



Preparing for Back-to-School Season With Healthy Routines for Kids

As summer winds down, it's time to prepare for the return to school. Establishing healthy routines before the first day can help children transition more smoothly, reduce stress and build habits that support their health and success throughout the school year.

Prioritize Sleep – Start by gradually returning to a regular sleep schedule one to two weeks before school begins. Adequate sleep helps improve focus, memory, mood and overall well-being.

Eat Well and Stay Active – Healthy eating habits are just as important. Begin each day with a nutritious breakfast, pack balanced lunches and snacks, and encourage children to drink plenty of water to stay hydrated and energized throughout the day. Regular physical activity also plays an important role in a child's health. Whether it's playing outside, riding bikes, participating in sports or taking a family walk, staying active benefits both physical and mental well-being.

Create a Routine – To make busy mornings easier, establish a consistent routine by preparing backpacks, lunches and clothes the night before. Predictable schedules help children feel more organized and confident.

Schedule Preventive Care – Before school starts, remember to schedule annual wellness visits, immunizations, vision and dental exams, and any required sports physicals. If your family is enrolled in an OGB health plan, many preventive care services are covered at no cost when received from an in-network provider, as required by your health plan.

A little preparation now can help your child start the school year healthy, confident and ready to learn.



National Wellness Month: Check In on Your Healthy Habits

August is National Wellness Month, making it the perfect time to take a closer look at the small habits that can have a big impact on your overall well-being. Wellness isn't about making dramatic lifestyle changes overnight—it's about creating sustainable routines that help you feel your best, both at work and at home.

Consider using this month to check in on a few everyday habits:

Stay Hydrated – Keep a water bottle nearby and make it a goal to drink water throughout the day. Staying hydrated can help improve energy, concentration, and overall health.

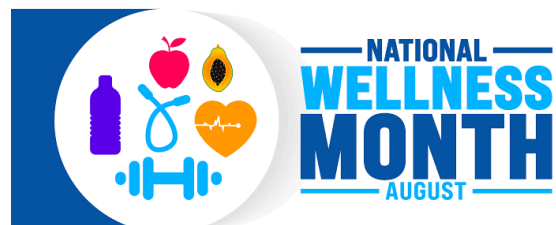
Take Regular Breaks – Even a five-minute break to stretch, walk around, or step away from your screen can help reduce stress and improve focus. Short breaks throughout the day can leave you feeling more productive and refreshed.

Manage Meeting Overload – If your calendar is packed with back-to-back meetings, look for opportunities to build in short breaks or reserve focus time for uninterrupted work. Protecting time for deep work can help reduce mental fatigue.

Prioritize Sleep – Quality sleep is essential for physical and mental well-being. Establishing a consistent bedtime routine, limiting screen time before bed, and aiming for seven to nine hours of sleep each night can make a noticeable difference in how you feel each day.

Declutter Your Digital Space – Organize your inbox, clear unnecessary files, and turn off nonessential notifications. A cleaner digital workspace can help reduce distractions and improve productivity.

Start a Conversation About Workload – If your workload feels overwhelming, don't hesitate to have an open conversation with your manager. Discussing priorities, deadlines, and available resources can help ensure expectations are realistic and manageable.



Live Better Louisiana

Earn your 2027 premium credit in one easy step by completing an **Ochsner Wellness Screening**. Blue Cross partners with Ochsner Health to offer no-cost to you wellness screenings at convenient locations across the state. During your visit, you'll meet with a Registered Nurse, receive point-of-care tests, and get a personalized health report with results and recommendations.

How to participate:

Review the schedule below and choose a location that works for you. To schedule your appointment, visit [Ochsner OGB Screenings](#) and click on the link for the selected screening site. When registering, please enter your member name exactly as it appears on Louisiana Blue medical insurance card to ensure your screening is scheduled correctly. If you have questions or need assistance, call 1-866-495-6235. If you can't attend a wellness screening, have your doctor fax a completed Primary Care Provider form (available at <https://info.groupbenefits.org/live-better-louisiana-2/>) to Ochsner Health.

Important reminder:

To qualify for the 2027 wellness credit, you must complete your wellness screening by **September 30, 2026**.

