



How to Enjoy Thanksgiving with Your Health in Mind!

Before you pick up your fork and knife this Thanksgiving, consider this fact: The average American consumes 3,000-4,000 calories at their Thanksgiving dinner. Use these simple tips below to enjoy a delicious holiday meal without having to loosen your belt.

- **EAT SOMETHING SMALL BEFORE THE BIG MEAL:** Avoid sitting down to Thanksgiving dinner completely ravenous with a growling stomach. Eat a balanced breakfast in the morning to prevent you from grabbing anything you can get your hands on when it's finally time to eat.
- **DRINK WATER:** Make sure you stay well hydrated by drinking water throughout the day and during your meal. Shoot for half an ounce per pound of body weight as your target
- **LIQUID CALORIES ADD UP:** Don't forget that all of your favorite holiday beverages have calories too. A glass of wine is about 120 calories whereas a cup of eggnog can clock in at about 400 calories!
- **ARE YOU THE HOST?** Encourage guests to bring containers to package to bring home leftovers so you aren't stuck with all of the remaining food.
- **MINGLE:** Instead of hovering over the appetizers before dinner and mindlessly munching, catch up with friends and family members you haven't seen in a while or play a game.
- **SCAN AND PLAN:** Before loading your plate with every dish at the table, pause for a moment to look at all of the wonderful choices available. Be picky and select the dishes you wouldn't normally make unless it was a special occasion.
- **GET MOVING:** Once dinner is over and cleaned up, encourage your family and friends to go for a walk together or start a game of football in the yard. Get some gentle movement so you don't feel bloated.
- **TAKE DESSERT TO GO:** We always feel like a meal isn't complete without dessert, but who said you can't take it to go? Ask if you can take your dessert home to enjoy the next day when you aren't quite so full.



Thankful for Our Members: A Season of Gratitude at Access2day Health

As the season of Thanksgiving arrives, we at Access2day Health want to take a moment to express our deepest gratitude to our members. Your trust and support have been invaluable, and we're incredibly proud to be your partner in health.

In our recent Access2day annual member survey, we received more responses than ever before, reflecting the highest participation rate in five years! Here's what you had to say:

- **98.8%** of respondents reported being satisfied or extremely satisfied with their service at Access2day clinics—our highest satisfaction rate in four years.
- **97.8%** of members agree that Access2day Health has improved their overall health.
- **88.3%** of you have visited an Access2day clinic more than once.

These numbers speak volumes about the impact our services have on your lives, and we couldn't be more thankful for your feedback. Your health is our priority, and we're honored to provide care that not only keeps you well but also saves time, money, and unnecessary trips to the ER.

As we continue to serve you, remember that we're here to make your healthcare experience as convenient and stress-free as possible. Whether it's a flu shot or routine care, we're thankful to be your go-to clinic.

Here's to a healthy and happy holiday season ahead!

Visit any Access2day clinic for more information: [Find a clinic near you.](#)

Warm regards,
The Access2day Health Team



Live Better Louisiana

The 2025 Wellness campaign has ended. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently scheduling clinics for the 2026 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2026 wellness credit. You can access that form on the OGB website by clicking [here](#).


November is National Diabetes Awareness Month

It's time to take a holistic approach to your health. Your health is more than just numbers—that's why Omada's virtual care program combines personalized support with expert guidance to help you embrace a holistic, healthy lifestyle.

Omada helps members create a clear path towards better health with:


- **Personalized Care Plans:** We'll help you build healthy routines around what you love to do, and where you want the most support.
- **One-on-one Support:** You'll be matched with a health coach who will provide guidance and education on food choices and exercise goals
- **Real-time Monitoring:** Smart devices that automatically sync to the Omada app and delivered to your Omada care team.

Claim your benefit at omadahealth.com/ogb



Lower your risk for diabetes

→ Claim My Benefit



"Small Shifts for the Holiday Season"

This November, Pennington Biomedical's Small Shifts campaign is focusing on small, manageable changes to support a balanced and energized holiday. With tips like starting your day with a light breakfast, keeping up with your regular exercise, and practicing mindful eating, you'll be able to enjoy the season's festivities without feeling overwhelmed.

Throughout the month, Pennington Biomedical shares tasty, holiday-inspired recipes from the Center's Metabolic Kitchen, making it easy to stay on track while savoring the flavors of the season.

Follow Pennington Biomedical on social media or sign up for the Small Shifts campaign at www.pbrc.edu/smallshifts.



Here are some tips for food safety during Thanksgiving:

- **Cook food thoroughly:** Use a food thermometer to ensure food is cooked to a safe internal temperature. For turkey, the safe internal temperature is 165°F (74°C).
- **Refrigerate leftovers quickly:** Refrigerate leftovers within 2 hours of cooking, or within 1 hour if they've been exposed to temperatures above 90°F.
- **Store leftovers in shallow containers:** Shallow containers help leftovers cool faster.
- **Eat leftovers within 3–4 days**
- **Freeze leftovers:** Leftovers can be frozen indefinitely, but they'll be best if eaten within two to six months.
- **Reheat leftovers to 165°F:** Reheat leftovers to a minimum internal temperature of 165°F before eating.
- **Keep food out of the danger zone:** Keep hot food hot and cold food cold.
- **Clean and sanitize:** Clean surfaces like cutting boards, countertops, and sinks with soap and hot water, then sanitize with a cleaning solution.



Looking to **take the next step** towards your financial wellness?

Prudential
PATHWAYS



When it comes to estate and tax planning strategies, it's all about your long-term goals. If you are looking to navigate planning pitfalls or leave your loved ones more than memories, make sure your strategy stays focused on your goals. If you are just starting the process or wish to fine-tune your strategy, join us for this financial wellness educational seminar hosted by industry innovator, Prudential Pathways.

