



July Wellness: Resetting Your Mental & Social Well-Being

With half the year behind us, July is the perfect time for Louisiana state employees to pause, reset, and focus on mental well-being. This month is both Social Wellness Month and National Minority Mental Health Awareness Month—reminding us that staying connected and managing stress are vital to our overall health.

- Beat Mid-Year Burnout** – Work and life demands can stack up by mid-summer. Prevent burnout with small, daily resets.
 - Take micro-breaks:** Step away from your screen for 5 minutes every hour to stretch or breathe deeply.
 - Set boundaries:** Disconnect from work emails and notifications once your shift ends to protect your personal time.
- Cultivate Social Wellness** – Strong social connections lower stress and improve emotional resilience.
 - Reconnect:** Schedule a lunch break with a colleague, call a friend, or plan a weekend gathering with family.
 - Engage your community:** Volunteering or joining a local hobby group can provide a fresh perspective and a sense of belonging.
- Unplug and Recharge** – Use the long summer days to step away from digital noise.
 - Get outside:** Spend 15 minutes in a local park or green space. Nature lowers cortisol (stress hormone) levels.
 - Prioritize sleep:** Warm summer nights can disrupt rest. Keep your bedroom cool and dark to ensure 7–8 hours of quality sleep.

Take a few minutes for yourself this month—your mental health matters!



July UV Safety Month

Welcome to summer! July brings great outdoor weather, but extra sun requires extra care. Here are quick tips to stay safe, hydrated, and cool all month long.

UV Protection Basics

- Broad-spectrum:** Block both UVA and UVB rays.
- Amount:** Apply one ounce (a shot glass full) to the body.
- Timing:** Reapply every two hours, or after swimming and sweating.
- Peak hours:** Seek shade between 10:00 AM and 4:00 PM.
- Gear:** Wear wide-brimmed hats and UV-blocking sunglasses

Heat Illness Guide

Condition	Symptoms	Actions
Heat Exhaustion	Dizziness, heavy sweating, nausea, cool skin.	Move to shade. Cool down with wet cloths. Sip water.
Heat Stroke (Emergency)	Temp 103°F+, hot/red skin, confusion, fainting.	Call 911. Move to shade. Cool with ice or water. Do not drink.

Quick Hydration Tips

- Daily goal:** Drink half your body weight in ounces of water.
- Upgrade:** Add fresh berries, cucumber, or mint for flavor.
- Pre-hydrate:** Drink 16 ounces of water two hours before outdoor exercise.

Enjoy your July! Pack extra water, reapply sunscreen, and rest in the shade to stay sun-smart.



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
7/1/2026	4212 W. Congress St. Lafayette, LA 70506 - MOB 1st Floor, Classroom B	ALL Eligible OGB Employees and Retirees	Register Here
7/6/2026	St. Landry Parish School Board	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/7/2026	Louisiana Military Dept. - Carville	ALL Eligible OGB Employees and Retirees	Register Here
7/7/2026	St. Landry Parish School Board	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/8/2026	Louisiana State Board of Nursing	Agency's Eligible OGB Employees ONLY	Register Here
7/9/2026	LSU Health Science Center, Monroe	ALL Eligible OGB Employees and Retirees	Register Here
7/13/2026	Jefferson Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
7/13/2026	Department of Health - Alexandria	ALL Eligible OGB Employees and Retirees	Register Here
7/14/2026	Jefferson Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
7/14/2026	Richland Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
7/14/2026	Rayburn Correctional Center	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/14/2026	Evangeline Parish School Board	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/15/2026	Camp Minden	ALL Eligible OGB Employees and Retirees	Register Here
7/15/2026	Department of Health - Alexandria	ALL Eligible OGB Employees and Retirees	Register Here
7/15/2026	Rayburn Correctional Center	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/16/2026	Camp Beauregard	ALL Eligible OGB Employees and Retirees	Register Here
7/16/2026	LDH-Economic Stability	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/20/2026	Many Junior High School	ALL Eligible OGB Employees and Retirees	Register Here
7/21/2026	LSU Health Science Center, Kings Hwy	ALL Eligible OGB Employees and Retirees	Register Here
7/21/2026	SMH Founder's Building 1150 Robert Blvd, Slidell, LA 70458; Conf Room	ALL Eligible OGB Employees and Retirees	Register Here
7/21/2026	4430 Veterans Memorial Blvd, Metairie, LA 70006; 3rd Floor Classroom	ALL Eligible OGB Employees and Retirees	Register Here
7/22/2026	Franklin Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
7/22/2026	Evangeline Parish School Board	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/23/2026	Baton Rouge Community College	ALL Eligible OGB Employees and Retirees	Register Here
7/23/2026	LaSalle Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
7/24/2026	Division of Administration, Claiborne Building	ALL Eligible OGB Employees and Retirees	Register Here
7/27/2026	Court of Appeals 2nd Circuit	ALL Eligible OGB Employees and Retirees	Register Here
7/27/2026	Capital Area Human Services District	Agency's Eligible OGB Employees and Retirees ONLY	Register Here
7/28/2026	Office of Elderly Affairs/Galvez Building	ALL Eligible OGB Employees and Retirees	Register Here
7/28/2026	DEQ/ Galvez Building	ALL Eligible OGB Employees and Retirees	Register Here
7/29/2026	Assumption Parish School Board	ALL Eligible OGB Employees and Retirees	Register Here
7/29/2026	Housing Authority of New Orleans	Agency's Eligible OGB Employees ONLY	Register Here
7/30/2026	Thrive Academy	ALL Eligible OGB Employees and Retirees	Register Here
7/30/2026	Housing Authority of New Orleans	Agency's Eligible OGB Employees ONLY	Register Here
7/30/2026	Acadiana Area Human Services District	Agency's Eligible OGB Employees ONLY	Register Here
7/31/2026	Imperial Calcasieu Human Service Authority - Lake Charles	ALL Eligible OGB Employees and Retirees	Register Here
7/31/2026	Louisiana Department of Children and Family Services	Agency's Eligible OGB Employees ONLY	Register Here

