



Winter Wellness in Louisiana

Winter in Louisiana may be milder than in other states, but cooler mornings, damp air, and shorter days can still affect your routine. A few simple habits can help you stay healthy and balanced this season.

1. Stay Hydrated

Even when it's cool outside, your body still needs plenty of water. We often feel less thirsty in winter, but hydration supports digestion, immunity, and energy levels. Keep water nearby and sip throughout the day.

2. Support Your Immune System

Cold and flu viruses are common this time of year. Strengthen your immune system by eating colorful fruits and vegetables, getting consistent sleep, and washing your hands often. Louisiana citrus—like satsumas and oranges—is in season and packed with vitamin C.

3. Move With the Weather

Louisiana winters can shift from chilly to warm quickly. On comfortable afternoons, take a walk, spend time outdoors, or soak in a bit of sunshine. When it's damp or cold, try indoor stretching, light exercises, or a short movement break to stay active.

4. Protect Your Mood

With fewer daylight hours, many people notice dips in mood or energy. Aim for natural light in the morning, keep a steady routine, and plan small things that bring you joy—like a warm drink, music you love, or a relaxing hobby.

5. Enjoy Seasonal Comforts

Winter is a perfect time to slow down and reconnect. Make nourishing meals, enjoy cozy moments, and give yourself permission to rest when you need it. Simple comforts can bring balance during this busy month.

By staying mindful and embracing healthy habits, you can make December a season of comfort, calm, and well-being—Louisiana style.



Winter
Wellness

4 Ways to Fight Holiday Stress

The holidays bring excitement—but also added pressure. Budgeting, gift shopping, and managing busy schedules can quickly create stress. These simple tips can help you enjoy the season with less worry.

1. Set Your Budget Early

Money concerns are one of the biggest holiday stressors. Take a few minutes to map out a realistic budget for gifts, food, travel, and events. Remember, the meaning behind a gift matters more than the price. Once you set your limit, stick to it to avoid post-holiday financial strain.

2. Start Shopping Sooner

Shopping early helps you avoid crowds, sold-out items, and last-minute panic. It also gives you time to compare prices and find thoughtful gifts without the rush. A little planning now can save a lot of stress later.

3. Don't Overcommit

Holiday calendars fill up fast. Write down your events and responsibilities so you don't double-book or spread yourself too thin. It's okay to say no or ask for help if you're feeling overwhelmed.

4. Make Space for Joy

The holidays can move quickly, and it's easy to get caught up in tasks, deadlines, and expectations. By slowing down and being intentional with your time, you create more opportunities for joy. Try to focus on the moments that matter—sharing a meal, catching up with loved ones, or simply taking a quiet break for yourself. Remember, the season isn't about perfection; it's about connection, gratitude, and taking care of your well-being. When you give yourself room to breathe, the joy of the season has a chance to shine through.



Live Better Louisiana

The 2026 Wellness campaign has ended. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently working with locations to schedule clinics for the 2027 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2027 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 2026 credit, please to reach out to Catapult for that confirmation:

1. **Email:** support@catapultleath.com
2. **Phone:** 214.785.2200 (Business Hours Mon-Fri; 8am-5pm CST)

Scam-Proof Your Life | How to Outsmart the Fraudsters

Fraud and scams are more sophisticated than ever. And they're targeting people of all ages, especially during high-stakes times like holiday seasons, tax season and health plan enrollment. In this video (6:41), Louisiana Blue's Special Investigations Manager, Kandyce Cowart, breaks down the latest tactics scammers are using and gives you practical, easy-to-follow steps to protect yourself and your loved ones.

Steps You Can Take to Stay Safe:

Trust your instincts—if something feels off, don't engage.

- Verify requests—especially those involving money, gift cards, or sensitive data.
- Use Multi-Factor Authentication (MFA) and strong, unique passwords.
- Check your Explanation of Benefits (EOB) for phantom billing or suspicious charges.
- Be cautious with cold calls, emails, and texts—especially if they ask for personal or financial information.

Healthcare fraud alone costs billions annually and can lead to identity theft, financial loss, and even health risks. Scammers are increasingly using AI to mimic voices, generate fake medical records, and create convincing phishing messages. Awareness is your first line of defense.

Report suspicious activity to the Louisiana Blue Fraud Hotline at 1-800-392-9249, or to the FBI at <https://IC3.gov>.

📞 Blue Cross Members: Call our Fraud Hotline at 1-800-392-9249 to report suspicious activity.



Celebrating Your Health This Holiday Season

As the year comes to a close, we're reflecting on the impact that accessible, high-quality care has made across our community, and we're celebrating the well-being and satisfaction of our Access2day Health members.

You've placed trust in us and the dedication of the partners and providers who provide support each day. They also reinforce our commitment to creating a better experience for you by keeping care simple, supportive, and easy to access when it matters most, with:

- \$0 Copays & \$0 Out-of-Pocket Costs
- Unlimited Visits
- Walk-In Access

As we move into a new year, our focus remains clear. Because better access means better health, and that's what we're here for.

For more information or to find a clinic near you, visit: [Access2Day Health](#).

Wishing you a healthy and happy holiday season ahead.

