



Summer Safety Tips

Summer brings sunshine, vacations, cookouts, and outdoor fun. Keeping a few simple safety reminders in mind can help everyone enjoy the season safely and comfortably.

Stay Cool and Hydrated

Hot temperatures can lead to dehydration and heat exhaustion. Drink plenty of water throughout the day, wear lightweight clothing, and take breaks in the shade when spending time outdoors. Try to limit strenuous activities during the hottest parts of the afternoon.

Protect Yourself from the Sun

Apply sunscreen with SPF 30 or higher before going outside and reapply regularly, especially after swimming or sweating. Sunglasses and hats can also help protect against harmful UV rays and reduce the risk of sunburn.

Practice Water Safety

Whether at the pool, beach, or lake, never leave children unattended near water. Follow pool rules and wear life jackets when boating or participating in water activities. Even strong swimmers should use caution around deep or moving water.

Grill and Fire Safety

Summer cookouts are a favorite tradition, but grills and fire pits should always be used carefully. Keep grills away from buildings and never leave them unattended while in use. Be sure fires are completely extinguished before leaving the area.

Travel and Outdoor Safety

If you're traveling this summer, check that your vehicle is road-trip ready and keep an emergency kit on hand. When hiking or spending time outdoors, use insect repellent to protect against mosquitoes and ticks, and be mindful of changing weather conditions.

A little preparation goes a long way toward making summer safe, healthy, and enjoyable for everyone. Have a fun and safe summer!



June Small Shift: Eat More Fruits & Vegetables

Summer is here — and so is a new Small Shift from LSU's Pennington Biomedical Research Center.

June is Fresh Fruits & Vegetables Month, and this month we're challenging you to try a new fruit or vegetable each week. It's a simple (and delicious!) way to explore new flavors while fueling your body with the nutrients it needs.

Why focus on fresh foods? Research, including studies from Pennington Biomedical, shows that diets rich in fruits and vegetables support better weight management, reduce the risk of chronic disease, and even boost energy levels. Fruits and vegetables are also packed with vitamins, minerals and fiber that help support overall health and wellness.

On the flip side, highly processed foods are often loaded with added sugars, sodium and preservatives that can disrupt metabolism and make it harder to maintain long-term health. Making small changes — like swapping a processed snack for fresh fruit or adding vegetables to meals you already enjoy — can make a meaningful difference over time.

By making the small shift to fill your plate with more fresh produce, you're giving your body powerful tools for better health, one bite at a time. Summer is also the perfect time to enjoy seasonal produce and experiment with new flavors.

Here are a few ways to get started this month:

- Visit your local farmer's market and pick out something you've never tried.
- Swap one processed snack for a piece of fresh fruit.
- Try adding a new veggie to your favorite dish each week.
- Watch for our upcoming videos for easy recipes!

We'd love to see what you're trying! Share your "new produce pick" on social media and tag Pennington Biomedical using #PBRCsmallshifts to inspire others to eat fresh this month.



