



Head and Neck Cancer Awareness Month

Head and neck cancers include cancers that start in the sinuses, nose, mouth, throat, voice box (larynx), and salivary glands. They account for about 4% of all cancers in the U.S. and are more common in men. These cancers can cause symptoms like persistent sore throat, difficulty swallowing, hoarseness, lumps, and unexplained weight loss.

Types of Head and Neck Cancers

- **Oral cancers:** Affect the lips, tongue, gums, and roof of the mouth. Symptoms include sores, pain, and difficulty swallowing.
- **Pharyngeal cancers:** Found in the throat, causing symptoms like difficulty swallowing, earaches, and a lump in the neck.
- **Laryngeal cancers:** Affect the voice box, leading to hoarseness, pain, and difficulty swallowing.
- **Sinus and nasal cancers:** Can cause congestion, nosebleeds, and vision changes.
- **Salivary gland cancers:** Cause lumps or swelling near the jaw and difficulty swallowing.

Causes and Risk Factors

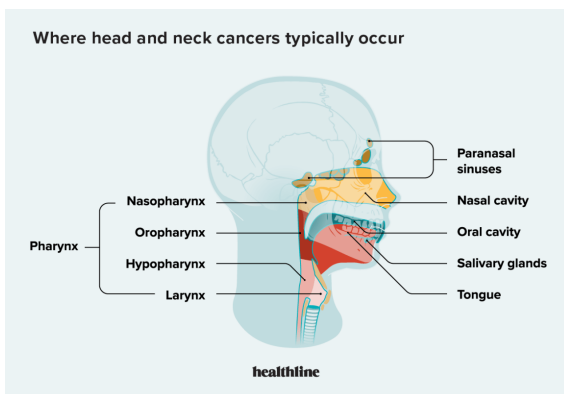
Head and neck cancers are often linked to HPV infection, tobacco use, and alcohol. Other risk factors include age, gender (more common in men), and exposure to certain substances like wood dust or asbestos.

Diagnosis and Treatment

Doctors diagnose these cancers with physical exams, imaging scans, biopsies, and other tests. Treatment options include surgery, chemotherapy, radiation, immunotherapy, and targeted therapy. Early detection improves outcomes.

Prevention

You can reduce the risk of head and neck cancers by quitting smoking, limiting alcohol consumption, and getting the HPV vaccine.



Access2day: A Fresh Start for Your Health This Spring

As spring blooms around us, it's the perfect time to refresh more than just your home— spring clean your health, too! This season of renewal offers the perfect opportunity to check in on your well-being and make your health a priority. With Access2day Health, staying on top of your health is simple with \$0 cost primary, urgent, and preventative care.

- **Spring Clean Your Health Habits:**
 - Let the new season inspire a health check-up to refresh your overall well-being.
 - Schedule wellness visits or address any lingering health concerns with ease.
- **Allergy & Respiratory Wellness:**
 - Seasonal allergies can take a toll on your energy and overall well-being.
 - Access2day clinics offer expert care to manage symptoms and provide relief when you need it most.
- **Preventative Care is Key:**
 - Stay proactive with routine check-ups, which are included with your Access2day membership at no cost to you.

Embrace the season of growth and renewal by taking charge of your health today! Maximize your 100% prepaid membership through OGB and make your well-being a priority this spring. Download the A2D app to stay connected to your care anytime, anywhere. Find a nearby Access2day Health clinic by visiting <https://access2dayhealth.com/locations/> and get the care you deserve.



Live Better Louisiana

Earn your 2026 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 cannot 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, 2025** to get your preventive health checkup in order to be eligible for the 2026 wellness credit!

