



New Year, New Opportunities: Embrace Healthy Changes

For many, January 1st marks a fresh start—a chance to wipe the slate clean and set new intentions. As the new year begins, we often feel motivated to improve ourselves in various ways—whether it’s getting more physically active, losing weight, quitting tobacco, or spending more time with family. The possibilities for change are endless!

So, what are your New Year’s resolutions this year?

Are you planning to lose weight, quit sweets, or join a gym? If these are the same resolutions you’ve made in the past, consider this: **don’t make them this year.**

It’s okay to step away from the pressure of repeating the same goals year after year. Instead, **shift your focus to sustainable, healthy lifestyle changes.**

Remember, change doesn’t happen overnight. Whether you’re trying to adopt a new behavior or break an old habit, it’s important to be patient with yourself. When making changes, people often go through several stages, and setbacks are a natural part of the process. If you slip up, don’t give up and say, “I’ve blown it now.” Avoid falling into the trap of overeating or going overboard. Instead, get back on track immediately—start again from that moment, and continue moving toward your goal.

Setting Realistic Goals: Start Small

Start with small, manageable steps. If your goal is to lose weight, aim for 2-5 pounds, or begin with short walks of 1-2 blocks. Don’t try to run a marathon or lose 100 pounds all at once. Slow, steady progress will help you build lasting habits without overwhelming yourself.

Don’t get discouraged—keep going!

Remember, everyone encounters challenges and moments of self-doubt. But don’t let that stop you! Keep pushing forward, and take one-step at a time. The key to success lies in persistence, not perfection.

Here’s to a new year filled with health, growth, and positive change. You’ve got this!



New Year, Same Defense: Protect Yourself from the Flu

A recent flu report brought concerning news for Louisiana: as of November 30, 2024, our state ranks **second in the nation for influenza cases**, following closely behind New York City.

If you haven’t yet received your flu vaccine, it’s more important than ever to take proactive steps to protect yourself, your loved ones, and your community.

A flu shot is the **best defense** against severe illness during this active flu season, and Access2day Health makes it easy for you to prioritize your health. With full coverage from the Office of Group Benefits, Access2day members enjoy:

- **FREE flu shots** with zero co-pays
- **No out-of-pocket costs** at any Access2day clinic

Taking action now helps safeguard not only your well-being but also the people around you. Whether at work, at home, or out in the community, getting vaccinated ensures we all move forward healthier and stronger this season.

Stop by your nearest Access2day Health clinic today to get your flu shot and set the tone for a safe and healthy season ahead.

Find a clinic near you:

www.access2dayhealth.com/locations

Stay safe. Stay protected. Louisiana, we’ve got this!



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
01/06 – 10/2025	Fletcher Technical Community College (Schriever) Claiborne Building (Baton Rouge) Bienville Building (Baton Rouge)
01/13 – 17/2025	DCFS (Shreveport) DOTD Headquarters (Baton Rouge) Claiborne Building (Baton Rouge)
01/20 – 24/2025	Bienville Building (Baton Rouge)
01/27 – 31/2025	Benson Towers (New Orleans) Bienville Building (Baton Rouge) Sabine PSB - Florien High School (Florien)

Medicine Minute | Make Your Medicines Work for You with Ideas from Your Louisiana Blue Pharmacists

Are your medicines working for you? In this short video (0:48), Louisiana Blue's pharmacists share important information that can help you make sure your medicine works for you. Get even more tips to help manage your medicine at www.LaBlue.com/medtips. 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 medication with you, answer any medicine-related questions or discuss any concerns you may have.

Have more questions? Call 1-800-363-9159 to be connected with a Louisiana Blue health coach dedicated to OGB members. Our in-house team of nurses, pharmacists, dietitians, and counselors offers no-cost health coaching to help members reach their health and wellness goals, and to stick to their providers' treatment plans.



Louisiana Marathon – 2025

When: January 18-19, 2025

Where: The State Capitol
Downtown Baton Rouge, LA

Times: Saturday: 8 am – 5k and Quarter Marathon
10:15 am – Kids Marathon
Sunday: 7 am – Full and Half Marathon

Come run a fast, flat, and fun racecourse with runners from 50 states and over 36 countries. Then enjoy a true Louisiana Festival featuring local musicians and some of the best southern cuisine around. Participants can choose from a full, half, a quarter marathon, a 5K, and kid's marathon, click [here](#) to register.

