



Protect Your Vision — and Your Health

You've heard the saying that the eyes are the window to the soul — but they're also a window to your overall health. Conditions like diabetes, high blood pressure, and high cholesterol can increase your risk of serious eye diseases. The good news? Making healthy lifestyle choices can help protect both your health and your vision.

Here's how to keep your eyes healthy:

- **Get a comprehensive dilated eye exam** — It's quick, painless, and the best way to detect eye diseases early, when they're easier to treat. Many eye conditions don't show symptoms until damage has already occurred.
- **Eat a balanced diet** — Fill your plate with leafy greens like spinach and kale, and eat fish rich in omega-3s, like salmon or tuna.
- **Be physically active** — Regular exercise helps reduce your risk of conditions that can affect your eyes, such as diabetes and high blood pressure.
- **Quit smoking** — Smoking increases the risk of cataracts, macular degeneration, and damage to the optic nerve.
- **Protect your eyes** — Wear sunglasses that block 99–100% of UVA and UVB rays, use protective eyewear during risky activities, and give your eyes regular breaks from screens (follow the 20-20-20 rule: every 20 minutes, look 20 feet away for 20 seconds).

Know your risk

Age, family history, and certain health conditions can raise your chances of developing eye diseases. If you're over 60, have a family history of eye problems, or are part of a higher-risk group (including African American, Hispanic, or Native American communities), talk with your doctor about how to protect your vision.

Taking simple steps now can help you see clearly for years to come.



Stay Safe This July 4th!

As we gear up to celebrate Independence Day with fireworks, picnics, and beach outings, keep these simple safety tips in mind for a fun and injury-free holiday.

Fireworks Safety

- Attend professional displays and stay at least 500 feet away.
- Never give fireworks to children or aim them at people, animals, or property.
- Always wear eye protection and light fireworks one at a time.
- Keep water or a fire extinguisher nearby.
- Soak used fireworks in water before disposal.
- Avoid alcohol when handling fireworks.

Picnic & Grilling Safety

- Wash hands before preparing food and keep perishables in a cooler.
- Grill outdoors only, away from anything flammable.
- Supervise the grill at all times and use long-handled tools.
- Keep pets and kids away from hot grills.
- Let used charcoal cool completely before disposal.
- Drink responsibly and always designate a driver.

Beach Safety

- Swim near lifeguards and obey their instructions.
- Get out of the water at the first sign of lightning.
- Keep a close eye on children and weak swimmers.
- Wear life jackets when boating.
- Avoid diving headfirst and watch for aquatic life.
- If caught in a rip current, stay calm and swim parallel to shore.

Wishing you a safe and happy 4th of July!



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
07/01 – 04/2025	Southeast Louisiana Veterans Home (Reserve)
	Nicholls State University (Thibodaux)
	Natchitoches PSB - Central Office (Natchitoches)
	Livingston PSB Central Office (Livingston)
07/07 – 11/2025	Pointe Coupee PSB - Central Office (New Roads)
	LaSalle Building - Dept. of Revenue (Baton Rouge)
	Lafourche Parish Medicaid Office (Thibodaux)
	Pinecrest Supports and Services Center (Pineville)
	Southeastern Louisiana University (Hammond)
	Louisiana Public Broadcasting (Baton Rouge)
	Office of Attorney General (Baton Rouge)
	Eastern Louisiana Mental Health System (Jackson)
	Region 4 Medicaid (Lafayette)
	Ouachita PSB - Central Office (West Monroe)
	Dixon Correctional Institute (Jackson)
	University of New Orleans (New Orleans)
	Central LA Human Services (Alexandria)
	Metropolitan Human Services District (New Orleans)
07/14 – 18/2025	Court of Appeals-Second Circuit (Shreveport)
	LA Delta Community College (Winnsboro)
	Office of Public Health - Alexandria Parish Health Unit (Alexandria)
	St. Landry PSB - Resource Center (Opelousas, LA)
	Louisiana State Penitentiary (Angola)
	LA Delta Community College (West Monroe)
	SOWELA Tech Community College (Lake Charles)
	LA Delta Community College (Ruston)
	LA Delta Community College (Monroe)
	Orleans Parish Civil District Court (New Orleans)
07/21 – 25/2025	East Baton Rouge Housing Authority (Baton Rouge)
	Claiborne PSB - Central Office (Homer)
	Central Louisiana State Hospital (Pineville)
	LA Retirement Systems Building TRSL (Baton Rouge)
	LA Dept. of Environmental Quality - Galvez Building (Baton Rouge)
	Dept. of Public Safety (Baton Rouge)
	Housing Authority of New Orleans (New Orleans)
	Claiborne Building (Baton Rouge)
	Baton Rouge Community College (Baton Rouge)
	Dept. of Public Safety (Baton Rouge)
07/28 – 31/2025	Capital Area Human Services District (Baton Rouge)
	Franklin PSB - Central Office (Winnsboro)
	St. Helena PSB - Central College and Career Academy (Greensburg)
	Thrive Academy (Baton Rouge)