Live Better Louisiana Clinics

Date (Week)	Location
04/01 – 04/2025	South LA Community College (Lafayette)
	Jefferson PSB - Central Office (Harvey)
	Washington PSB - Franklinton High School (Franklinton)
	Nicholls State University (Thibodaux)
	Northwest LA Human Services District (Shreveport)
	Ouachita PSB - Lenwil Elementary (West Monroe)
	University of Louisiana Lafayette (Lafayette)
04/7 – 11/2025	Washington PSB - Varnado High School (Angie)
	Southeastern Louisiana University (Hammond)
	Pinecrest Supports and Services Center (Pineville)
	SOWELA Tech Community College (Lake Charles)
	Probation and Parole (Amite)
	Louisiana Public Broadcasting (Baton Rouge)
	Louisiana Tech University (Ruston)
	Elayn Hunt Correctional Center (St. Gabriel)
	Tangipahoa Economic Stability Office (Amite)
	DCFS (Shreveport)
04/14 – 18/2025	Jefferson PSB - Emenes Building (Harahan)
	State Military Department (Carville)
	Dept of Agriculture and Forestry (Baton Rouge)
04/21 – 25/2025	LA Retirement Systems Building TRSL (Baton Rouge)
	Dept of Agriculture and Forestry (Baton Rouge)
	DOTD District 04 (Bossier City)
	Bossier Parish Community College (Bossier City)
	Benson Towers (New Orleans)
	Northwestern State University (Natchitoches)
	Lakefront Management Authority (New Orleans)
	State Treasurer's Office (Baton Rouge)
	Pinecrest Supports and Services Center (Pineville)
	Ouachita PSB - Central Office (West Monroe)
04/28 – 30/2025	Central LA Supports and Services Center (Alexandria)
	Office of Public Health - Calcasieu Parish Health Unit (Lake Charles)
	University of New Orleans (New Orleans)
	Jefferson PSB - Emenes Building (Harahan)
	Probation and Parole (Alexandria)
	Washington PSB - Thomas Elementary School (Franklinton)
	Claiborne Building (Baton Rouge)
Coastal Protection and Restoration Authority Headquarters (Baton Rouge)	
04/28 – 30/2025	DEQ - Southeast Regional Office (New Orleans)
	Vernon PSB - Parkway Elementary School (Leesville)
	Lallie Kemp Charity Hospital (Independence)
	Calcasieu Child Welfare (Lake Charles)
	Commissioner of Insurance (Baton Rouge)

Medicine Minute from Louisiana Blue | Make Your Medicine Work For You

Are your medicines working for you? In this video (0:48), Louisiana Blue pharmacists share important information that can help you help you make sure your medicine works for you.

Louisiana Blue's in-house team of more than 300 clinicians (nurses, pharmacists, dietitians, 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.

Have more questions? Call 1-800-317-2299. Learn more <https://www.LaBlue.com/medtips>



Stress Awareness Month

Stress affects our mental, physical, and emotional health in many ways. It can stem from everyday challenges, work pressure, family or relationship issues, financial concerns, or major life changes like moving, divorce, or loss. While stress is unavoidable at times, how we manage it can influence its impact on our well-being.

Healthy Ways to Manage Stress:

- **Avoid substances:** While drugs and alcohol might seem like temporary solutions, they can create more problems and increase stress in the long run.
- **Seek support:** Reach out to a partner, friend, family member, counselor, or doctor. Sharing your concerns with someone who listens can significantly ease the burden.
- **Connect socially:** After stressful situations, resist the urge to isolate. Spend time with loved ones and plan enjoyable activities to help take your mind off the stress.
- **Practice self-care:**
 - Eat a healthy, well-balanced diet
 - Exercise regularly to release tension
 - Ensure you get enough sleep
 - Take breaks when feeling overwhelmed—treat yourself to a massage or relaxation time

Find calm, one breath at a time

Discover how simple breathing techniques can help you stress less and feel your best. Stress is an inevitable part of life, but learning to manage it can transform your well-being. Incorporating deep breathing exercises into your daily routine can help lower your heart rate, improve focus, and boost resilience.