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
6/1/2026	Pointe Coupee Parish School Board	All eligible employees and retirees
6/02/2026	DOTD 07	All eligible employees and retirees
6/2/2026	Lallie Kemp Charity Hospital	All eligible employees and retirees
6/3/2026	Delgado - River City Campus	All eligible employees and retirees
6/4/2026	LA War Veterans Home, Day 1	All eligible employees and retirees
6/4/2026	Dixon Correctional Institute Day 1	Agency's eligible employees only
6/4/2026	Metropolitan Human Services District Day 1	Agency's eligible employees and retirees only
6/4/2026	Northeast Delta Human Service Authority	All eligible employees and retirees
6/5/2026	Dixon Correctional Institute Day 2	Agency's eligible employees only
6/5/2026	Allen Correctional	Agency's eligible employees only
6/5/2026	Metropolitan Human Services District Day 2	Agency's eligible employees and retirees only
6/5/2026	Louisiana Military Dept. - New Orleans	All eligible employees and retirees
6/5/2026	LA War Veterans Home, Day 2	All eligible employees and retirees
6/5/2026	Delgado - Sidney Collier Campus	All eligible employees and retirees
6/8/2026	Bogalusa City Schools	All eligible employees and retirees
6/8/2026	Probation and Parole Office - Monroe	All eligible employees and retirees
6/8/2026	Florida Parishes Human Services Authority	All eligible employees and retirees
6/8/2026	Jefferson Parish School Board	All eligible employees and retirees
6/8/2026	St. Landry Parish School Board	Agency's eligible employees and retirees only
6/9/2026	Southeastern University	All eligible employees and retirees
6/9/2026	Bossier Parish Community College w/ NWTC	All eligible employees and retirees
6/9/2026	St. Landry Parish School Board	Agency's eligible employees and retirees only
6/10/2026	DOTD Head Quarters, Day 1	All eligible employees and retirees
6/10/2026	Bossier Parish Community College w/ NWTC	All eligible employees and retirees
6/11/2026	DOTD Head Quarters, Day 2	All eligible employees and retirees
6/11/2026	Red River Parish School Board	All eligible employees and retirees
6/11/2026	Bogalusa City Schools	All eligible employees and retirees
6/11/2026	DEQ - NOLA	All eligible employees and retirees
6/12/2026	Red River Parish School Board	All eligible employees and retirees
6/15/2026	Jefferson Parish School Board	All eligible employees and retirees
6/15/2026	DOTD - Maintenance	All eligible employees and retirees
6/16/2026	Concordia Parish School Board	All eligible employees and retirees
6/16/2026	Coastal Protection & Restoration Authority	Agency's eligible employees only
6/17/2026	Attorney General's Office, Day 1	All eligible employees and retirees
6/17/2026	Delgado Community College- Main Campus	All eligible employees and retirees
6/18/2026	Attorney General's Office, Day 2	All eligible employees and retirees
6/18/2026	Jefferson Parish School Board	All eligible employees and retirees
6/22/2026	Livingston Parish School Board, Day 1	Agency's eligible employees and retirees only
6/22/2026	Office of Public Health – Benson Tower	All eligible employees and retirees
6/23/2026	LSU Health Science Center, Kings Hwy	All eligible employees and retirees
6/23/2026	Pincrest Services and Support	All eligible employees and retirees
6/23/2026	Florida Parishes Human Services Authority	All eligible employees and retirees

6/23/2026	Livingston Parish School Board, Day 2	Agency's eligible employees and retirees only
6/24/2026	LSU Health Science Center, St. Mary	All eligible employees and retirees
6/24/2026	River Parishes Community College	Agency's eligible employees and retirees only
6/24/2026	Metropolitan Human Services District Day 3	Agency's eligible employees and retirees only
6/25/2026	Office of Public Health Laboratory	Agency's eligible employees only
6/26/2026	Division of Administration - Claiborne Bldg	All eligible employees and retirees
6/29/2026	LA Dept of Treasury - Capitol Annex Bldg, Day 1	All eligible employees and retirees
6/30/2026	LA Dept of Treasury - Capitol Annex Bldg, Day 2	All eligible employees and retirees
6/30/2026	Delgado - Westbank Campus	All eligible employees and retirees
6/30/2026	Indian Creek Recreation Area	All eligible employees and retirees

