



Get the Facts on Seasonal Flu!

The flu can cause mild to severe illness, and at times can lead to death. By knowing the steps to avoid getting sick, we can have a safer flu season – and you and your family can stay healthy.

How the Flu Spreads

The flu spreads in respiratory droplets from coughing, sneezing, and close contact. It usually spreads from person to person, though occasionally a person may become infected by touching something with the virus on it and then touching their mouth or nose.

How to prevent the flu

The best way to avoid the flu is by getting your flu vaccination every year. Flu vaccinations protect you from several kinds of flu. The Centers for Disease Control and Prevention recommends that everyone 6 months or older get a flu shot each year.

Other measures that can help protect against the flu:

- **Avoid close contact.**
Avoid close contact with people who are sick.
- **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick.
- **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing
- **Clean your hands.**
Wash your hands with soap and water and scrub for at least 20 seconds, which is about how long it takes to sing the “Happy Birthday” song twice.
- **Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

When to Get Vaccinated

October or November is the best time to be vaccinated, but you can still get vaccinated in December and later.



Important Access2day Member News

We have exciting updates for our Access2day members! As we enter the flu season, Access2day Health has an important reminder to keep you healthy and well informed.

Flu Shots Are Now Available at Most Louisiana Clinics

Flu season is upon us, and now is the ideal time to be vaccinated! The CDC recommends getting your flu shot between mid-September and the end of October (at the latest) to ensure your immunity lasts throughout the entire flu season. Flu shots are in stock and available at most of our Louisiana clinic locations, so we encourage you to contact your local clinic to confirm availability before your visit.

Why Get Your Flu Shot Now?

- **Best timing:** Immunity peaks 1-2 weeks after vaccination, and the protection typically lasts up to 6 months, covering you through flu season (October to March).
- **Convenience:** As an Access2day member, you and your covered dependents can get a \$0 flu shot without an appointment. Just visit one of our clinics and identify yourself as a member!

Remember, being vaccinated is the best way to protect yourself and your loved ones from the flu. Visit your nearest clinic to get started today: [Find a clinic near you](#). Your membership, provided by OGB, is your fast pass to high quality, \$0 care for you and your family. We are here to keep you healthy and prepared this flu season—and beyond!

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



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](#).

If you have not received a confirmation from Catapult Health that you earned your 2025 credit, please follow the steps below to reach out to Catapult for that confirmation:

1. **Confirmation of receipt:** You must provide an email address on your form to receive confirmation. Catapult Health will send you an email to let you know that we have received and processed your form. Please print clearly. If you have not received an email within 14 business days after submission stating Catapult Health has processed your form, please contact our Customer Care team at support@catapulthealth.com, or you can call them at 214.785.2200 (Business Hours Mon-Fri; 8am-5pm CST)
2. **Incomplete forms:** If any information is missing from your form, your form will not be processed. Catapult Health will make one attempt to contact you via the phone number or email address provided on your form to allow you to resubmit the form.

Questions: Contact the Catapult Health Customer Care team at support@catapulthealth.com.

Medicine Minute | Louisiana Blue Pharmacists Answer Your Rx Drug Questions

Your Louisiana Blue health plan comes with a pharmacist who can help make sure your medicine works for you. You can tell this pharmacist about any problems you have getting or taking your medicine. Then you can solve those problems together. Our help will not cost you anything because it is part of your health plan. OGB Louisiana Blue members should call 1-800-363-9159. Learn more www.LaBlue.com/medtips.

Louisiana Blue's in-house team of more than 300 clinicians (nurses, pharmacists, dietitians, and counselors) offers no-cost health coaching to help members reach their health and wellness goals, and to stick to their providers' treatment plans. Because we know taking your medicine as prescribed is one of the best ways to protect your health, we have pharmacists available to review your medicines with you, answer any medicine related questions or discuss any concerns you may have.

Watch the video:



October's Small Shift: Managing Stress and Anxiety

As October begins, the focus of the Small Shifts campaign shifts to a significant area many people encounter daily: **managing anxiety and stress**. In today's fast-paced world, the pressure to remain productive can quickly become overwhelming. But what if small steps could be taken to better manage these feelings and enhance overall well-being? Throughout the month, the campaign will explore ways to reduce stress and anxiety through mindful practices and simple habits. These tools are not just about feeling calmer in the moment—they can also help balance productivity and well-being, improving everyday life.

Why Managing Stress and Anxiety Improves Productivity:

High productivity does not have to come at the expense of well-being. Effectively managing stress and anxiety can lead to better focus, improved creativity, and a more sustainable work-life balance. The less stress a person carries, the clearer their mind becomes, making it easier to navigate challenges.

This month, the emphasis will be on reducing stress in small but impactful ways. By incorporating simple strategies into daily routines, individuals can feel calmer, more in control, and better equipped to handle whatever comes their way. Each week, tips and resources will be shared to help build these habits. Let's make October a month of less stress and more calmness.

Visit www.pbrc.edu/smallshifts for more information.