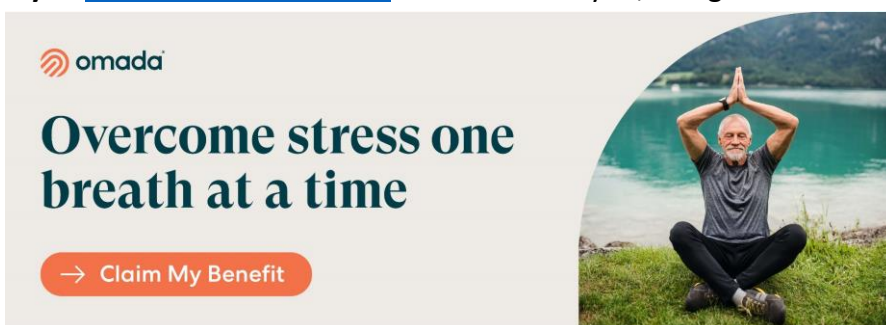
With Omada®, we help you breathe easier—mentally and physically—through personalized support that fits into your lifestyle.

5 simple steps for deeper breathing:

1. **Relax your body:** Find somewhere comfortable to sit or lie down.
2. **Inhale slowly:** Close your eyes and inhale through your nose, feeling your belly expand.
3. **Pause:** Hold your breath for a few seconds at the top of the inhale.
4. **Exhale slowly:** Release your breath through your mouth, feeling your body relax.
5. **Refocus:** If your mind wanders, gently return your focus to your breath.

Take small steps toward better mental health with Omada.

Claim your benefit today at omadahealth.com/ogb—at no cost to you, if eligible.



March Small Shift: Office and Home Workouts

The April small shift from Pennington Biomedical Research Center is office and home workouts! The focus for this month's small shift is on incorporating brief office and home workouts into your daily regimen.

We understand how demanding work and life can be, often leaving little time for dedicated exercise. That's why we're advocating for small, manageable changes that can seamlessly integrate into your day. Just a few minutes spent on exercise, whether at the office or in the comfort of your home, can yield significant benefits for both your physical and mental well-being.

Here are some simple yet effective ways to incorporate office and home workouts into your routine:

- **Deskercise:** Take short breaks throughout the day to stretch or perform simple exercises at your desk. Shoulder rolls, leg lifts, and seated twists are excellent options to keep your body moving and to alleviate any stiffness from prolonged sitting.
- **Stair Climbing:** If you're in an office building with stairs, use them to your advantage! Even a few trips up and down the stairs can provide a quick cardio boost and help you stay energized.
- **Lunchtime Walks:** Instead of spending your entire lunch break at your desk, take a brisk walk around the office building or nearby park. Not only does this provide physical activity, but it also offers a mental refresh that can enhance your productivity for the rest of the day.

By making these small shifts toward prioritizing physical activity, you'll not only improve your health but also boost your mood and overall performance.

Throughout this month, we'll share tips, resources, and success stories to inspire and support you on your journey toward a more active lifestyle. Visit www.pbrc.edu/smallshifts to sign up for the weekly emails.

Remember, it's the small changes that lead to big results. Let's embark on this journey together and make strides toward a healthier, happier lifestyle.



Understanding IBS (Irritable Bowel Syndrome)

IBS is a condition causing symptoms like cramping, bloating, gas, diarrhea, and constipation. It affects 7-16% of Americans, with higher rates in women and younger individuals. Symptoms can vary from mild to disruptive.

