 2 diabetes runs in your family.**
If your parents or siblings have it, you may have it or develop it.
- ✓ **You are overweight or physically inactive.**
Being overweight is one of the most common risk factors.

“
I used to get frustrated trying to decide how to manage my diabetes with other health conditions and a busy lifestyle. I now feel I can manage and was easier than I thought it would be.”

—
**KAREN,
OMADA MEMBER**

If you or your adult family member are at risk for diabetes or heart disease and enrolled in an Office of Group Benefits Blue Cross health plan, the Office of Group Benefits, in partnership with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program—a \$650 value.

Omada members get:

- A dedicated care team with a health coach.
- Personalized care plan tailored to each member's lifestyle.
- Smart scale and app to easily track your progress 24/7.



Claim your benefit at
omadahealth.com/ogb

¹ National Diabetes Statistics Report. Centers for Disease Control and Prevention 2020.

² American Diabetes Association Type 2 Diabetes Risk Test. diabetes.org/diabetes/risk-test.

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.

A Healthy Take on the Classic Shepard's Pie



This is meat and potato fare at its finest: a slow simmered mixture of ground red meat and vegetables blanketed with a warm cover of mashed potatoes in one shepherd's pie recipe. The dish is traditionally made with lamb (you know, since shepherds look after sheep), but sirloin makes a leaner and perfectly tasty pie.

Ingredients:

- 2 medium russet potatoes, peeled and cubed
- $\frac{3}{4}$ cup 2% milk
- $\frac{1}{2}$ Tbsp. Olive oil
- 2 cloves minced garlic
- 2 Tbsp. tomato paste
- 1 cup low-sodium beef stock
- 1 tsp. chopped fresh rosemary
- Salt and black pepper to taste
- 2 Tbsp. butter
- 1 medium diced onion
- 3 medium carrots, peeled and diced
- 1 lb. ground sirloin or ground lamb
- 1 Tbsp. flour
- 1 tsp. Worcestershire sauce
- 1 cup frozen peas

Instructions:

1. Preheat the oven to 400°F.
2. Place the potatoes in a medium saucepan, cover with water, and season with a pinch of salt.
3. Cook for about 15 minutes, until the potatoes are tender all the way through.
4. Press through a potato ricer (if you have one) or mash with a masher or a pair of forks.
5. Stir in the butter and milk and season with salt and black pepper.
6. Meanwhile, heat the olive oil in a large sauté pan over medium heat.
7. Add the onions, carrots, and garlic and cook for about 5 minutes, until soft.
8. Add the ground meat and cook for about 5 minutes, until no longer pink.
9. Stir in the flour and tomato sauce and stir so that the ingredients are evenly coated.
10. Add the stock, Worcestershire, and rosemary and simmer for 15 minutes.
11. Add the peas and season with salt and black pepper.
12. Pour the meat and vegetable mixture into a 13" x 9" baking dish and spread into an even layer.
13. Top with the mashed potatoes.
14. Bake for about 25 minutes, until the potatoes are nicely browned on the surface.

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

Follow us on X (formerly Twitter)



Follow us on YouTube



Follow us on Facebook