Date (Day)	Location	Participants	Registration
8/3/2026	Cameron Parish School Board	Agency's Eligible OGB Employees ONLY	Register Here
8/3/2026	Department of Public Safety	ALL Eligible OGB Employees and Retirees	Register Here
8/3/2026	LA Delta Community College	ALL Eligible OGB Employees and Retirees	Register Here
8/3/2026	Jefferson Parish School System	ALL Eligible OGB Employees and Retirees	Register Here
8/4/2026	Department of Public Safety	ALL Eligible OGB Employees and Retirees	Register Here
8/4/2026	LA Delta Community College	ALL Eligible OGB Employees and Retirees	Register Here
8/5/2026	Baton Rouge Housing Authority	Agency's Eligible OGB Employees ONLY	Register Here
8/5/2026	Southwest Louisiana Veterans Home	Agency's Eligible OGB Employees ONLY	Register Here
8/5/2026	LA Delta Community College	ALL Eligible OGB Employees and Retirees	Register Here
8/5/2026	NO Center for Creative Arts	ALL Eligible OGB Employees and Retirees	Register Here
8/6/2026	DOTD District 61 - Baton Rouge	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/6/2026	LA Delta Community College	ALL Eligible OGB Employees and Retirees	Register Here
8/7/2026	Louisiana State Licensing Board for Contractors	ALL Eligible OGB Employees and Retirees	Register Here
8/7/2026	Bienville Parish School Board	Agency's Eligible OGB Employees ONLY	Register Here
8/10/2026	W Carroll Parish School Board	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/10/2026	UL Lafayette	Agency's Eligible OGB Employees ONLY	Register Here
8/11/2026	Natchitoches Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
8/11/2026	Southern University- NOLA	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/12/2026	Nunez Community College	ALL Eligible OGB Employees and Retirees	Register Here
8/12/2026	Natchitoches Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
8/12/2026	Louisiana Works	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/13/2026	Nicholls State University	ALL Eligible OGB Employees and Retirees	Register Here
8/13/2026	Central LA Technical CC - Alexandria	ALL Eligible OGB Employees and Retirees	Register Here
8/13/2026	Central LA Technical CC - Ferriday	ALL Eligible OGB Employees and Retirees	Register Here
8/13/2026	Central LA Technical CC - Winnfield	ALL Eligible OGB Employees and Retirees	Register Here
8/13/2026	Louisiana School for Math, Science & the Arts	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/13/2026	Capital Area Human Services District	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/17/2026	Northshore Technical CC- Lacombe	ALL Eligible OGB Employees and Retirees	Register Here
8/17/2026	Southeast Flood Protection Authority	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/17/2026	Louisiana Dept of Conservation & Energy	Agency's Eligible OGB Employees ONLY	Register Here
8/18/2026	Northwest Human Services District	ALL Eligible OGB Employees and Retirees	Register Here
8/18/2026	Lafayette - 4212 W. Congress St. MOB 1st Floor, Classroom B	ALL Eligible OGB Employees and Retirees	Register Here
8/18/2026	LSU Health Sciences Center - New Orleans	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/18/2026	Southeast Flood Protection Authority	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/18/2026	LA Economic Development	Agency's Eligible OGB Employees ONLY	Register Here
8/19/2026	Department of Health - Baton Rouge	ALL Eligible OGB Employees and Retirees	Register Here
8/19/2026	LSU Health Science Center, Kings Hwy	ALL Eligible OGB Employees and Retirees	Register Here
8/19/2026	LSU Health Sciences Center - New Orleans	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/20/2026	LSU AgCenter	ALL Eligible OGB Employees and Retirees	Register Here
8/20/2026	Southeastern University	ALL Eligible OGB Employees and Retirees	Register Here
8/20/2026	Lafayette - 1442 S. College Rd. Lafayette	ALL Eligible OGB Employees and Retirees	Register Here
8/21/2026	Angola Prison, OGB HF	Agency's Eligible OGB Employees and Retirees ONLY	Register Here

8/25/2026	Dept of Wildlife and Fisheries	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
8/26/2026	DOTD District 62 - Hammond	ALL Eligible OGB Employees and Retirees	Register Here
8/27/2026	SOWELA Technical Community College	ALL Eligible OGB Employees and Retirees	Register Here
8/27/2026	DEQ/ Galvez Building	ALL Eligible OGB Employees and Retirees	Register Here
8/28/2026	DEQ/ Galvez Building	ALL Eligible OGB Employees and Retirees	Register Here
8/31/2026	Special School District	Agency's Eligible OGB Employees and Retirees ONLY	Register Here

Head Back to School in Good Health

As summer winds down and the 2026–2027 school year approaches, students will soon trade outdoor adventures for busy classrooms, shared supplies and close contact with classmates. That also means more opportunities for germs to spread.