America Turns 250. Protect the View

This Fourth of July marks 250 years of American independence, which means celebrations may feel a little bigger this year. More cookouts, more community events, more fireworks, and more reasons to keep safety part of the plan.

Prevent Blindness issued a fireworks safety warning ahead of the 250th anniversary celebration and declared June 28th through July 4th as Fireworks Safety Awareness Week. Fireworks can cause serious eye injuries, including injuries that may lead to permanent vision loss.

Fireworks may be part of the holiday tradition, but they are still explosives. Even sparklers, which are often handed to children, can cause severe burns and eye injuries.

Leave the Big Show to the Pros

The best way to enjoy fireworks is from a safe distance at a professional display. These events are handled by trained crews, set up in controlled areas, and designed with crowds' safety in mind.

If you plan to use legal consumer fireworks at home, take a few precautions before lighting anything.

- Use fireworks outdoors only
- Keep a bucket of water or a garden hose nearby
- Light one firework at a time
- Move back quickly

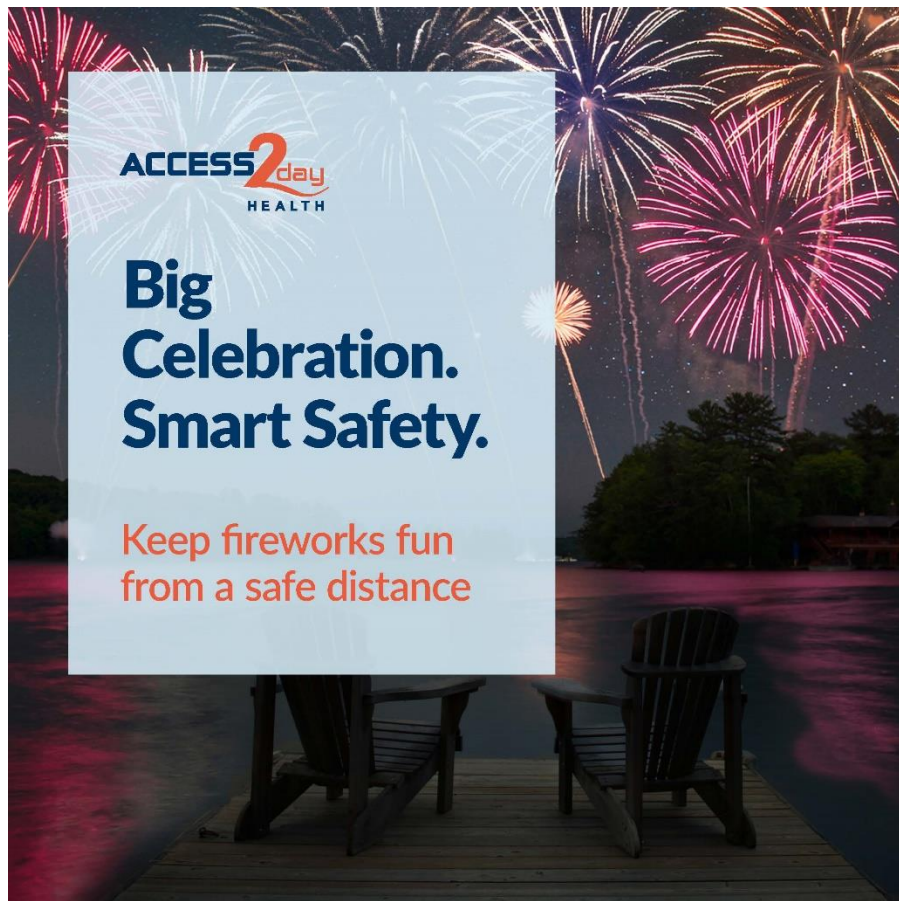
Never hold a lit firework in your hand or point one toward another person.

Know When to Get Care

Burns, cuts, eye injuries, and breathing issues from smoke should be taken seriously. If an injury affects the eyes or face, causes heavy bleeding, looks severe, or makes it hard to breathe, seek emergency care right away.

For non-emergency health needs, members can visit Access2day Health clinics with no copay and no out-of-pocket cost. This Fourth of July, enjoy the food, the fireworks, and the big 250. Just keep the sparkle in the sky and out of your eyes.