Common Symptoms

- Abdominal pain and cramping
- Bloating, gas, diarrhea, and constipation
- Episodes of both constipation and diarrhea are common
- Symptoms often improve after a bowel movement

Possible Causes

- Overactive or sensitive colon
- Imbalanced serotonin levels
- Post-infection IBS or bacterial imbalance

Managing IBS

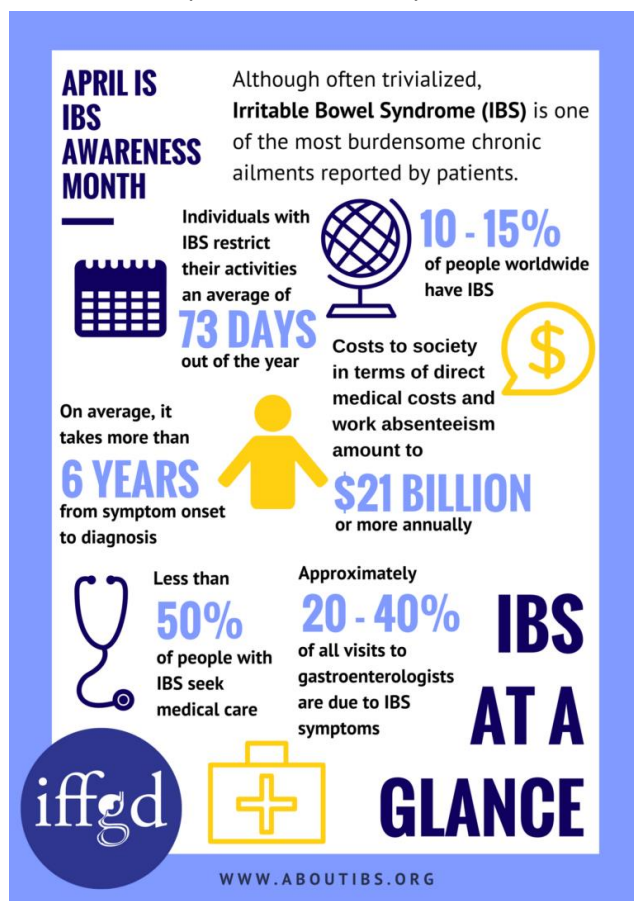
While there's no cure, symptoms can be managed through:

- Regular exercise
- Reducing caffeine and stress
- Probiotics and fiber supplements
- Quitting smoking

When to See a Doctor

Consult your doctor if symptoms persist or worsen, especially with:

- Rectal bleeding
- Unexplained weight loss or appetite changes
- Persistent pain not relieved by bowel movements



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, including 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.

Roadmap to Retirement

This seminar will cover important topics like these:

- Longevity risks
- Healthcare and long-term costs
- Pros and cons of rollover IRAs
- And more

[Option 1] Tuesday, April 15 | 11:30 a.m. – 12:30 p.m. CT

[Option 2] Wednesday, April 23 | 2:00 p.m. – 3:00 p.m. CT

Virtual – Zoom

[Click Here to Register](#)

Make sure to add the event to your calendar!

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Chicken & Spinach Orzo Dinner



Short on time, this meal can be prepared in 30 minutes. Hot, homemade chicken, spinach and orzo can be a quick weeknight dinner for four. Made with leftover chicken or store-bought rotisserie chicken, meal prepping for this recipe is a breeze.

Ingredients:

- 2 teaspoons olive oil
- 1 large onion, halved and sliced
- 3 tablespoons raisins or currants
- 1 ½ cups shredded, cooked chicken breast (from rotisserie chicken)
- ¼ cup chicken broth or dry sherry
- 8 cups packed spinach, torn into pieces
- ¼ teaspoon salt
- 8 ounces of uncooked orzo (pasta shaped like grain of rice)
- ¼ cup slivered almonds or toasted pine nut
- ¼ cup shaved fresh Parmesan cheese

Instructions:

1. Heat oil in a large nonstick skillet over medium heat. Add onion; cook, stirring occasionally, 15 minutes or until onions are golden brown.
2. Stir in chicken broth, raisins and chicken. Add spinach. Cover with lid and cook for 3 minutes tossing occasionally with tongs until spinach wilts. Stir in salt.
3. Cook orzo in boiling water for 8 minutes or until tender; drain. Toss together drained orzo and spinach mixture. Sprinkle with almonds and cheese.
4. Serve immediately.

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