Children commonly experience six to 10 colds each year, partly because of their developing immune systems and close contact with other children at school or daycare. While it is impossible to avoid every illness, a few healthy habits can help protect your family and keep everyone ready for the school year.

Keep Hands Clean

Regular handwashing is one of the simplest and most effective ways to prevent germs from spreading. Encourage children to wash their hands with soap and water before eating, after using the restroom and after coughing, sneezing or blowing their nose. School hand-hygiene programs can help reduce respiratory and stomach illnesses and may even result in fewer missed school days.

Cover Coughs and Sneezes

Teach children to cough or sneeze into a tissue or their elbow rather than their hands. Remind them to avoid touching their eyes, nose and mouth, especially when their hands have not been washed.

Practice Healthy Habits

A strong daily routine can help support overall health. Make time for physical activity, nutritious meals, plenty of water and consistent sleep.

Stay Home When Sick

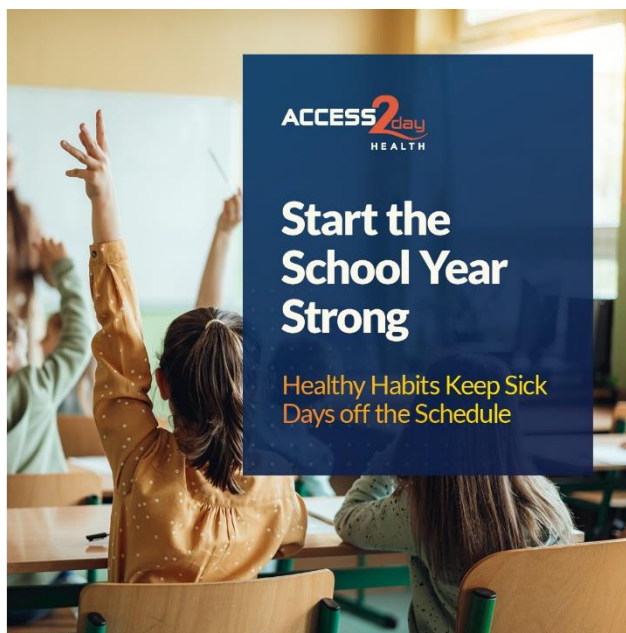
When children have symptoms of an infectious illness, keeping them home can help protect classmates and teachers. Current CDC guidance also recommends everyday precautions such as handwashing, respiratory etiquette, appropriate cleaning, improved ventilation and staying up to date on recommended vaccinations.

Make Room for Regular Healthcare Visits

Routine checkups can help families stay current on preventive care. When an unexpected illness does arise, timely care can also help identify the cause and determine the right next steps.

With Access2day Health, members have convenient access to preventive and urgent care services through participating clinics. Put your family's health at the top of your back-to-school list. Find a participating clinic near you today:

access2dayhealth.com/locations



Pennington Biomedical Small Shift for August: Balance Training

This month, our Small Shift is all about balance training – a simple but powerful way to improve strength, stability and prevent falls as we age. Even small daily practices can have a big impact. For example, standing on one foot while brushing your teeth, folding laundry or doing other chores challenges your balance, strengthens your muscles and helps improve coordination.

Why balance matters:

Pennington Biomedical research shows that maintaining balance and muscle strength reduces fall risk and supports healthy aging. Improving balance also enhances *posture, stability and confidence in daily activities*.

Your challenge this month:

- Try standing on one foot during everyday tasks.
- Be mindful of posture and engage your core to maximize benefits.
- Notice improvements in your stability and strength over time.

Small daily shifts in balance can lead to big gains in health and independence – a step toward stronger, safer movement.

Share your balance practice! Tag us on social media using #PBRCSmallShifts to inspire others to take a step toward better stability.

Pennington Biomedical Men's Health Summit 2026 Coming Aug. 22

Registration is now open for the 2026 Pennington Biomedical Men's Health Summit, scheduled for Saturday, Aug. 22, in Baton Rouge. Presented by FMOL Health | Our Lady of the Lake and hosted by Pennington Biomedical Research Center and the Pennington Biomedical Research Foundation, the free summit is available to all over the age of 18.

The summit welcomes men from across the Capital Region to learn more about their health and will feature a wide variety of complimentary health screenings and informational sessions. Additionally, the CORE UFC Gym will host a UFC and self-defense demonstration, and the Baton Rouge Corvette Club will be onsite for a showcase of classic sports cars.