Find a nearby clinic at <https://access2dayhealth.com/locations/>.



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.



omada

Take your healthy habits on vacation

You have access to Omada, a virtual health program that can help you stay on track while traveling—at \$0 cost to you if clinically eligible.

[→ Claim My Benefit](#)

Direct from the Doctors: Why Your Child's Annual Wellness Visit Matters

In this episode of Direct from the Doctors (9:41), Dr. Emily Vincent and Dr. Tracy Lemelle, two of our Louisiana Blue medical directors, dive into the importance of scheduling your child's annual wellness visit. From early detection of health issues to building a stronger relationship with your healthcare provider, they break down how this yearly check-up can be a powerful tool in maintaining your overall well-being.

- ✓ What to expect during your visit
- ✓ How it helps prevent chronic conditions
- ✓ Tips to make the most of your appointment
- ✓ Why it's more than just a routine check-up

Whether you're due for your next visit or helping a loved one stay on track, this conversation is packed with valuable insights to keep your health a top priority.



DIRECT from the DOCTORS

Annual Wellness Visit

LOUISIANA BLUE

Beat the Heat: Hydration & Summer Nutrition

Summer is in full swing, making hydration and smart nutrition your best tools to stay energized. As temperatures rise, your body loses fluids quickly through sweat. Don't wait until you feel thirsty to drink up—thirst means you are already slightly dehydrated. Aim for water as your primary choice, and jazz it up with fresh mint, cucumber, or lemon slices.

You can also eat your water! July's seasonal harvest is packed with hydrating foods. Watermelon, berries, peaches, and crisp cucumbers are over 85% water and loaded with vitamins. Swapping heavy meals for light salads or chilled soups keeps you cool and prevents sluggishness. Fuel your summer adventures by drinking consistently and filling your plate with fresh, colorful produce.



Name: _____ Date: _____

Heat Wave

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- AIR CONDITIONER
- ALOE VERA GEL
- BLISTERING
- COLD PACKS
- COOL TOWEL
- DEHYDRATION
- ELECTRIC FAN
- FAN
- FIERY
- FLIP FLOPS
- HAT
- HEAT INDEX
- HEATSTROKE
- ICE CREAM
- LEMONADE
- LIGHT CLOTHING
- SCORCHING
- SHADE
- SIZZLING
- SUMMER
- SUNGLASSES
- SUNSCREEN
- SWEAT
- SWELTERING
- SWIMMING POOL
- THERMOMETER
- TORRID
- UMBRELLA
- WATER

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S	U	U	R	Y	L	G	G	N	I	H	C	R	O	C	S	C	O	F	U	W



Cajun Lime Shrimp and Corn Salad



A vibrant, smoky-sweet summer salad combining spiced Cajun shrimp with crisp sweet corn, juicy cherry tomatoes, and creamy avocado. Tossed in a zesty lime dressing, this light, high-protein meal delivers bold seasonal flavor with minimal kitchen time.

Ingredients:

For the Cajun Shrimp

- 1 pound medium shrimp, peeled, deveined, and patted dry
- 1 tablespoon olive oil
- ½ teaspoon Cajun seasoning
- 2 cloves garlic, minced
- ¼ teaspoon red pepper flakes (optional, for extra heat)

For the Salad Base

- 6 ears fresh sweet corn, kernels cut fresh off the cob (or 3 cups thawed frozen corn)
- 10 ounces cherry tomatoes, halved
- 1 large avocado, diced
- ¼ cup red onion or green onions, finely chopped
- 2 tablespoons fresh parsley or cilantro, minced

For the Zesty Lime Dressing

- 2 tablespoons fresh lime juice
- 2 tablespoons extra virgin olive oil
- 1 teaspoon white vinegar
- 1 teaspoon dried ancho chile powder
- Salt and freshly ground black pepper, to taste

Instructions:

- 1 Prep the Corn: Place your fresh corn kernels into a saucepan and cover them with water. Bring the pot to a boil, then immediately drain and rinse the corn with cold water to halt the cooking. Set the kernels aside to cool.
- 2 Season the Shrimp: In a medium bowl, thoroughly toss the shrimp with your Cajun seasoning blend until they are evenly coated.
- 3 Sear the Shrimp: Heat 1 tablespoon of olive oil in a large skillet over medium heat. When the skillet is hot, toss in the seasoned shrimp, minced garlic, and optional red pepper flakes. Cook for just 2 minutes on each side until the shrimp turn pink and opaque, then transfer them to a plate to cool.
- 4 Whisk the Dressing: In a separate small bowl, combine the fresh lime juice, white vinegar, olive oil, and ancho chile powder, whisking briskly until completely smooth.
- 5 Assemble and Toss: Combine the cooled corn kernels, cooked shrimp, halved cherry tomatoes, diced avocado, onions, and minced herbs together in a large serving bowl. Drizzle the dressing evenly over the top.
- 6 Serve: Toss everything gently so the avocado stays intact. Taste and adjust with an extra squeeze of lime or salt if desired. Serve at room temperature or slightly chilled

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