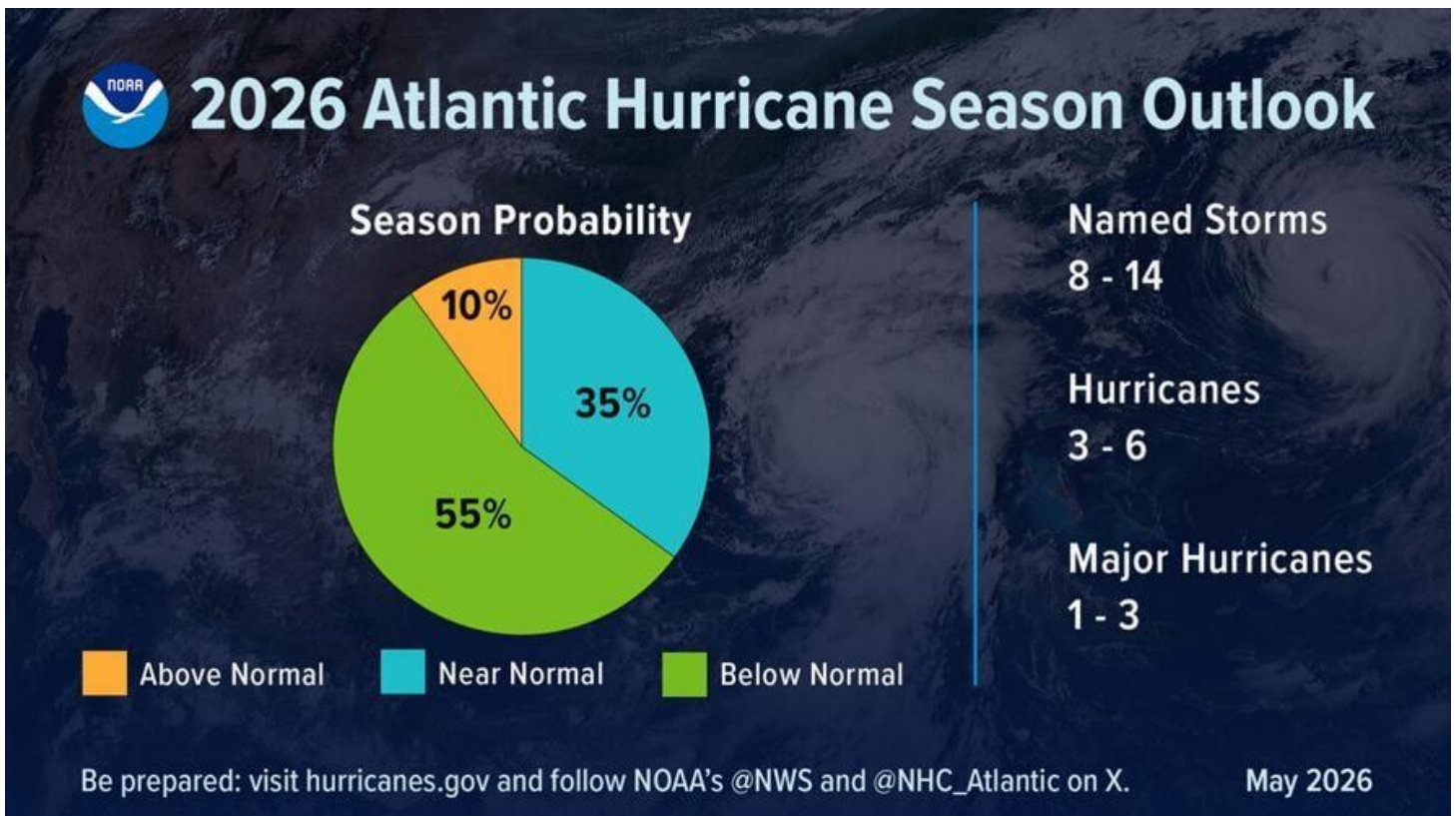
Hurricane Season and Hurricane Preparedness

The 2026 Atlantic hurricane season begins June 1 and continues through November 30, with experts predicting an active season. Preparing now — before a storm is approaching — can help protect your family, home, and peace of mind. Even storms that do not make direct landfall can bring dangerous weather conditions, including flooding, tornadoes, high winds, and extended power outages.

Take time to review your emergency plans and make sure everyone in your household knows what to do in the event of severe weather or evacuation orders. Discuss evacuation routes, designate a meeting location, and ensure family members know how to contact one another if communication systems are disrupted. It's also important to stock up on essentials such as bottled water, nonperishable food, batteries, flashlights, first aid supplies, hygiene products, pet supplies, and any necessary medications. Be sure to charge electronic devices, fuel vehicles ahead of time, and review your insurance information and important documents in advance.

Residents should also take steps to prepare their homes by trimming trees, securing outdoor furniture, testing generators, and checking that storm drains and gutters are clear. If you rely on medical equipment that requires electricity, make backup plans now in case of prolonged outages. Staying prepared ahead of time can help reduce stress and improve safety when severe weather threatens.

Stay informed throughout hurricane season by monitoring local weather forecasts, emergency alerts, and updates from state and local officials. Preparing early and staying alert can make a significant difference in helping keep your household safe during hurricane season.



Soak Up Summer Safely with Access2day

Summer is here, bringing hotter temperatures and more time spent outdoors. During this time of year, it's easy to overlook simple habits that can help you stay safe and healthy while you're on the go.

Keep the following tips in mind to make the most of the season with Access2day.

Keep Cool While Temperatures Rise

Rising temperatures can quickly lead to heat exhaustion if you're not careful. Across Louisiana and the Gulf South, extreme heat continues to pose serious health risks. NOAA's Climate Prediction Center forecasted a higher chance of hotter-than-average temperatures across Louisiana during the 2026 summer season.