Freedom to Take Control of Your Health This Summer

July is a month when we celebrate independence, and there's no better time to take control of your health. With Access2day, members have the power to take charge of their well-being with no-cost, convenient access to care. Here's how to stay well, stay prepared, and stay free from health worries this summer:

Health Independence Starts with Access2Day

The first steps to taking control of your health? Having access to the healthcare you need! Your Access2day benefit gives you control over your health with:

- No appointment? No Problem.

Walk-in, same-day availability means control over your schedule.

- Preventive Care = Power.

Take the power to stay healthy into your own hands with check-up and wellness visits.

- No Cost = Big Impact.

Don't forget! You can access care with no out-of-pocket expenses.

Need to remove because A2d urgent care clinics do not manage chronic conditions. We find them, then refer to PCP or specialists.

Summer Self-Care Tips

From days spent at the pool to evenings watching fireworks, summer is a great time of year to spend outdoors. Stay safe from the heat and still make the most of your summer with these self-care tips!

- Hydrate regularly—especially during Louisiana's peak heat hours.
- Protect your skin—sunscreen, hats, and shade breaks go a long way.
- Be mindful of your energy—rest often, especially if managing chronic conditions.
- Stay active, but safely—walk, swim, or garden during cooler times of day.

Ready to Take Control? Let Access2day Help.

July is the perfect month for celebrating freedom—and we're here to remind you that you have the freedom to take control of your health! However, you plan to spend the height of summer, don't forget to prioritize self-care. Access2day makes it easy to get the care you need with no copays, no out-of-pocket costs, short wait times, and no appointment needed. From routine checkups to urgent care visits, we're here to support you!

Find a nearby Access2day Health clinic by visiting <https://access2dayhealth.com/locations/> and downloading the Access2day Clinic Finder app to stay connected to your care anytime, anywhere.



Medicine Minute| Statins

Statins are commonly prescribed medications that help lower cholesterol and reduce the risk of heart attack and stroke. But like any medication, they work best when taken correctly — and with support from your care team.

At LA Blue, our in-house pharmacists are here to help you **understand your statin prescription** and make sure it's working for you. Whether you have questions about side effects, dosage, or how statins fit into your overall treatment plan, our pharmacists are ready to provide personalized support.

Our clinical team of over 300 experts — including nurses, pharmacists, dietitians, and counselors — offers **no-cost health coaching** to help members stick to their providers' recommendations and reach their health goals.

If you're currently taking a statin or think you may need one, talk to us. We're here to help you take control of your heart health — one step at a time.



Medicare Made Easy| Frequently Asked Questions

Navigating Medicare can be confusing — but it doesn't have to be. Whether you're new to Medicare, nearing eligibility, or just looking to better understand your coverage options, you're not alone.

Join **Mary Frances Landry** and **Jon Baccharini**, trusted experts from LA Blue, as they walk through some of the **most frequently asked questions about Medicare**. From understanding Parts A, B, C, and D to knowing when and how to enroll, they break it all down in a way that's clear, simple, and easy to follow.

Have a specific question?

We want to hear from you! Drop your questions in the comments, and our team will do their best to answer them in future videos or directly in the thread.

Click the picture below to watch the video and get the answers you need to make informed decisions about your Medicare coverage.



