



August is Children's Eye Health & Safety Month

Children's vision plays a key role in learning, development, and overall health. August is the perfect time to prioritize eye exams and teach kids how to protect their eyes both at home and at play.

Even if your child seems to see well, annual eye exams are essential. Vision can change gradually, and early signs of issues like nearsightedness, farsightedness, or lazy eye often go unnoticed. Left untreated, some conditions may lead to long-term complications.

What to expect at a kids' eye exam:

Eye doctors test how your child's eyes respond to light, movement, and images. Exams often include:

- Identifying shapes, letters, or pictures
- Checking for common issues like astigmatism, myopia, and amblyopia
- Using gentle eye drops or lights to look at the eye's structure
- Air puff tests or dilation (for older children)

Letting kids know what to expect beforehand can help ease anxiety—especially during their first visit.

Don't forget about eye safety at home.

Everyday household items like scissors, cleaning supplies, or even toys can pose risks to children's eyes. Nearly 90% of eye injuries are preventable with the right safety habits:

- Store sharp tools and chemicals out of reach
- Pad furniture corners and secure stairways
- Supervise science experiments and outdoor play
- Use protective eyewear during sports and yard work
- Encourage screen breaks to prevent eye strain

Eyes are delicate, and unlike bumps or scrapes, even minor eye injuries may require medical attention. Teaching kids safe habits now can prevent serious issues later.

Make eye health a part of your child's regular routine—this month and every month.



Is Your Immune System Up-to-Date?

Vaccines have been protecting individuals and communities for centuries, yet it's easy to lose track of our own immunization history. This August, National Immunization Awareness Month is a great reminder to check in with your doctor, review your vaccine records, and ensure you're protected against preventable diseases.

Vaccines help our immune systems fight off infections **before** we get sick. Many once-deadly illnesses—like measles, polio, and chickenpox—are now rare thanks to widespread vaccination. Staying current on recommended vaccines helps keep you, your family, and your community safe.

Tips to Stay on Top of Your Immunizations

- **Review your vaccination records** – If you're unsure which vaccines you've had, your doctor can help you track them down.
- **Talk to friends and family** – Encourage loved ones to check their records too. Staying up to date helps protect everyone.
- **Know your family medical history** – This can reveal specific risks and help your doctor make informed recommendations.

Why It Matters

- **Vaccines protect everyone** – from infants to the elderly, especially those who can't be vaccinated.
- **They're safe and effective** – Every vaccine is thoroughly tested before approval.
- **They prevent serious illness** – including paralysis, brain damage, and even death.

Take a moment this August to double-check your records, ask questions, and stay proactive about your health. A quick call to your doctor today could protect your future—and your community—for years to come.



Live Better Louisiana: Earn Your 2026 Wellness Credit

It's easy to earn your 2026 premium credit—just complete your preventive health checkup! LA Blue partners with Catapult Health to bring checkups to locations near you.

How to Participate:

- **Schedule online:** www.TimeConfirm.com/OGB or call: 1-877-841-3058
- **Alternate option:** If you can't attend a clinic, have your doctor fax the completed Primary Care Provider form (available at info.groupbenefits.org) to Catapult Health.

Deadline: September 30, 2025

Live Better Louisiana Clinics	
Date (Week)	Location
08/01/2025	Dept of Public Safety (Baton Rouge)
	Vernon PSB - Leesville High School (Leesville)
08/04 – 08/2025	Claiborne Building (Baton Rouge)
	Livingston PSB - Denham Springs Junior High (Denham Springs)
	LSU Health Science Center (New Orleans)
	Flood Protection Authority-East (New Orleans)
	New Orleans Center for Creative Arts (New Orleans)
	Office of Attorney General (Baton Rouge)
	LA Dept of Environmental Quality - Galvez Building (Baton Rouge)
08/11 – 15/2025	St. John Economic Stability Office (LaPlace)
	Flood Protection Authority-East (New Orleans)
	LA Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Central LA Technical Community College (Alexandria)
	DOTD Headquarters (Baton Rouge)
	LA Retirement Systems Building TRSL (Baton Rouge)
	Louisiana Workforce Commission (Baton Rouge)
	LSU Health Science Center (New Orleans)
	Central LA Technical Community College - Ferriday Campus (Ferriday)
	LSU School of Dentistry (New Orleans)
08/18 – 22/2025	LA School of Math Science & Arts (Natchitoches)
	LA State Board of Nursing (Baton Rouge)
	Central LA Technical Community College - Huey P Long Campus (Winnfield)
	Louisiana State Penitentiary (Angola)
	Pinecrest Supports and Services Center (Pineville)
	Rayburn Correctional Center (Angie)
	St. Landry PSB - Resource Center (Opelousas, LA)
08/25 – 29/2025	Bienville Building (Baton Rouge)
	Claiborne Building (Baton Rouge)
	Central Louisiana State Hospital (Pineville)
	Nicholls State University (Thibodaux)
	LSU AgCenter (Baton Rouge)
	Glencoe Charter School (Franklin)
	Iberville Building (Baton Rouge)
08/25 – 29/2025	LA Special School District (Baton Rouge)
	Pinecrest Supports and Services Center (Pineville)
	Supreme Court of LA (New Orleans)
	University of New Orleans (New Orleans)
	Richland PSB - Central Office (Rayville)
	Court of Appeals-Fifth Circuit (Gretna)