Here are some practical ways to handle the heat:

- Keep water and hydrating snacks nearby during outdoor activities
- Take indoor breaks to cool down throughout the day
- Wear lightweight clothing in lighter colors
- Add electrolyte drinks after long periods in the heat
- Pay attention to symptoms like dizziness, headaches, or fatigue

Enjoy the Sunshine Safely

Sunburns may fade after a few days, but repeated sun exposure can have long-term effects on your skin over time. According to the Skin Cancer Foundation, having five or more sunburns can double your risk of developing melanoma, making sun protection especially important during long summer days.

Use these simple habits to reduce sun exposure:

- Apply broad-spectrum sunscreen with SPF 30 or higher
- Reapply sunscreen every two hours, especially after swimming or sweating
- Wear sunglasses and a hat for additional protection
- Seek shade during peak sun hours when UV rays are strongest

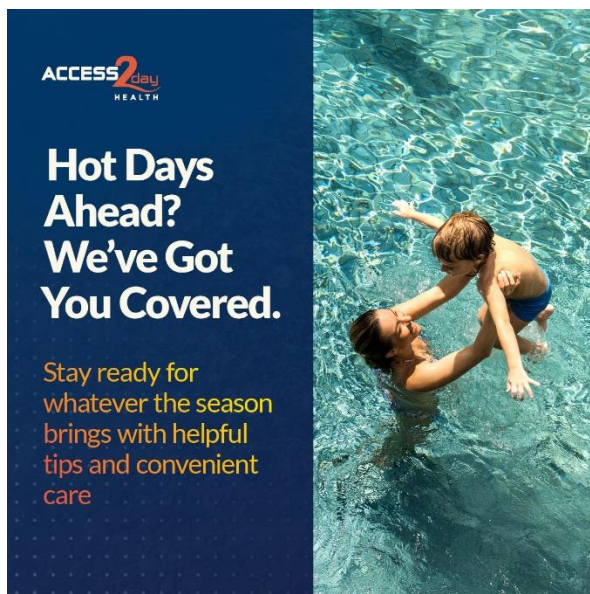
Summer Plans? Don't Forget to Pack the App

We hope your summer is filled with fun plans and smooth travels, but if care is needed along the way, Access2day is ready to help.

Before heading out on your next getaway, make sure the Access2day Clinic Finder App is packed and ready to go. Members have access to 94 Access2day Health clinics across Louisiana, plus 17 additional clinics located throughout Alabama, Mississippi, and Texas, making it easy to stay connected to convenient, \$0 care while traveling.

Whether you need help finding a nearby clinic, managing a minor illness, or getting care on the go, the app helps you and your covered dependents access care quickly and conveniently all summer long.

Find a nearby Access2day clinic by visiting <https://access2dayhealth.com/locations/> or on your Access2day Clinic Finder App.



Step up for your health

Because your health impacts more than just you. More than 1 in 3 men are overweight or obese, which can increase the risk of heart disease, sleep problems, and joint pain. Taking care of your health also helps you stay strong for the people who depend on you.

Omada® can help. This no-cost virtual care program provides personalized support to help you build healthier habits that fit your lifestyle and schedule.

With Omada, you'll receive:

- One-on-one support from a personal health coach
- A customized wellness plan tailored to your goals
- Flexible access through your smartphone
- Smart health tools to track your progress (if eligible)

Take the next step toward better health for yourself and your loved ones. Learn more at www.omadahealth.com/ogb.



PTSD Awareness Month

June is PTSD Awareness Month, a time to raise awareness about Post-Traumatic Stress Disorder (PTSD) and encourage those affected to seek support and treatment. PTSD can develop after experiencing or witnessing a traumatic event and may affect veterans, first responders, survivors of violence, accidents, natural disasters, and others.

Increasing awareness helps reduce stigma and reminds those struggling that help is available. Treatment and support can make a meaningful difference in recovery and overall well-being.

For more information and resources, visit the [National Center for PTSD](https://www.nationalcenterforptsd.org).