Best wishes,

The Access2day Health Team



Healthy Holiday Word Search



S	H	A	N	D	W	A	S	H	I	N	G	Y	Q	H	A	K	K	U	N	A	H	C	N
A	T	H	S	T	O	C	K	I	N	G	S	T	U	F	F	E	R	S	R	U	H	E	A
N	F	H	O	H	N	J	A	W	D	U	X	W	S	G	O	L	D	S	T	A	R	E	M
T	K	M	U	X	I	Z	X	O	A	G	Y	I	N	O	R	T	H	P	O	L	E	C	W
A	O	X	T	G	D	L	P	R	E	S	E	N	T	S	D	S	R	O	T	C	O	D	O
C	G	E	K	A	C	T	I	U	R	F	F	K	C	R	E	T	H	G	U	A	L	R	N
L	C	F	R	O	A	Y	S	S	B	J	F	L	S	M	I	S	T	L	E	T	O	E	S
A	T	A	C	D	P	T	E	D	R	I	A	I	R	C	S	A	A	Z	N	A	W	K	E
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G	E	N	B	S	B	U	T	I	P	S	A	R	N	X	L	B	N	G	N	S	I	O	F
H	R	D	M	I	K	U	F	P	X	N	O	I	T	A	C	I	D	E	M	H	T	L	C
B	G	E	E	R	N	N	A	E	V	E	R	G	R	E	E	N	S	Q	A	U	T	E	Y
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S	D	N	H	O	L	I	D	A	Y	C	O	O	K	I	E	S	B	P	J	S	I	Y	J
D	E	D	M	Z	K	V	B	I	C	U	R	F	T	M	C	E	C	O	V	V	O	G	P
P	R	W	B	S	I	N	G	I	N	G	C	A	R	O	L	S	Y	C	T	O	P	N	R

happiness	wonderland	Evergreens	Joy	Jolly	Buche de Noel
Frosty the Snowman	Gingerbread	Kwanzaa	Nutcrackers	Scrooge	Twinkling
Yule log	Wise Men	Menorah	Hanukkah	poinsettia	candy canes
Christmas tree	December	fruitcake	mistletoe	sleigh bells	Gold Star
red and green	medication	singing carols	laughter	handwashing	Nurses
Doctors	North Pole	Rudolph	stocking stuffers	holiday cookies	Presents
cookies	Hospital	Santa Claus	Christmas		

Celebrating a Year of Small Shifts

As the year comes to a close, Pennington Biomedical celebrates the small, meaningful shifts you've made toward a healthier, more balanced lifestyle. Month after month, you proved that simple changes can create big results.

Mind & Mood: Strengthening Inner Wellness

This year, we explored how mental health and sleep shape your well-being through habits like:

- **Mindful Breaks:** Taking a quick pause to reset.
- **Consistent Sleep Routines:** Supporting deeper rest.
- **Gratitude Practices:** Focusing on daily positives.

These small actions help create calmer, more grounded days.

Nutrition: Balance One Bite at a Time

We highlighted easy, sustainable nutrition habits, such as:

- **Hydrating Often**
- **Building Balanced, Colorful Plates**
- **Practicing Mindful Eating**

These shifts helped support steady, long-term wellness.

Movement: Progress Through Consistency

You showed that fitness comes from showing up regularly. We celebrated:

- **Daily Movement and Extra Steps**
- **Simple Stretching Routines**
- **Consistency Over Intensity**

Every bit of movement contributed to a stronger you.

Looking Ahead

The Small Shifts team is already preparing new themes for next year and looks forward to continuing this journey with you. Thank you for an incredible year—and remember, small shifts lead to big results.

Here's to a bright and healthy year ahead!

Celebrate the season with health and joy

Make your well-being a priority this holiday season. The holidays are a time for joy and celebration—but they can also bring stress and disrupt healthy routines. Omada is here to help you maintain balance and wellness throughout the festive season.

Thanks to [Company], you have access to Omada—a virtual health program that pairs you with a health coach, smart devices, and resources—at \$0 cost to you if eligible.

Holiday health tips from Omada Health Coaches:

- **Smart swaps:** Unsweetened applesauce can replace sugar for healthier treats
- **Stay active:** Park farther away from your destination to add more steps
- **Relaxation techniques:** Start a gratitude journal or try progressive muscle relaxation before bed

With Omada, you get*:

- A dedicated care team with a health coach.
- A personalized care plan tailored to your lifestyle.
- A welcome kit with smart devices to easily track your progress 24/7*.

Claim your benefit today —at no cost to you, if eligible.



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

Prudential
PATHWAYS



Want to make sense of your financial life, but not sure where to start? Let us show you how.

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.

Financial Tips for the Sandwich Generation

This seminar will cover important topics like these:

- What is the Sandwich Generation?
- Financial strategies
- Balancing family's needs
- And more

[Option 1] Tuesday, December 2nd | 11:30 a.m. – 12:30 p.m. CT

[Option 2] Wednesday, December 10th | 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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Apple Crisp



This warm and comforting Apple Crisp is a classic fall favorite made with fresh sliced apples and a sweet, cinnamon-spiced crumb topping. Simple to prepare and delicious right out of the oven, it's the perfect dessert for family gatherings or a cozy night in. Serve it warm to enjoy the bubbling apples and crisp, golden topping at their best.

Ingredients:

- 4 medium-sized apples
- ¼ cup flour
- 1 Tbsp. cinnamon
- ¼ cup quick-cooking oatmeal
- ½ cup brown sugar
- ¼ cup butter, cut into small pieces

Instructions:

1. Preheat the oven to 350 degrees. Grease the bottom and sides of an 8- by-8-inch pan.
2. Core and slice the apples. Spread the sliced apples on the bottom of the prepared pan.
3. In a medium-sized bowl, combine the oatmeal, flour, brown sugar and cinnamon.
4. Using a knife, cut the butter into the mixture until it looks like small crumbs.
5. Sprinkle the crumb mixture over the apples.
6. Bake in the oven for 20-30 minutes until the apples are tender and bubbly. Serve warm.

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