Your Access2day Back-to-school Quiz: When is Urgent Care the Answer?

School is back in session! Your first quiz of the year? We're starting with a critical question: what is the difference between urgent care and the ER (Emergency Room)?

Whether you should go to an urgent care center or the ER isn't a question you're likely to think of until you get sick. However, it's important to know the differences, as well as the benefits of each option. Trust us, it can save you a hefty bill in the long run. So, let's look at the two.

The ER is a hospital emergency department, so you can expect medical care at any time. The ER is usually equipped with the staff to handle most critical and complicated needs, such as heart attacks, strokes, or traumatic, life-threatening injuries. Urgent care, on the other hand, tends to serve as a middle ground for when you're sick or injured and need medical care ASAP, or you can't wait for an appointment with your primary care provider. If you're having chest pain or difficulty breathing, or any life-threatening condition, you'll want to go to the ER. If you're suffering from flu-like symptoms, minor injuries like sprains, or respiratory issues like a persistent cough, urgent care is your answer.

While both the ER and urgent care will take care of you, there are some significant benefits to choosing urgent care (if you can). Some of these include:

- **Lower Costs** - Going to urgent care usually costs much less than going to the ER. In fact, urgent care visits can cost up to 10 times less than visiting the ER.¹ Remember, there is no cost for care at any Access2day location.
- **Shorter Wait Times** - Generally, your wait time at an urgent care clinic will be significantly shorter than the ER, especially since the ER tends to deal with more complex, critical cases.
- **Convenience** - If it's not an emergency but you still need same-day care, urgent care will quickly take care of your condition, and most are open evenings, weekends, and holidays.

At Access2day, your health is our priority. With no co-pays, out-of-pocket expenses, or appointments necessary, Access2day offers convenient access to quality care when you need it most. That includes visits to urgent care! So, the next time you're wondering what to do when sickness strikes, make sure you've got your nearest Access2day clinic in mind. Click the link to find a clinic near you: <https://access2dayhealth.com/locations>

Your Access2day Back-to-School Quiz

WHEN IS URGENT CARE THE ANSWER?

Urgent Care vs. the ER: Knowing
Where (and When) to Go



August Small Shift: Stretching

This month, the Pennington Biomedical small shift is focused on adding some stretches to your routine.

Stretching is a powerful practice that can help you:

- **Reduce stress** by promoting relaxation and easing muscle tension.
- **Improve flexibility** and increase your range of motion.
- **Enhance circulation**, which can boost your overall energy levels.
- **Prevent injury** by preparing your muscles for activity and aiding in recovery.

Throughout the month, we'll be sharing tips, videos, and resources to help you incorporate stretching into your daily routine. Whether you're a beginner or an experienced stretcher, there's something for everyone.

Here's a quick stretch to get you started:

- **Neck Stretch:** Gently tilt your head to the right, bringing your ear toward your shoulder. Hold for 15-30 seconds and repeat on the other side. This simple stretch can help relieve tension from sitting at a desk or looking at screens.

Join us in making this small shift and experience the positive changes in your health and well-being. We would love to hear your tips and see your creative ways of adding more fruits and veggies to your diet. Share your journey with us on social media using the hashtag #SmallShifts.

Remember, it's the small changes that lead to big results.

Sign up for the Small Shift emails at

www.pbrc.edu/smallshifts.

Make Self-Care a Habit with Small, Meaningful Changes

Taking care of your health isn't just about eating right or exercising — it's also about finding balance in all areas of your life. That means **managing stress**, **getting enough rest**, and **making time for yourself** on a regular basis. Small, consistent actions can add up to big changes over time.

Omada is here to help you build self-care habits that fit your lifestyle and schedule.

A few self-care ideas to try this month:

- **Set a bedtime routine** to improve your sleep quality and wake up feeling refreshed.
- **Take short breaks** throughout the day to stretch, breathe, and reset your mind.
- **Plan screen-free time** in the evenings to truly unwind and recharge.