Romaine Calm and Carrot On...at the Farmer's Market

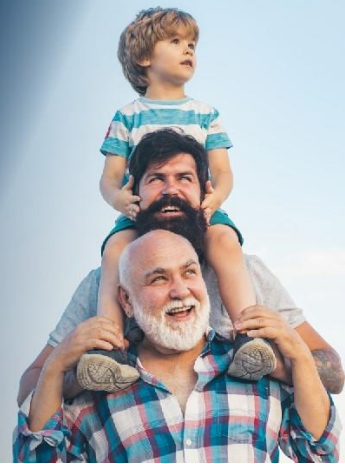
Turnip for a good time at the Farmers Market with Louisiana Blue's favorite registered dietitian, Katherine Langlois! [In this video \(8:10\)](#), she's dishing out fresh tips, crunchy facts, and veggie wisdom that'll **broc** your nutrition game. In this episode, **lettuce** take you on a stroll as Katherine helps us **beet** the confusion around seasonal produce, **squash** myths about healthy eating and **chard** a course toward delicious, balanced meals. Whether you're a kale connoisseur or just trying to **peas** your palate, this episode has something for everyone.

So, grab your reusable tote, romaine calm and carrot on with us! For a list of Farmers Markets around Louisiana, check out www.explorelouisiana.com/culinary/farmers-markets. Call 1-800-363-9159 to talk to one of our dietitians as part of your health coaching. Louisiana Blue has an in-house team of more than 300 clinicians (nurses, pharmacists, dietitians, counselors) and offer no-cost health coaching to help our Louisiana Blue members reach their health and wellness goals, and to stick to their providers' treatment plans.



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

Prudential
PATHWAYS



Pathways Financial Professional Rebecca Martin can meet with you virtually for a confidential financial checkup to help assess your overall financial health, check progress against your goals, and answer any other financial questions.

What else can your dedicated Financial Professional help with? They can:

- Provide financial education during different stages of your career and life
- Help you better understand your benefit plan and how to use it more effectively
- Assist with holistic planning to help you prepare for the next phase of your life

[Option 1] Tuesday, June 2

[Option 2] Wednesday, June 10 Virtual – Zoom

[Click Here to Register](#)

Make sure to add the event to your calendar!

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Name: _____

Summer



- Rollercoaster
- Theme parks
- Sunglasses
- Fireflies
- Fireworks
- Flipflops
- Popsicles
- Snowcones
- Sprinkler
- Sunscreen
- Carnival
- Cookouts
- Icecream
- Swimming
- Vacation
- Beaches
- Camping
- Fishing
- Parades
- Parties
- Picnics
- Sandals
- August
- Family
- Movies
- Shorts
- Splash
- Bikes
- Lakes
- July
- June
- Pool
- Fun

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Teriyaki Meatball-Broccoli Kebabs



Meatballs on the grill are just as fun as burgers! Serve with rice for an all-in-one dinner!

Ingredients:

- 1 ½ lb ground beef
- 1 ½ tsp. kosher salt
- 1 tsp. garlic powder
- ½ tsp. ginger
- ½ tsp. red pepper flakes
- 1 large egg
- ½ shallot, finely diced
- 1 cup panko
- 1 cup mirin (or teriyaki sauce)
- 1 cup soy sauce
- ½ cup sugar
- 2 heads broccoli, cut into large florets
- 1 red onion, cut into chunks
- 1 red bell pepper, cut into chunks
- 2 scallions, thinly sliced
- White rice, for serving

Instructions:

1. In a large bowl, mix together the ground beef, salt, pepper, garlic powder, ground ginger, red pepper flakes, egg, and shallot. Add the panko and gently mix until just combined. Shape into about 24 meatballs (about 1 inch each). Place on a baking sheet, cover, and refrigerate for at least 30 minutes.
2. Meanwhile, in a small saucepan over medium heat, combine the mirin, soy sauce, and sugar. Bring to a simmer, then reduce the heat to low and cook until the sauce begins to thicken, about 20 minutes. Remove ½ cup of the sauce to a small bowl for brushing; set aside the rest for serving.
3. Preheat a grill or grill pan to medium-high. Thread the meatballs, broccoli, red onion, and bell pepper onto 8 skewers. (If using wooden skewers, soak them in water for about 20 minutes first.)
4. Grill the kebabs, covered, until browned, about 4 minutes per side. Brush with the reserved ½ cup sauce, turning to coat all over. Continue grilling, uncovered and rotating occasionally, until the meatballs are dark brown and a little charred, about 5 more minutes. Transfer to a platter. Drizzle with some of the remaining sauce and sprinkle with the scallions. Serve with rice and the remaining sauce on the side.

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