



June is Migraine and Headache Awareness Month

Headaches are one of the most common health issues, but not all headaches are migraines. There are different types, each with varying severity:

- **Tension-Type Headache (TTH)**
- **Migraine**
- **Cluster Headache (CH)**
- **Medication Overuse Headache (MOH)**

Headaches can range from mild to severe and may last from a few hours to several days. Migraines are different from other headaches because they often come with symptoms like:

- Nausea or vomiting
- Sensitivity to light, sound, or smells
- Worsening pain with physical activity

Tension-type headaches may cause tenderness in the head, neck, and shoulders.

When to Seek Help

Some headache symptoms can signal more serious conditions, such as:

- **Facial Pain:** Could indicate giant cell arteritis, which may lead to a stroke.
- **Changes in Migraine:** Severe pain or symptoms like chest pain or an increased heart rate could suggest a more serious issue.
- **Fever, Rash, or Stiff Neck:** May indicate meningitis, which is a medical emergency.
- **Neurological Symptoms:** Blurred vision, weakness, or trouble speaking could be signs of a stroke.

If you're experiencing frequent or severe headaches, it's important to consult with a healthcare professional to get an accurate diagnosis and treatment plan.



Stay Happy, Healthy and Hydrated this Summer

Louisiana summers can be intense, but with a few simple steps, you can stay healthy, happy, and hydrated. Here are some essential tips from Louisiana Blue:

At Home:

- **Hydrate:** Always carry a water bottle when out to stay hydrated.
- **Eat Light:** Include more salads, fresh veggies, and fruit in your meals.
- **AC Check:** Service your air conditioner to avoid summer heat discomfort.
- **Care for Loved Ones:** Check on babies, elderly family members, and pets regularly. Keep pets inside during peak heat and provide fresh water.

Outdoor Safety:

- **Exercise Smart:** Aim for early mornings or evenings. Wear reflective gear when walking or jogging.
- **Swim with a Buddy:** Always have a "water watcher" when swimming, whether at a pool or in your backyard.
- **Sun Protection:** Use SPF 15+ sunscreen, even on cloudy days, especially between 10 a.m. and 4 p.m.

Water & Bug Safety:

- **Be Cautious in Water:** Avoid swimming in freshwater lakes and rivers to prevent infections like schistosomiasis and leptospirosis.
- **Protect Against Bugs:** Use insect repellent to avoid diseases spread by mosquitoes, ticks, and fleas.

Stay cool, stay hydrated, and enjoy a safe Louisiana summer!



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**.

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 |
| 06/02 – 06/2025 | St. Bernard PSB (Chalmette) |
| | Probation and Parole (Shreveport) |
| | Delgado CC Sidney Collier College (New Orleans) |
| | DOTD Houma/D02 Administration Office (Houma) |
| | Louisiana School of AG Science (Hessmer) |
| | FPHSA Slidell Behavioral Health Clinic (Slidell) |
| | Evangeline PSB - Ville Platte High School (Ville Platte) |
| | Florida Parishes Human Services Authority (Hammond) |
| | State Military Department - Camp Minden (Minden) |
| | Office of Public Health Laboratory (Baton Rouge) |
| 06/09 – 13/2025 | St. Bernard PSB (Chalmette) |
| | Northshore TCC - Hammond Area Campus (Hammond) |
| | LSU Shreveport (Shreveport) |
| | Dixon Correctional Institute (Jackson) |
| | Pinecrest Supports and Services Center (Pineville) |
| | DOTD Headquarters (Baton Rouge) |
| | Evangeline PSB - Ville Platte High School (Ville Platte) |
| | University of New Orleans (New Orleans) |
| | DEQ - Southeast Regional Office (New Orleans) |
| | St. Landry PSB - Resource Center (Opelousas) |
| 06/16 – 20/2025 | DOTD District 07 (Lake Charles) |
| | Concordia PSB - Vidalia High School (Vidalia) |
| | Assumption PSB Central Office (Napoleonville) |
| | St. Landry PSB - Resource Center (Opelousas) |
| | Southwest Louisiana War Veterans Home (Jennings) |
| | Assumption PSB - Pierre Part Middle/Primary School (Pierre Part) |
| | Claiborne Building (Baton Rouge) |
| | St. John Economic Stability Office (LaPlace) |
| | Bogalusa City School System - Central Office (Bogalusa) |
| | Southeastern Louisiana University (Hammond) |
| 06/23 – 27/2025 | DOTD District 08 (Alexandria) |
| | Red River PSB - Red River High School (Coushatta) |
| | Louisiana State Penitentiary (Angola) |
| | Dept. of Wildlife and Fisheries (Baton Rouge) |
| | Ouachita PSB - Central Office (West Monroe) |
| | DCFS (Shreveport) |
| | LDAF/Woodworth Complex (Woodworth) |
| | Coastal Protection and Restoration Authority Headquarters (Baton Rouge) |
| | Acadiana Area Human SVC District (Lafayette) |
| | University of New Orleans (New Orleans) |
| 06/30/2025 | Southeast Louisiana Veterans Home (Reserve) |
| | Livingston PSB Central Office (Livingston) |