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

Prudential
PATHWAYS



Have you visualized your retirement? Do you see yourself on a beach, traveling, or spending time with your loved ones? Join us for some timely information on your financial wellness strategy on how to manage expenses, protect your savings, and create your dream outcomes from your income.

Join us for a 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.

Top 5 Roadblocks to a Successful Retirement

This seminar will cover important topics like these:

- Rising healthcare costs
- Longevity risks
- Market volatility
- And more

Tuesday, October 8 from 11:30am-12:30pm (CT)

Wednesday, October 16 from 2:00pm-3:00pm (CT)

via Zoom

[Click Here to Register](#)

Make sure to add the event to your calendar!

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When You're Ready to Quit, Quit With Us!

Well-Ahead Louisiana's Tobacco Prevention and Control Program is committed to helping Louisiana residents quit tobacco for good by promoting evidence-based quit support services through the Louisiana Tobacco Quitline (1-800-QUIT-NOW). The Louisiana Tobacco Quitline is available 24 hours per day, 7 days a week and **free** for all Louisiana residents ages 13 and older. The Louisiana Tobacco Quitline offers digital-based quit support services through the delivery of telephone, text, and web chat coaching, nicotine replacement therapy (nicotine patches or gum), printed educational materials, and referrals to community resources.

For more information, please call 1-800-QUIT-NOW, text "READY" to 34191, or visit quitwithusla.org



October: National Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most frequently diagnosed cancer in women. It is also the second-leading cause of cancer death in women (after lung cancer).

Getting a mammogram is the most important action women can take to find breast cancer early – before physical symptoms develop – when the disease is most treatable. Regular mammograms can help find breast cancer at an early stage, when treatment is most successful.

If a woman is at high risk for breast cancer – because of family history, a genetic tendency, or certain other factors – the American Cancer Society recommends screening with an MRI along with a mammogram. These women might also need to start screening at a younger age. A woman at high risk should talk with her health care provider about:

- Her medical history
- Whether she should have an MRI along with each mammogram
- What age she should start screening.

Women can also help reduce their breast cancer risk by making healthy lifestyle choices, such as getting to and staying at a healthy weight, being physically active on a regular basis, and limiting their alcohol intake to no more than one drink per day.



LHSC's 1 Million Steps 2 Safety 5K Run/Walk for Pedestrian Safety

October is Pedestrian Safety Month. According to CARTS data, 183 pedestrians were killed in Louisiana crashes in 2022. Pedestrian safety remains a critical issue in our communities, and that is why the Louisiana Highway Safety Commission will host "1 Million Steps 2 Safety," a **FREE** in-person 5K run/walk to be held at State Police Headquarters in Baton Rouge.

The 1 Million Steps 2 Safety Run/Walk 5K aims to highlight the importance of safe walking environments. This event will bring all road users together to **celebrate Pedestrian Safety Month with us**. All are welcome to participate in the run/walk. Runners/walkers will receive a free t-shirt for registering and a finisher medal after crossing the finish line at the event.

By participating, you contribute to a larger movement advocating for safer streets and increased pedestrian safety awareness. By carrying the message of pedestrian safety, you are saving lives in Louisiana!

Join us as we come together to promote pedestrian safety. Whether you are a seasoned runner or just looking for a leisurely walk, this event is for everyone!

Event Details:

1 Million Steps 2 Safety Run/Walk 5K

Date: October 26, 2024

Location: Louisiana State Police Headquarters, 7919 Independence Blvd, Baton Rouge, LA

Time: Packet Pickup opens at 7:30 a.m.

Pre-race activities begin at 8:30 a.m.

Run/Walk starts promptly at 9:00 a.m.

Registration: Free and open to the public. Pre-registration is encouraged via

<https://runsignup.com/Race/LA/BatonRouge/1MillionSteps2Safety5KRunWalk>



Broccoli Mac & Cheese



Indulge in the ultimate comfort food with broccoli mac and cheese, a delicious blend where gooey, melted cheddar meets tender broccoli, finished off with an irresistibly crunchy cracker topping.

Ingredients:

- 3 cups uncooked elbow macaroni
- 4 cups fresh broccoli florets
- ½ cup butter, cubed
- 3 TBSP all-purpose flour
- ½ TSP garlic powder
- ½ TSP onion powder
- ¼ TSP pepper
- 1/8 TSP salt
- 2 12 oz. cans of evaporated milk
- 2 ½ cups shredded cheddar cheese, divided
- ½ cup crushed cracker (about 6 crackers)

Instructions:

1. Cook macaroni according to package directions, adding broccoli during the last 3-4 minutes; drain.
2. In a large saucepan, melt butter. Stir in the flour, garlic powder, onion powder, pepper and salt until smooth; gradually stir in evaporated milk. Bring to a boil; cook and stir until thickened, about 2 minutes. Remove from the heat; stir in 2 cups cheese.
3. Place half the macaroni and broccoli in a greased 13x9-in. baking dish. Top with half the cheese sauce. Repeat layers. Sprinkle with cracker crumbs and remaining cheese.
4. Bake, uncovered, at 375° until bubbly, 20-25 minutes.

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