Stay healthy on the go this summer

Simple ways to keep up your healthy habits while traveling. Summer may be a time for travel, new experiences, and great food. But staying on top of your health goals doesn't have to take a backseat. With Omada, you get expert guidance and support to help you feel your best—no matter where your summer adventures take you.

Your Omada health coach is here to provide tips on managing stress, improving sleep, and making balanced meal choices, so you can enjoy your vacation without worry.

Easy travel-friendly health tips from an Omada health coach:

- Pack healthy snacks like nuts, fruit or low-sugar protein bars to avoid impulse eating
- Choose grilled, baked or steamed meal options when dining out
- Stay hydrated by carrying a reusable water bottle and drinking regularly

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



Romaine Calm and Carrot On

A LA Blue medication management pharmacist joins LA Blue's registered dietitian to take you where health begins and favor thrives while figuring out how to have your carbs and enjoy them too. Whether you are a seasoned shopper or just starting your journey to better nutrition, this is the place to find the freshest, most-nutrient-packed ideas for healthy eating. Click the picture to watch the video.



Stay Cool and Safe This Summer!

Summer heat is here, and while it's great for fun in the sun, it can also be tough on your body. To help you stay comfortable and safe, here are some simple tips to beat the heat:

Keep Yourself Hydrated

Drink water throughout the day—even if you don't feel thirsty. It's the best way to replace the fluids you lose when you sweat. Skip sugary drinks and alcohol—they can actually make you more dehydrated. Bonus tip: munch on juicy fruits like watermelon, cantaloupe, and cucumbers to keep your hydration levels up.

Find Shade and Cool Spots

When you're outside, look for shade—under trees, umbrellas, or anything that blocks the sun. If you can, spend time indoors in air-conditioned places like malls, libraries, or community centers. No AC? Taking cool showers or baths and using fans can help you cool off too.

Take It Easy During Peak Heat

Try to avoid doing anything super active during the hottest parts of the day, usually midday. If you have to be outside, plan your activities for early morning or later in the evening when it's cooler. And don't forget to take breaks often—find some shade, sit down, and catch your breath.

Dress to Beat the Heat

Choose light-colored, loose-fitting clothes made from breathable fabrics. A wide-brimmed hat is a great way to keep the sun off your face and neck.

Know When Heat Becomes Dangerous

Be on the lookout for signs of heat-related problems: muscle cramps, feeling dizzy or weak, nausea, or heavy sweating could mean heat exhaustion. If someone seems confused, has hot dry skin, or faints, that's heat stroke and you should get medical help immediately.

Check in on Others

Remember to check on elderly family members, neighbors, and anyone who might have a harder time staying cool. Make sure they're drinking enough fluids and have a cool place to rest.

Never Leave Kids or Pets in Cars

Even with the windows cracked, cars heat up fast and can become deadly in minutes. Always take kids and pets with you.

Stay Informed

Keep an eye on the weather and heat alerts in your area. The heat index, which combines temperature and humidity, can tell you how hot it really feels. Listen to local advice and take it seriously.

By following these easy tips, you can enjoy the sunny days without letting the heat get the best of you. Stay safe, stay cool, and have a great summer!



HEAT SAFETY

Grilled Chicken and Veggie Skewers



Celebrate the Fourth of July with these vibrant and healthy Grilled Chicken & Veggie Skewers! Juicy, marinated chicken pieces and colorful fresh vegetables come together on a skewer for a simple, crowd-pleasing meal. Packed with flavor from lemon, garlic, and oregano, these skewers are quick to prepare and perfect for grilling season. Light, nutritious, and delicious—ideal for enjoying outdoors with family and friends while keeping things fresh and festive!

Ingredients:

- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 zucchini, sliced into thick rounds
- 1 red onion, cut into chunks
- Cherry tomatoes
- Olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste
- Wooden or metal skewers

Instructions:

1. In a bowl, mix olive oil, lemon juice, garlic, oregano, salt, and pepper.
2. Toss the chicken pieces in half of the marinade; toss veggies in the other half. Let sit for 15-20 minutes.
3. Thread chicken and veggies alternately onto skewers.
4. Preheat grill to medium-high heat. Grill skewers for 10-12 minutes, turning occasionally, until chicken is cooked through and veggies are tender.

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