Stay Cool, Stay Healthy: Your Summer Starts with Access2day

Summer is here, bringing sunshine and outdoor fun. As you enjoy the season, take simple steps to stay safe and healthy. Access2day Health clinics are open all summer, offering convenient, \$0 care when you need it most. Here are some tips to prioritize your health this season:

Beat the Heat

Heat safety is important, especially in Louisiana. Follow these tips to stay cool:

- Drink water regularly, even if you're not thirsty.
- Wear light, breathable clothing.
- Take breaks indoors or in the shade.
- Know the signs of heat exhaustion dizziness, nausea, heavy sweating.

Sun Safety Matters

Protect your skin from harmful sun exposure:

- Apply sunscreen with SPF 30+ every 2 hours.
- Wear sunglasses, a wide-brimmed hat, and protective clothing.
- Stay in the shade from 10 a.m. to 4 p.m.

Ready for Summer Travel?

Stay prepared with Access2day's nationwide network of clinics:

- Pack medications and a basic first aid kit.
- Check regional health advisories.
- Use the Access2day Clinic Finder App to locate nearby clinics.

General Summer Safety Tips

Make the most of summer with these precautions:

- Stay active in the cooler hours of the day.
- Use insect repellent to prevent mosquito bites.
- Keep food chilled at picnics and cookouts to avoid foodborne illness.

Access2day Supports Your Summer Health

Access2day Health makes it easy to get care without copays, out-of-pocket costs, or appointments. Whether at home or on the road, we're here to support your health this summer.

Find your nearest clinic at [Access2day Locations](#) and download the Access2day Clinic Finder App to stay connected.



June Small Shift: Adding More Fruits and Vegetables to Your Diet

This month, the Pennington Biomedical small shift is all about boosting your intake of fruits and vegetables. These nutrient-packed powerhouses can significantly improve your overall health, energy levels, and mood. Whether it's adding a handful of berries to your breakfast, snacking on carrot sticks, or incorporating a side salad into your lunch, small changes can lead to big benefits.

Here are a few easy ways to start adding more fruits and veggies to your diet:

Smoothie Boost: Start your day with a vibrant fruit and veggie smoothie. Try blending spinach, banana, and berries for a delicious and nutritious kick-start to your morning.

Snack Smart: Keep sliced veggies like carrots, cucumbers, and bell peppers on hand for quick, healthy snacks.

Mealtime Makeover: Add an extra serving of vegetables to your meals. Stir fresh or frozen veggies into soups, stews, and pasta dishes.

Fruit First: Swap out your usual dessert for a piece of fruit or a fruit salad.

Join us in making this small shift and experience the positive changes in your health and well-being. We would love to hear your tips and see your creative ways of adding more fruits and veggies to your diet. Share your journey with us on social media using the hashtag #SmallShifts.

Remember, it's the small changes that lead to big results. Sign up for the Small Shift emails at www.pbrc.edu/smallshifts.



Step up for your health

Did you know that more than 1 in 3 men are overweight or obese? This can lead to serious health issues, including heart disease, sleep problems, joint pain, and even an increased risk of diabetes. The effects of poor health don't stop with you—they can also take a toll on your family, friends, and others who depend on you. When you're healthy, you're better able to take care of yourself and those you love.

Making positive changes to your health now can have a lasting impact on your life and those around you. Omada® is here to help you get started on that journey. Our no-cost virtual care program provides you with personalized support to build healthier habits—at a pace and schedule that works for you.