Blue Cross Blue Shield of Louisiana members can receive a 25% discount by entering 25OFFBCBSLA when registering.





New Year, Healthier You

3 Tips to Replace an Unhealthy Habit:

- 1 Make a list.**
Reflect on your daily routine and write down habits you want to change, like skipping breakfast, sitting for long periods, or opting for sugary snacks.
- 2 Choose one habit to change.**
Pick one habit to change and make a simple plan. For instance, swap out an afternoon sugary drink with water or take a 10-minute walk during your lunch break.
- 3 Commit to 7 days.**
Focus on the new habit for the next days. If you slip up, no worries, and simply start over for another 7 days. Change is challenging, but Omada is here to support you every step of the way.



“The program has been very helpful in guiding me to refocus on better living. I enjoy the no pressure input from my health coach and the automatic check in with weight and steps.”

—
KIM, OMADA MEMBER

If you or your adult family member are at risk for diabetes or heart disease and enrolled in an Office of Group Benefits Blue Cross health plan, the Office of Group Benefits, in partnership with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program—a \$700 value.



Zero cost for eligible members



Dedicated health team with an Omada health coach (yes, real people)



Personalized health plan tailored to each member's lifestyle



Smart devices* to easily track your progress, 24/7



Omada for Prevention is available at no cost to you when covered by your employer or health plan.
* Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

Apply today

omadahealth.com/ogb

Join Dry January 2025: A Fresh, Alcohol-Free Start to the Year

Dry January is a health initiative encouraging people to abstain from alcohol for the month of January. It's a great way to give your body a break and focus on mental clarity, overall well-being, and healthier lifestyle choices.

What is Dry January 2025?

Dry January 2025 invites you to take a break from alcohol and reset your relationship with it. Experience the physical and mental benefits of a sober start to the year.

When is it?

Dry January starts on **January 1st** and ends on **January 31st**—perfect for kicking off the new year with a fresh, alcohol-free perspective.

How to Participate?

- **Make a pledge** to abstain from alcohol for the month.
- **Seek support** from friends and family and encourage them to join.
- **Explore alcohol-free activities** like fitness classes, hobbies, or outdoor adventures.
- **Stay hydrated** with water and non-alcoholic drinks.
- **Track your progress** and note any positive changes.
- **Connect with others** online for motivation and support.
- **Reflect** on your relationship with alcohol and its effects on your body and mind.

Take the pledge this January and start the year with a clear mind and healthy habits!

Make a Lifesaving Impact: Donate Blood This January

Every two seconds, someone in the U.S. needs blood, and during the winter months, donations tend to decrease. In fact, only 10% of eligible donors give blood each year. This National Blood Donor Month, we encourage you to consider making a difference by donating blood.

Here are some important facts about blood donation:

- **36,000 units of red blood cells** and **7,000 units of platelets** are needed every day in the U.S.
- A single-car accident victim can require up to **100 pints** of blood.
- **Type O blood** is the most requested, with **O negative** being in especially high demand as it can be transfused to anyone. Only 7% of people have O-negative blood.
- The blood donation process is quick and simple: **registration**, a **mini-physical**, **donation**, and then enjoy some **refreshments**.
- The donation itself takes just **10-12 minutes**, and the entire process takes about **1 hour and 15 minutes**.
- A single donation can help **multiple patients**.
- You can donate **every 56 days**.

To find out more or locate a donation center, visit www.redcross.org or download the American Red Cross Blood Donor app.

Your donation can save lives—make a difference today!



Stuffed Mini Peppers



Ingredients:


- 12 miniature sweet peppers
- 1/3 cup minced fresh chives
- 1/8 teaspoon salt
- 2/3 cup finely chopped fresh broccoli
- 1 package (8 ounces) cream cheese, softened
- 1/8 teaspoon salt
- 2/3 cup shredded cheddar cheese

Instructions:

1. Preheat oven to 400°. Cut peppers lengthwise in half; remove seeds. In a bowl, mix cream cheese, chives, salt and pepper; stir in broccoli. Spoon into pepper halves.
2. Place on a foil-lined baking sheet; bake until heated through, 9-11 minutes. Sprinkle with cheddar cheese. Bake until cheese is melted, 3-4 minutes longer. Cool slightly before serving.

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

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