Prudential Pathways aims to make building a financial planning strategy less intimidating and more empowering through easy-to-understand educational programs.

Fundamentals of Wills, Trusts, & Powers of Attorney

This seminar will cover important topics like these:

- Importance of estate planning
- Legal documents
- How assets are transferred at death
- And more

Tuesday, November 5 from 11:30 am-12:30 pm (CT)

Wednesday, November 13 from 2:00 pm-3:00 pm (CT)

via Zoom

[Click Here to Register](#)

Make sure to add the event to your calendar!

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Celebrate the Great American Smokeout on November 21!

The American Cancer Society's, Great American Smokeout (GASO) is a national tobacco cessation awareness day, which is observed annually on the third Thursday of November. This day is an opportunity for people who smoke to be encouraged to stop smoking with hopes this will be their first step towards committing to a healthy, tobacco-free life. It is not too late to quit using tobacco since quitting improves some aspects of your health immediately and even more the longer you stay quit.

Well-Ahead Louisiana is here to help you with the resources and support you need to quit tobacco for good!

The Louisiana Tobacco Quitline (1-800-QUIT-NOW): is available 24 hours per day, 7 days a week, and incorporates evidence-based strategies for tobacco cessation. The Louisiana Quitline provides telephone and web-based tobacco cessation coaching to all Louisianans, including nicotine replacement therapy (NRT), web and text messaging support, printed materials, and referral to community resources.

Quit With Us, Louisiana: The website, quitwithusla.org, includes resources for those seeking to quit tobacco, as well as for those wanting to help our residents quit. Quit With Us, Louisiana provides links for both residents and healthcare providers to access the benefits of quitting, web enrollment into the Louisiana Quitline, and the support line numbers for the Louisiana Quitline.

For help quitting tobacco, visit quitwithusla.org, text "READY" to 34191, call 1-800-QUIT-NOW or refer to the [Quit With Us, Louisiana push card](#).



Louisiana Turkey Trots

As the holiday season approaches, it's time to lace up those sneakers and prepare for some exciting Turkey Trot races across our beautiful state! Whether you're a seasoned runner or just looking for a fun way to kick off Thanksgiving, these festive events promise camaraderie, community spirit, and a chance to burn off some pre-feast calories.

- **Beau Chêne Country Club**
Mandeville, LA
Wed., Nov. 27, 2024
Signup: <https://bit.ly/4e7uYzi>
- **Baton Rouge Turkey Trot**
Downtown Baton Rouge
Thurs., Nov. 28, 2024
Signup: www.turkeytrotbr.com
- **Warriors of Hope Annual 5K Turkey Trot**
Houma, LA
Thurs., Nov. 28, 2024
Signup: <https://bit.ly/3YQSoVr>
- **Tammany Turkey Trot**
Covington, LA
Thurs., Nov. 28, 2024
Signup: www.tammanyturkeytrot.com/
- **JPJ Memorial 1-mile Turkey Trot**
Lafayette, LA
Thurs., Nov. 28, 2024
Signup: <https://bit.ly/3UtoJib>
- **New Orleans Athletic Club's Turkey Day Race**
New Orleans, LA
Thurs., Nov. 28, 2024
Signup: <https://turkeydayrace.com/>
- **Turkey Trot**
Shreveport, LA
Thurs., Nov. 28, 2024
Signup: <https://bit.ly/3Aiw10k>



Mini Pumpkin Cheesecakes



It's all about the portion size with this tasty pumpkin dessert (plus, they're surprisingly low in sugar). The bite-sized cheesecakes will help you stick to your healthy eating plan.

Ingredients: Crust

- 7 graham crackers
- 1 ½ tbsp.. packed light brown sugar
- ¼ tsp. kosher salt
- 5 tbsp. unsalted butter, melted

Filling

- 8 oz. cream cheese
- 3 tbsp. packed light brown sugar
- 2 tbsp. maple syrup
- 1 large egg
- 1 large egg yolk
- 1 cup pumpkin puree
- 1 tsp. vanilla extract
- ½ tsp.. cornstarch
- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- 1/8 tsp. ground nutmeg
- 1/8 tsp. kosher salt

Instructions:

1. **For the crust:** Preheat the oven to 350°F. Line a standard 12-cup muffin tin with liners.
2. Place the graham crackers in the bowl of a food processor and pulse until fine crumbs form. Add the brown sugar and salt and continue to pulse. Drizzle in the melted butter and process until the crumbs are moist.
3. Scoop a heaping tablespoonful of the graham cracker crumb mixture into each muffin liner. Using the bottom of a measuring cup or drinking glass, press the crumbs flat into the bottom of each cup. Bake the crusts until golden, about 5 minutes. Transfer the muffin tin to a wire rack to cool while you prepare the filling.
4. **For the filling:** Using an electric mixer, beat the cream cheese, brown sugar, and maple syrup in a large bowl at medium-high speed until combined and fluffy, 2 to 3 minutes. Scrape down the sides of the bowl with a rubber spatula. Lower the mixer speed and beat in the egg and egg yolk just until incorporated. Beat in the pumpkin and vanilla until combined. Beat in the cornstarch, cinnamon, ginger, nutmeg, and salt.
5. Divide the cheesecake filling evenly among the 12 cups, filling each about 3/4 of the way full. Bake until the edges are set and dry and centers are slightly jiggly, 10 to 12 minutes.
6. Cool the cheesecakes in the pan on a wire rack for 30 minutes. Transfer to the refrigerator until cooled completely, at least 1 hour. To serve, remove the cheesecakes from the pan and peel away the liners. Arrange the cheesecakes on a serving platter and topped with whipped cream.

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