Here's how Omada can help you reach your health goals:

- **One-on-One Support:** You'll get a personal health coach who understands your needs and is there to guide and motivate you every step of the way.
- **Custom Wellness Plan:** Omada's experts will create a plan just for you, with lessons and strategies specifically tailored to your unique goals, lifestyle, and preferences.
- **Complete Flexibility:** You can connect with your coach at any time through your smartphone, making it easy to stay on track no matter how busy your day gets.
- **Helpful Tools:** Omada provides you with smart devices to track your progress, including steps, calories, and more—these devices are yours to keep, if eligible.

Omada is designed to fit seamlessly into your life, offering both guidance and the tools you need to build healthier habits. Whether you want to lose weight, improve your energy, or just feel better, this program is here to support you every step of the way.

Don't wait until tomorrow—take control of your health today. Whether it's for you or for those who rely on you, the time to start is now.

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



Ready to put your financial wellness in **focus?**

Prudential
PATHWAYS



Financial wellness is a key component to overall well-being. This complimentary checkout can help you breathe easy by assessing your financial health and providing you with your next best step towards a financially sound future.

You are invited to attend a complimentary Financial Wellness Checkout appointment, where a Financial Professional can:

- Answer questions related to overall financial wellness
- Conduct a review & analysis of your current needs & goals
- Help you better understand your benefit plan & how to use it more effectively
- And more

[Option 1] Tuesday, June 17 | 9:00 a.m. – 4:00 p.m CT

[Option 2] Wednesday, June 25 | 9:00 a.m. – 4:00 p.m CT

Virtual – Phone

Click Here to Register

Hosted by:

Rebecca Martin

Financial Professional

Worksite Education Program Speaker

The Prudential Insurance Company of America

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Hurricane Season Starts June 1 — Are You Ready?

The 2025 Atlantic hurricane season begins **June 1**, and the **Office of Group Benefits (OGB)** urges all members to prepare now. Taking time to assess your personal hurricane risk and implement safety measures can make all the difference when severe weather strikes.

According to the **National Hurricane Center**, the 2025 season could bring **13 to 19 named storms** — these are storms that reach tropical storm strength or higher. Of those, meteorologists at the **National Oceanic and Atmospheric Administration (NOAA)** anticipate:

- **6 to 10 hurricanes**
- **3 to 5 major hurricanes** (Category 3 or higher)

Be Prepared: Before a Hurricane

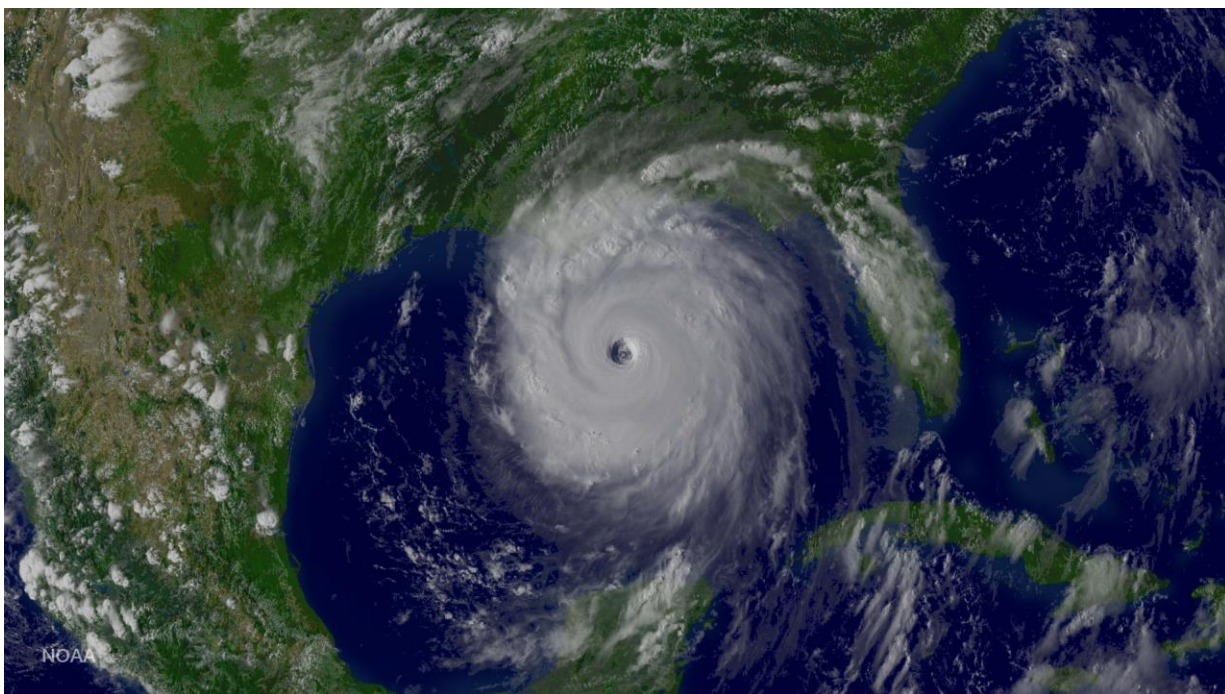
Take these proactive steps to protect yourself, your family, and your home:

- **Know Your Risk:** Assess the hurricane risk in your area, especially flood and wind hazards based on your location.
- **Stay Informed:** Sign up for email alerts from the National Weather Service and your local emergency management office.
- **Make a Plan:** Create a household hurricane response plan and review it with all members of your family.
- **Assemble a Kit:** Stock a hurricane emergency kit with water, nonperishable food, medications, power sources, a first-aid kit, and essential documents.
- **Protect Your Property:** Clear gutters, install storm shutters, and store vehicles safely. Reinforce roofs, windows, and doors—including garage doors.
- **Review Insurance:** Speak with your insurance provider to ensure your homeowner's policy adequately covers hurricane-related damages.
- **Know Emergency Procedures:** Learn how to shut off your home's gas, water, and electricity safely.
- **Consider Extra Protection:** If possible, build or identify a FEMA-approved safe room designed to withstand extreme wind and flood conditions.

After the Storm

- If you've evacuated, **do not return home until local authorities say it's safe.**

Stay safe this season. A little preparation today can save lives tomorrow. For more resources and planning tools, visit GOHSEP's hurricane preparedness website by clicking [here](#).



Grilled Chipotle Pork Tacos with Red Slaw and Brown Sugar Pineapple



These pork tacos are full of flavor, and the sweet pineapple side is a perfect complement.

Ingredients: Pork Tenderloin

- ¼ cup fresh cilantro leaves, finely chopped
- 1 TBSP vegetable oil
- 1 TSP chipotle chili powder
- 1 12-oz. pork tenderloin, cut into 1/2 inch thick slices on an angle
- 1 TBSP fresh lime juice
- 2 cloves minced garlic
- ¼ small red onion, thinly sliced
- Kosher salt and freshly ground black pepper

Ingredients: Red Slaw

- 2 cups shredded red cabbage
- ¼ cup fresh cilantro leaves, finely chopped
- 1 TBSP vegetable oil
- 1 TBSP cider vinegar
- ¼ TSP chipotle chili powder
- 1 small red bell pepper, very thinly sliced
- ¼ small red onion, very thinly sliced
- Kosher salt and freshly ground black pepper
- 8 corn tortillas
- Lime wedges, for serving

Brown Sugar Pineapple

- 2 cups pineapple chunks
- 1 cup reduced fat sour cream
- 2 TBSP light brown sugar
- ¼ TSP ground cinnamon

Instructions:

1. For the pork: Combine the cilantro, lime juice, oil, chili powder, garlic, and onions in a large dish. Add the pork slices and turn to coat. Preheat a grill on medium-high heat.
2. For the red slaw: Combine the cabbage, cilantro, oil, vinegar, chili powder, bell pepper, red onion, and ¼ tsp each salt and pepper in a large bowl. Toss to mix and set aside.
3. Remove the pork from the marinade and discard the remaining marinade. Sprinkle the pork on both sides with ¼ tsp each salt and pepper. Grill, turning once, until browned and still a little rosy inside, about 10 minutes. Transfer to a large plate.
4. Grill tortillas, turning once, until grill marks appear and the tortillas are softened, about 1 minute—Transfer 2 tortillas per plate. Divide the pork and a little slaw among the tortillas. Serve with Lime wedges.
5. Evenly divide the pineapple among 4 bowls, top each with ¼ cup of sour cream, ½ TBSP brown sugar, and a sprinkle of cinnamon. Serve with the pork tacos.

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