



March is National Nutrition Month

Eat Smart. Spend Less.

Eating healthy on a budget starts with a little planning. Try these simple tips to stretch your dollars while fueling your family:

- **Cook More, Eat Out Less** – Dining out adds up quickly. Preparing meals at home is often less expensive and allows you to control ingredients, portion sizes, and nutrition. Choose a few easy, healthy recipes your family enjoys and save restaurant meals for special occasions.
- **Plan Before You Shop** – Create a weekly meal plan, check what you already have, and shop with a list to avoid impulse buys.
- **Cook Once, Eat Twice** – Double recipes and use leftovers for lunches or freeze for later.
- **Make Your Own Healthy Snacks** – Portion yogurt, make trail mix, or enjoy popcorn and fresh fruit instead of pricier pre-packaged snacks.
- **Choose Water** – Tap water is one of the most affordable and healthiest beverages available. Replacing sugary drinks with water can save money and help reduce added sugars and extra calories.

With thoughtful planning and a few smart swaps, eating right on a budget is achievable. Small changes can make a big difference for both your health and your wallet.



Don't Just Wear Green, Save Some

What's luckier than cost-free care with Access2day Health this St. Paddy's Day?

Saint Patrick's Day brings to mind four-leaf clovers and pots of gold—but medical bills can feel anything but lucky. Surprise costs, high copays, and long wait times often leave patients paying far more than expected for preventative or urgent care.

With an Access2day Health clinic membership, you and your dependents receive \$0 preventative and urgent care at any clinic location—no appointments and no long waits required.

Don't Leave Your Healthcare to Luck

Without Access2day Health, an unexpected urgent care visit could cost hundreds in copays and medications. With membership, you're covered year-round—no luck needed.

You may not find a pot of gold at the end of the rainbow, but with \$0 care, the savings can feel just as valuable.

Access2day Health membership is available to employees and covered dependents enrolled in the Magnolia Local Plus, Magnolia Local, Magnolia Open Access, and Pelican HRA1000 health plans.

Find your nearest clinic at www.access2dayhealth.com/locations.



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 enter the event code for your 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 info.groupbenefits.org/live-better-louisiana) to Ochsner Health.

Important reminder:

To qualify for the 2027 wellness credit, you must complete your wellness screening by **September 30, 2026**.

Live Better Louisiana Clinics

Date (Day)	Location	Participants/Event Code
03/06/2026	Lenwil Elementary School	Employees & Retirees ONLY – 759ED9
03/11/2026	DOTD - Lafayette	Employees & Retirees ONLY – 755D46
03/11/2026	University of New Orleans	Public – 7580E9
03/12/2026	DOTD - Lafayette	Employees & Retirees ONLY – 756D95
03/24/2026	Court of Appeals – New Orleans	Employees & Retirees ONLY – 7604EE

Liviniti Prior Authorization Program

Liviniti requires prior authorization (PA) for select high-cost, brand, or specialty medications. A PA is a clinical review to ensure your prescribed medication meets established guidelines and is appropriate for your condition. Decisions are based on information from your provider and nationally recognized clinical standards.

How do I know if my medication needs a PA?

- Search the formulary at microsite.liviniti.com/home/directmicrosite/ST222 ERC
- Call Customer Service at 1.833.925.2770
- Check the Liviniti member app

How is a PA submitted?

Requests can be submitted by you or your provider by phone, fax (1.866.404.1771), mail (411 Bienville St., Natchitoches, LA 71457), email (Support@liviniti.com), PromptPA, or through your provider's electronic health record system.

How long does it take?

Most PAs are processed within 24–48 hours after Liviniti receives the required information from your provider.

If a PA is denied, you have up to three opportunities to appeal.

For questions about your medication coverage, contact Liviniti at 1.833.925.2770.



Seek and you shall find!

During the month of February, Liviniti hosted a Scavenger Hunt designed to help members explore and better navigate the member portal. The portal is your one-stop resource for managing your pharmacy benefits quickly and conveniently.

Through the member portal, you can:

- View benefit details
- Review your prescription history
- Search for a nearby pharmacy
- Find and compare drug prices
- Check the status of a prior authorization
- Locate mail order pharmacy options
- Download a digital ID card

Liviniti will announce the Scavenger Hunt contest winners in March—stay tuned!



Pennington Biomedical Focuses on Building a Better Breakfast during National Nutrition Month

March is **National Nutrition Month** and this month, the Pennington Biomedical Research Center Small Shift is all about starting the day off right: **build a better breakfast**.