Space is limited for the event, so early sign-up is encouraged. To register for the event, please visit pbrc.edu/mhs.

Check Up on Your Child's Health

Before the homework, sports and school activities get too crazy, schedule your child's annual wellness visit. Regular checkups help monitor growth, update immunizations and address potential health concerns before they impact learning. Louisiana Blue Medical Director Dr. Tracy Lemelle-Christophe sat down with [Great Day Louisiana \(7:02\)](#) to talk about why these appointments are important, give some health tips and share what you can expect at your child's annual wellness visit.

After age two, children need to see their doctor once a year outside of sick visits. During a typical well-child visit, you can expect to :

- Get a picture of your child's overall health
- Talk with their doctor about their physical health
- Check progress on age-related milestones
- Talk about mental health



Prioritize your well-being this month

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 managing stress, getting enough rest and setting time aside for yourself. Omada is here to help you build self-care habits that fit your lifestyle.

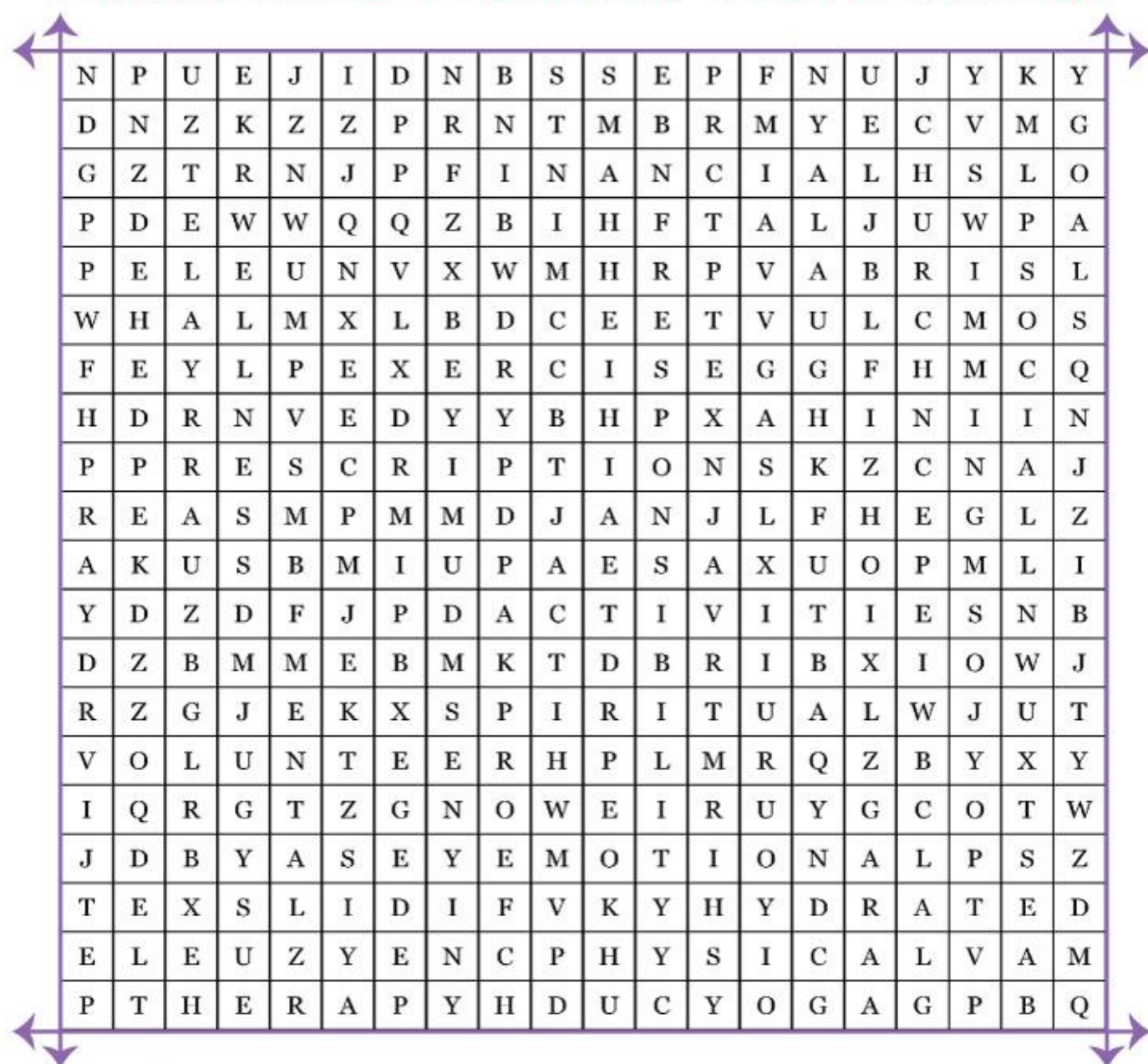
Here are a few self-care ideas to try this month:

- Set a bedtime routine to improve sleep quality
- Take breaks throughout the day to stretch and reset
- Plan screen-free time to unwind and recharge

Thanks to OGB, you have access to Omada at \$0 cost to you, if eligible. 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.

Health and Wellness Word Search



Prescriptions

Hydrated

Therapy

Mental

Financial

Swimming

Yoga

Pray

Spiritual

Laugh

Responsibility

Emotional

Church

Social

Wellness

Goals

Physical

Volunteer

Exercise

Activities

Made available through



REFOCUS YOUR ROUTINE

Realign your wellness goals by refreshing your daily habits, renewing your motivation and creating a routine that supports your healthiest self.



Start now with Fitness Your Way® to get your \$0 enrollment offer!^{1,2} Learn more at blue365deals.com/AugFYW and use code FYWPROMOAug26 when you sign up.



Refresh your routine

Consistency is key, which often means routine. It's not a bad word! But sometimes it can feel a little stale, and that's ok. Switch things up without giving up the routine. Take a different route on a walk or a run. Workout in the morning instead of evening, or vice versa. Even if you make dinner with a child where you normally cook alone can add some spice to your routine.



Renew your motivation

We're in the second half of the year. Summer's nearing an end and that means back to normal routines. So why not look at your motivation. What is your reason? Psychologists believe we find energy when we discover our purpose, which in turn, helps us develop and act upon our creativity, productivity and engagement.³



Create a healthy routine

Whether you need to start fresh at the gym, or just want to change things up a bit, be sure to start small (and with things you'll enjoy). Pick something new and positive and work on that. Say you want to add more cardio, start with a small burst, then work your way up to more. Remember small changes add up. And don't forget to celebrate your wins, big and small!

Working out should be accessible to everyone. Wherever you want to sweat.

More gym, less money

- Multiple gym package options starting at \$19/month⁴
- Join as many gyms as you want and get access to 13,000+ fitness locations⁵
- Digital only package also available for just \$7.99 a month⁶ (all digital content included with gym packages)
- On-demand videos available 24/7 and live virtual classes like cardio, bootcamps, barre, and yoga

And even more⁷

- Access 15,000+ health and well-being specialists
- Up to 50% off services like massage, chiropractic and nutrition
- Plus other health and self-care discounts

GET STARTED TODAY!



Fitness Your Way® lets you join as many gyms as you want, wherever you live, work, and play.

Join at blue365deals.com/AugFYW

Spicy Sausage Pizza with Burrata



Give everyone what they're craving with this spicy sausage pizza topped with creamy burrata. Loaded with savory sausage, melty cheese and fresh veggies, it's a delicious meal that's ready in about 30 minutes.

Ingredients:

- 1 large, round flatbread or prebaked pizza crust (at least 12 inches in diameter)
- ⅓ cup Boursin cheese
- 2 cups finely chopped broccoli
- 6 ounces burrata cheese
- Crushed red pepper flakes, for garnishing
- 4 tablespoons extra virgin olive oil, divided
- 1 pound precooked spicy sausage, sliced
- 3 cups finely shredded kale
- Fresh basil leaves, for garnishing
- Freshly ground black pepper, for garnishing

Instructions:

1. Preheat the oven to 450°F. Place the crust on a baking sheet and brush the surface with 1 tablespoon of the olive oil. Spread the Boursin cheese onto the crust in an even layer.
2. In a large skillet, heat 2 tablespoons of the olive oil over medium heat. Add the sliced sausage and cook, tossing occasionally, until it's golden brown on both sides, about 5 minutes.
3. Arrange the sausage, broccoli and kale on the pizza in an even layer. Drizzle the remaining 1 tablespoon olive oil over the surface.
4. Bake until the vegetables are tender and lightly charred, 10 to 12 minutes.
5. Dollop the burrata on top of the pizza. Garnish with the basil, crushed red-pepper flakes and black pepper.

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

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