Omada members get:

- A **dedicated care team**, including a personal health coach for ongoing support.
- A **personalized care plan** tailored to your unique goals and lifestyle.
- A **smart scale and user-friendly app** to help you easily track your progress 24/7.

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



Ready to put your financial wellness in focus?

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.

Are You Prepared for the Financial Challenges of Retirement?

This seminar will cover important topics like these:

- Three challenges that can jeopardize retirement savings
- Potential sources of income
- Types of retirement accounts
- And more

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

[Option 2] Wednesday, August 20 | 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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Back-to-School Health Tips for the 2025-2026 School Year

A new school year is the perfect time to reset routines and make sure your child is physically and emotionally ready for the classroom. Here are key tips to help your family prepare:

- **Annual Physicals** - Schedule a yearly checkup to make sure your child is growing, developing, and staying healthy. This is also a good time to ask questions and address any new health concerns.
- **Healthy Eating Habits** - Help your child stay energized and focused by offering balanced meals with fruits, vegetables, whole grains, and lean proteins. Encourage water over sugary drinks, and model healthy choices at home.
- **Support Mental Health** - School stress, friendships, and social pressures can affect kids of all ages. Keep an open dialogue about how they're feeling. Routine checkups often include mental health screenings and access to support if needed.
- **Manage Screen Time :**
 - Limit recreational screen time to 1–2 hours per day for kids over age 2
 - Delay smartphone use until at least age 14 when possible
 - For safety, younger kids can use phones without social media access
- **Talk About Social Media** - Have regular conversations about online safety, privacy, and the impact of social media. Set clear rules and check in often.
- **Prioritize Sleep** - Adequate rest supports learning, mood, and overall well-being:
 - Ages 3–5: 10–13 hours (including naps)
 - Ages 6–12: 9–12 hours
 - Teens: 8–10 hoursStart shifting bedtimes now to make the school transition easier.

With a few smart habits and open communication, your child can start the school year feeling healthy, confident, and ready to succeed.



Romaine Calm & Carrot On in the Grocery Store | Breads, Rice, Pastas & Carbs we Care About

In this edition of our *Romaine Calm & Carrot On* series, brought to you by **Louisiana Blue**, we're serving up smart, satisfying ways to enjoy some of your favorite comfort foods — bread, pasta, and rice — without sacrificing your health goals.

Join our **registered dietitian** and **medication management pharmacist** as they guide you through tips, swaps, and strategies that prove you can still enjoy carbs as part of a healthy lifestyle. From whole grains to portion-friendly options, we're showing you how to shop smarter, eat better, and still savor every bite.

Whether you're a seasoned shopper or just beginning your wellness journey, this segment is packed with **fresh, nutrient-rich ideas** to fuel your body and support your goals — one grocery aisle at a time.



💬 Have questions or need support?

Call 1-800-317-2299 to speak with one of our expert dietitians as part of your personalized health coaching.

At Louisiana Blue, we're proud to offer our members access to an in-house team of over 300 clinicians, including:

- Nurses
- Pharmacists
- Dietitians
- Counselors

Our no-cost health coaching helps you:

- Set and achieve your wellness goals
- Stick to your provider's treatment plan
- Get practical support tailored to your unique health needs

Let us help you make the most of your grocery trips — and your health journey. Because better choices at the store can lead to better outcomes at home.

Mini Chicken & Cheese Quesadillas



Crispy on the outside, melty on the inside — these kid-sized quesadillas are perfect for lunchboxes or after-school snacks. Quick to make, totally nut-free, and easy to customize with your child's favorite fillings.

Ingredients:

- 2 small flour tortillas (soft taco size)
- 1/4 cup shredded cheese (cheddar, mozzarella, or a mix)
- Olive oil or butter for the pan
- 1/2 cup cooked shredded or chopped chicken (roastisserie or leftover works great)
- Optional add-ins: diced tomatoes, mild salsa, corn, or chopped spinach

Instructions:

1. Lay out one tortilla on a plate.
2. Sprinkle half of the cheese over it, then the chicken and any other optional fillings.
3. Top with the second tortilla.
4. Heat a nonstick pan over medium heat with a small amount of oil or butter.
5. Cook the quesadilla for 2–3 minutes on each side, until golden brown and the cheese melts.
6. Cool slightly, then cut into small wedges or fun shapes using cookie cutters.

Tips:

- Serve with a side of sour cream, guacamole, or mild salsa in a small container.
- You can also make these in a microwave or air fryer if needed.
- Make ahead and store in the fridge for lunchboxes.

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