Why breakfast? Research from Pennington Biomedical shows that the quality of your first meal of the day can have a big impact on metabolism, energy and overall health. A nutrient-rich breakfast helps regulate blood sugar, supports brain function and sets a positive tone for your food choices throughout the day.

Your challenge this month: Start the day off strong by choosing a breakfast that includes protein, fiber and healthy fats.

Take a small step today by building a better breakfast and see how it fuels your morning, your metabolism and your day.

Share your breakfast wins on social media! Tag us using #PBRCSmallShifts and inspire others to start the day strong.

To sign up for the Pennington Biomedical Small Shift emails, visit www.pbrc.edu/smallshifts.



Spring Forward

Reminder: Daylight Saving Time begins Sunday, March 8, 2026.

Don't forget to "spring forward" and set your clocks ahead one hour before bed on Saturday night. You may lose an hour of sleep, so plan for a smoother morning and give yourself a little extra rest if you can.



Wake Up to Wellness: Diabetes Alert Day!

Diabetes Alert Day 2026 is a national awareness event focused on highlighting the impact of type 2 diabetes and encouraging early detection through risk assessments and screenings. Observed each year on the fourth Tuesday in March, it serves as a reminder to understand your risk and take steps toward prevention and management.

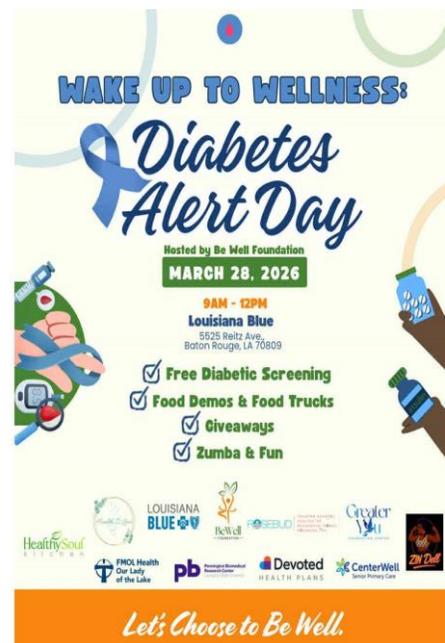
On Saturday, March 28, 2026, the Be Well Foundation—sponsored by Louisiana Blue—will host a community event in Baton Rouge featuring free educational resources, blood glucose screenings, and wellness activities. The event aims to promote risk awareness, provide health checks, share practical tips on nutrition and exercise, and connect attendees with local support resources.

Event Details:

📍 Louisiana Blue, 5525 Reitz Avenue, Baton Rouge, LA 70809

🕒 9:00 AM – 12:00 PM

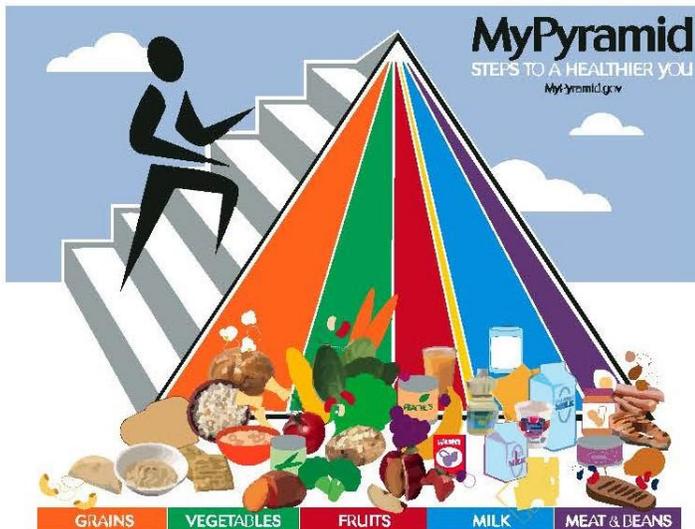
Register for free at: <https://www.zeffy.com/en-US/ticketing/diabetes-alert-day>.



Nutrition

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- Trans fats
- Electrolytes
- Unsaturated fats
- Saturated fats
- Minerals
- Fats
- Carbohydrates
- Bulimia nervosa
- Binge eating
- Anorexia nervosa
- Calorie
- Vitamins
- Proteins
- Amino acids
- Nutrients
- Micronutrients
- Macronutrients
- Diet



Lower Your Risk for Diabetes

1 in 3 adults has prediabetes yet 81% don't know it.

Prediabetes is a serious condition in which blood sugar levels are higher than normal, increasing the risk of developing type 2 diabetes, heart disease, and stroke. With Omada, you may have access to a program that provides proven, one-on-one support to help you take control and prevent type 2 diabetes.

