



Heart Attack: Men vs. Women

Heart disease is the leading cause of death for both men and women in the United States. However, the risks, symptoms, and even the progression of the disease can be different between men and women. Understanding these differences is key to recognizing heart problems early.

Recognizing the warning signs early can help prevent serious complications. Here are some important symptoms to watch for:

1. **Chest pain** – Often felt as pressure, tightness, or squeezing in the chest.
2. **Shortness of breath** – Difficulty breathing or feeling winded without exertion.
3. **Pain in the upper torso, neck, or jaw** – Unexplained discomfort in these areas can indicate heart issues.
4. **Changes in your extremities** – Symptoms like pain, swelling, tingling, numbness, coldness, or weakness in your arms or legs may signal circulation problems.
5. **Extreme fatigue** – Feeling unusually tired even with normal activity could point to heart trouble.
6. **Irregular heartbeat** – A faster or slower-than-usual heartbeat can be a warning sign.
7. **Dizziness or fainting** – Lightheadedness or fainting could indicate heart or circulation issues.

If you experience any of these symptoms, don't wait to get help. While some heart attacks are sudden and intense, most start slowly with mild discomfort. Pay attention to your body, and if something feels off, call 911. Early action can be lifesaving.

Are You Stronger Than Heart Disease?

February is American Heart Month, a time to raise awareness about heart disease and how to prevent it. Why is it important? Heart disease is the leading cause of death in the United States. Many heart conditions are preventable by making healthy lifestyle choices.

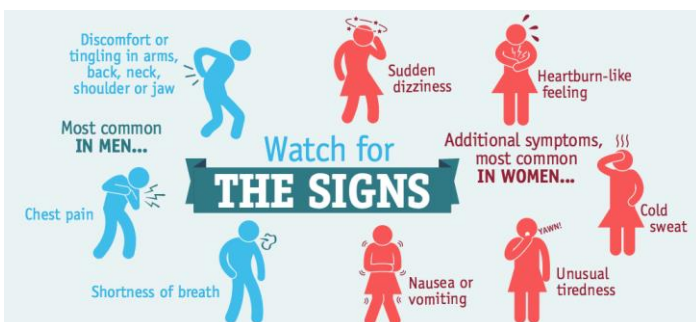
10 Ways to Improve Your Heart Health:

- ✓ Balance calories with physical activity.
- ✓ Reach for a variety of fruits and vegetables.
- ✓ Choose whole grains.
- ✓ Include healthy protein sources, mostly plants and seafood.
- ✓ Use non-tropical liquid plant oils.
- ✓ Choose minimally processed foods.
- ✓ Subtract added sugars.
- ✓ Cut down on salt.
- ✓ Limit alcohol.
- ✓ Do all this wherever you eat!

Need more food for thought? Go to

www.heart.org/eatsmart

If you live with heart disease, our care team is here to support you be Stronger Than Ever. To learn if you are eligible to work with a health coach and how to enroll, call 1-800-363-9159, Monday — Friday, 8 a.m. - 5 p.m.



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
02/03 – 08/2025	Washington PSB - Enon Elementary School (Franklinton) VFMC (Jackson) South Central LA Human Services Authority (Houma) Claiborne Building (Baton Rouge) Ouachita PSB - Boley Elementary (West Monroe) Morehouse PSB - Student Service Center (Bastrop)
02/10 – 14/2025	Southeastern Louisiana University (Hammond) LTC Medicaid - Region 4 (Opelousas) St. Landry PSB - Eunice HS (Eunice) Southeast Louisiana Flood Protection Authority West (Marrero)
02/18 – 21/2025	Pinecrest Supports and Services Center (Pineville) University of New Orleans (New Orleans) LaSalle Building - Dept of Natural Resources (Baton Rouge) Vernon PSB - Rosepine HS (Rosepine)
02/24/2025 – 03/01/2025	Bossier Parish Community College (Bossier City) Jackson PSB - Quitman High School (Quitman) Jackson PSB - Weston High School (Jonesboro) Caldwell PSB Central Office (Columbia) Morehouse PSB - Student Service Center (Bastrop)

Take the first step to a healthier heart.

There's no doubt about it—regular physical activity offers numerous benefits, from helping lower your blood sugar and cholesterol to reducing your risk of heart disease and stroke.

3 Ways to Get Moving Today:

- 1. Ease into it** - Exercise doesn't have to be intense to be effective. Start with small steps, like regular walks or trying out a yoga session.
- 2. Listen to your body** - Go at your own pace, take breaks as needed, and gradually increase your activity over time. Consistency is key for long-term health.
- 3. Bring a buddy** - Having a support system can make all the difference. Find a friend to join on walks, or set up regular check-ins to keep each other motivated.

You may have access to Omada to help reach your heart health goals.