Factors increasing your risk of prediabetes and type 2 diabetes:

- **You are 45 years old or older.** The older you are, the greater your risk.
- **Type 2 diabetes runs in your family.** Having a parent or sibling with type 2 diabetes increases your risk.
- **You are overweight.** Being overweight and physically active less than 3 times a week are common risk factors.

You may have access to Omada at \$0 cost to you, if eligible. Omada members get:

- A dedicated care team with a personal health coach.
- A personalized care plan tailored to your lifestyle.
- Smart devices and app to help monitor your progress 24/7.

Apply today at omadahealth.com/ogb



Take Charge: Protect yourself from Colorectal Cancer

Colorectal cancer is the third-leading cause of cancer death in the United States and the third most commonly diagnosed cancer in men and women, according to the Centers for Disease Control and Prevention. The encouraging news is that colorectal cancer is one of the most preventable cancers. When detected early through routine screenings, it is often highly treatable—and in some cases, screening can even prevent cancer by finding and removing precancerous polyps before they develop.

In Louisiana, colorectal cancer occurs at higher rates than the national average. The state has one of the highest death rates from colorectal cancer in the country, and screening rates among eligible adults remain below average. Increasing awareness and access to screening can play a critical role in reversing this trend.

Several screening options are available, including colonoscopies and at-home stool-based tests, giving patients flexible choices based on their needs and risk level. Risk factors can include age, family history, certain lifestyle factors, and underlying health conditions. Because early-stage colorectal cancer often causes no noticeable symptoms, waiting for warning signs—such as changes in bowel habits, abdominal discomfort, or unexplained weight loss—can delay diagnosis.

Most adults at average risk should begin regular screening at age 45, though some individuals may need to start earlier based on family history or other risk factors. Symptoms may not appear in the early stages, which makes routine screening especially important—even if you feel healthy. Early detection saves lives.



Cajun Shrimp and Sausage Pasta



This creamy Cajun Shrimp and Sausage Pasta is so easy to make and full of flavor! All you need are a few simple ingredients to make this hearty and healthy pasta dish.

Ingredients:

- 12 oz. penne pasta
- 1 TBSP olive oil, divided
- 1 LB shrimp, peeled, deveined and patted dry
- 12 oz. andouille sausage, sliced
- 1 – 13.5 oz. can coconut milk
- 1 ½ cups chicken broth
- ¼ cup slices green onion
- 4 cloves minced garlic
- ½ small yellow onion, diced
- 1 small red bell pepper, sliced
- 1 TBSP lemon juice
- 1 TBSP arrowroot starch
- 1 cup Pecorino Romano cheese, grated
- Salt and paper to taste

Instructions:

1. Cook the pasta al dente, according to package directions, in a large pot of boiling salted water. Once cooked, remove the pot from the heat, drain the pasta, and return the pasta to the pot. Set aside.
2. Add the shrimp to a small mixing bowl and season with 1 teaspoon of Cajun seasoning. Toss until the shrimp is well coated.
3. Heat a large skillet over medium high heat. Once hot, add 1/2 tablespoon of olive oil to the pan and then add the shrimp. Cook the shrimp for 2-3 minutes per side until fully cooked. Remove from the pan and set aside.
4. Add the remaining 1/2 olive oil to the skillet. Add the sliced sausage to the pan and cook 2-3 minutes per side until browned. Next, add the minced garlic, diced onion, and sliced peppers to the skillet. Cook for 5-6 more minutes or until the onion is translucent and the peppers are tender. Remove the sausage, peppers, and onions from the skillet and transfer them to a heat safe dish.
5. Now make the sauce. Add 1 can of full fat coconut milk, 1 1/2 cups chicken broth, 1 tablespoon lemon juice, 1 tablespoon Cajun seasoning, 1 teaspoon paprika, and 1/4 teaspoon crushed red pepper flakes, and 1 tablespoon fresh thyme to the skillet. Stir until well combined. Bring the sauce to a boil and then reduce the heat to a simmer. Let the sauce simmer for 10 minutes. Once the sauce has simmered, make a slurry with 1 tablespoon of arrowroot starch and a bit of water. Pour in the slurry to thicken the sauce.
6. Pour the sauce over the pasta in the large pot, then add the sausage, shrimp, and veggies to the pot as well. Heat the pasta over low heat and stir everything together until well combined. Lastly, finish the pasta by stirring in 1 cup of grated cheese and 1/4 cup of sliced green onion.

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

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