Get personalized health support from anywhere, **at no additional cost to you, if eligible.**

Apply today at omadahealth.com/ogb



 omada

**Take the first step
to a healthier heart**

→ Apply today

Access2day: Sharing the Love of Health

This Valentine's Day, we're reminded that our members are the true heart of Access2day Health. With \$0 cost for care with no appointments necessary, and a commitment to keeping you healthy, we're proud to be your trusted partner in health.

According to our 2024 Member Survey, satisfaction is at an all-time high:

- **98.7%** of members reported being satisfied or extremely satisfied with their clinic experience.
- **97.2%** plan to visit again.
- **94.6%** would recommend Access2day to family and co-workers.

Our members' words say it best:

"I love it!"

"A must-have benefit!"

"Access2day has changed the way I think about healthcare."

Beyond convenience, Access2day clinics are here to provide services that keep your heart—and all of you—healthy. From routine lab work to cold and coughs, your membership makes it easy and cost-free to prioritize your well-being.

Thanks to OGB, your Access2day membership is your fast pass to better health with \$0 high-quality primary and urgent care services to help you stay healthy and live better. Find your nearest clinic at

www.access2dayhealth.com/locations.



Make Heart Health Part of Your Self-Care Routine

Devoting just a little time each day to self-care can have a big impact on your heart health. Simple habits like managing stress, staying active, eating nutritious foods, and prioritizing sleep can help protect your heart. With heart disease being largely preventable but still a leading cause of death, it's crucial to take proactive steps to improve your health.

Here are some easy self-care tips to incorporate into your daily routine:

- **Self-Care Sunday** – Take time to relax and recharge. Whether it's through a calming bath, reading, or just unwinding, focus on your mental and emotional well-being.
- **Mindful Monday** – Start the week by checking in on your health. Monitor key numbers like blood pressure, blood sugar, and weight. Staying aware helps you make healthier choices.
- **Tasty Tuesday** – Explore heart-healthy eating by trying new recipes, like those from the DASH diet, which emphasize fruits, vegetables, lean proteins, and whole grains. Add a fresh spice to your meals to boost flavor without extra sodium.
- **Wellness Wednesday** – Get moving! Try a new activity, go for a walk, or stretch. Add a new fruit or veggie to your meals, or take time to learn the signs of a heart attack or stroke to help you act fast if needed.
- **Treat Yourself Thursday** – Enjoy a healthy treat like fruit with yogurt, or do something you enjoy—whether it's a quick walk, a fun hobby, or laughter from a good show.
- **Follow Friday** – Stay inspired by connecting with heart-healthy influencers or support groups online. Find motivation from others or reach out to a friend for encouragement.
- **Selfie Saturday** – Share your self-care journey on social media or with friends to encourage others to focus on their heart health, too. Social support can help keep you on track.

For more heart-healthy tips and resources, visit nhlbi.nih.gov/ourhearts or follow #OurHearts on social media.



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

Prudential
PATHWAYS



Have you invested in your financial wellness lately? This seminar series, hosted by Prudential Pathways, can help reboot your financial wellness strategy by sharing steps to organize your finances, such as creating a budget, prioritizing paying off debt, and planning for retirement.

We invite you to attend this comprehensive series to help you kick start your financial future-planning in three easy-to-understand seminars, including topics like:

- Setting your financial goals
- Managing your assets through risk management
- Investment principles
- Healthcare planning
- Retirement & asset distribution planning
- Tax strategies
- Estate planning strategies
- How your employee benefits fit into your overall financial wellness

So take the first step in reaching your financial wellness goals by signing up today!

Tuesdays, February 11th, 18th, & 25th from 11:30am-12:30pm (CT)

[Click Here to Register](#)

Wednesdays, February 12th, 19th, 26th from 2:00pm-3:00pm (CT)

[Click Here to Register](#)

via Zoom

February Small Shift: Walking

The Small Shifts team at Pennington Biomedical are excited to be a part of your 2025 health journey! We believe that big transformations start with small steps. Whether it's drinking more water, taking a daily walk, or simply taking a few deep breaths, every small step you take can lead to big results.

Our February small shift is focused on walking. Starting small doesn't mean aiming low—it means taking the first steps toward lasting change.

Walking is a low-impact, accessible form of exercise that you can do anytime, anywhere, without any special equipment. And here's the best part: walking for just **10 minutes a day** can make a big difference in your health and well-being!

Here are just a few of the benefits you can enjoy from short daily walks:

- Boosted mood and decreased stress
- Improved energy levels
- Enhanced strength and endurance
- Lower blood pressure
- Better sleep quality
- And so much more!

This month, we're challenging you to walk 10 minutes a day. It's a simple, achievable goal to build momentum toward better health.

Already walking 10 minutes daily? Try adding in a second walk to your day! If you're feeling great, you can even add more time to each walk. Small shifts like this can have a big impact on your energy, mood, and overall wellness!

We look forward to this health journey with you in 2025, one small shift at a time! For more information, visit www.pbrc.edu/smallshifts.



Looking for a new diet in 2025?

U.S. News & World Report recently ranked the DASH Diet as the second best diet overall and the best heart-healthy diet. The Dietary Approaches to Stop Hypertension, or DASH, Diet, was developed in part by Pennington Biomedical Research Center scientists.

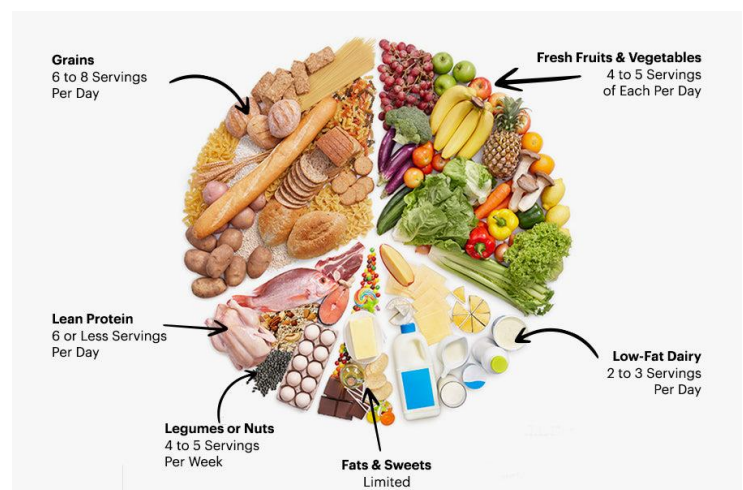
Besides reducing sugar sweetened beverages and sodium, the DASH Diet is instead focused on increasing fruits, vegetables, whole grains and dietary fiber.

The food plan in the DASH Diet includes:

- Lots of fruits, vegetables, whole grains, lean protein and low-fat dairy
- Foods high in potassium – fruits, vegetables and potatoes
- Foods high in magnesium – nuts, leafy green vegetables
- Salt or sodium targets between 1500 – 2300 mg/day maximum (and the lower in sodium, the better!)
- No sugar sweetened beverages and very little additional "sweets" or desserts

The diet is absolutely free of charge. These resources are available to anyone. In fact, it's ranked by US News & World Report as an easy diet to follow in part because the foods are easily accessible in most grocery stores or farmer's markets.

Visit www.pbrc.edu/dashdiet for more information, sample recipes and DASH Diet booklet pdf.



Stuffed Mini Peppers



This chicken pasta combines lean chicken breast and sautéed spinach for a meal that's garlicky, lemony and best served with a little Parm on top.

Ingredients:


- 8 ounces gluten-free penne pasta *or* whole-wheat penne pasta
- 1 pound boneless, skinless chicken breast *or* thighs, trimmed, if necessary, and cut into bite-size pieces
- 10 cups chopped fresh spinach
- $\frac{1}{3}$ cup unsalted butter, cubed
- 2 tablespoons extra-virgin olive oil
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 4 cloves garlic, minced
- 1 cup dry white wine
- 2 teaspoons lemon zest
- $\frac{1}{4}$ cup lemon juice
- 4 tablespoons grated Parmesan cheese, divided

Instructions:

1. Bring a large pot of water to a boil; add 8 ounces pasta and cook according to package directions. Reserve $\frac{1}{2}$ cup of cooking water; drain the pasta and set aside.
2. Meanwhile, heat 2 tablespoons oil in a large high-sided skillet over medium-high heat. Add chicken pieces, $\frac{3}{4}$ -teaspoon salt and $\frac{1}{4}$ -teaspoon pepper; cook, stirring occasionally, until an instant-read thermometer inserted in thickest portion registers 165°F, 5 to 7 minutes.
3. Add minced garlic; cook, stirring, until fragrant, about one minute. Stir in 1-cup wine, 2 teaspoons lemon zest and $\frac{1}{4}$ -cup lemon juice; bring to a simmer over medium-high heat, stirring occasionally. Add cubed butter and 1 tablespoon Parmesan; cook, whisking constantly, until the sauce is creamy and emulsified, about 2 minutes. Add $\frac{1}{4}$ to $\frac{1}{2}$ cup pasta water; cook, stirring occasionally, until the sauce thickens slightly, about 2 minutes.
4. Stir in chopped spinach and the cooked pasta. Cook over medium heat, stirring occasionally, until the spinach is wilted and bright green, about 5 minutes. Plate and top with the remaining 3 tablespoons Parmesan.

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

Follow us on X (formerly Twitter) 

Follow us on YouTube 

Follow us on Facebook 