



Alzheimer's Awareness Month

Alzheimer's disease is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States. Although those age 65 or older are more likely to develop Alzheimer's disease, there are thousands under the age of 65 who have early onset Alzheimer's.

While there are no drugs or treatments to cure Alzheimer's disease, there are treatments that can slow down its progression. Part of awareness is knowing the symptoms, so you can know whether a loved one may be developing it. Those symptoms include:

- **Memory loss**
- **Poor judgment leading to bad decisions**
- **Loss of spontaneity and sense of initiative**
- **Taking longer to complete normal daily tasks**
- **Repeating questions**
- **Trouble handling money and paying bills**
- **Wandering and getting lost**
- **Losing things or misplacing them in odd places**
- **Mood and personality changes**
- **Increased anxiety and/or aggression**
- **Difficulty with language**

Getting checked by your healthcare provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease, or a more treatable condition such as a vitamin deficiency or a side effect from medication. Early and accurate diagnosis also provides opportunities for you and your family to consider financial planning, develop advance directives, enroll in clinical trials, and anticipate care needs.



Live Better Louisiana

The 2024 Wellness campaign has come to a close. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently scheduling clinics for the 2025 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2025 wellness credit. You can access that form on the OGB website by clicking [here](#).

Why participate in a research trial?

Research trials, also called clinical trials, are part of clinical research and at the heart of all medical advances.

Scientific trials aim to discover new ways to prevent, detect, or treat disease. Treatments might be new drugs or new combinations of drugs, new surgical procedures or devices, or new ways to use existing treatments. The goal of clinical trials is to determine if a new test or treatment works and is safe. Clinical trials can also look at other aspects of care, such as improving the quality of life for people with chronic illnesses.

People participate in trials for a variety of reasons. Healthy volunteers say they participate to help others and to contribute to moving science forward. Participants with an illness or disease also participate to help others, but also to possibly receive the newest treatment and to have the additional care and attention from the clinical trial staff. Clinical trials offer hope for many people and an opportunity to help researchers find better treatments for others in the future.

The following links are resources for participants. To participate in a clinical trial at Pennington Biomedical, go to www.pbrc.edu/clinical-trials/. For a list of national clinical trials, visit <https://www.clinicaltrials.gov/>.



How Can Our Health Coaches Help You?

Did you know Blue Cross and Blue Shield of Louisiana has 300 health coaches here to support you through your chronic health conditions or other major health challenges.

In this video (14:36), two health coaches dedicated to Office of Group Benefits members discuss how health coaches can help you, talk about what conditions and health challenges you can get support for, and get specific with questions they will ask during a phone call or face-to-face meeting.

OGB members who are ready to get supported in your health journey can call our dedicated OGB health coaches at 1-800-363-9159, Monday - Friday, 8 a.m. - 5 p.m.

HOW CAN OUR

Health Coaches

HELP YOU?



Louisiana

November 2023- Men's Health Awareness Month

November is a month-long campaign that encourages men to grow mustaches (or "Mo's") and engage in activities to raise awareness about men's health. It aims to challenge the stigma around men's health issues, spark conversations, and promote early detection and intervention.

Learn more about Movember at <https://us.movember.com/>



1 Million Steps 2 Safety - a virtual run, walk, and bike challenge

In 2022 in Louisiana, there were 183 pedestrian fatalities and a single year increase of 25.8% in bicyclist fatalities due to motor vehicle related crashes. The goal of the **1 Million Steps 2 Safety** challenge is to encourage all road users to share the road by offering safety tips on how to navigate the highway together safely.

What better way to educate participants on traveling the roadway safely than by embarking on a journey around the world! Now it is time to enjoy the activity, the sights, and the adventure of traveling around the world.

1 Million Steps 2 Safety will be held from **October 23rd through November 17th**. Visit

<https://lhscstepschallenge.thrives.app/login> to create a username, password, and signup for the challenge. You have the opportunity to connect your smart watch to help track your steps and convert activities. An added feature is you can manually input any physical activity, such as Zumba classes, cycling, gardening, folding clothes etc. to add to your total step count.

While you're moving, take some time to check out our Getting Started guides to learn how to get the most out of the Walker Tracker and engage with your fellow challengers.

[Getting Started on Web Browsers](#)

[Getting Started on iPhone](#)

[Getting Started on Android](#)

<https://lhscstepschallenge.thrives.app/login>

LOUISIANA HIGHWAY SAFETY COMMISSION PRESENTS OCTOBER 23RD - NOVEMBER 17TH

1 MILLION STEPS 2 SAFETY

VIRTUAL RUN, WALK & BIKE REGISTRATION LINK: [HTTPS://LHSCSTEPSCHALLENGE.THRIVES.APP/LOGIN](https://lhscstepschallenge.thrives.app/login)

FOR MORE INFORMATION: CHANITA.VAZQUEZ@LA.GOV

This Thanksgiving, Access2day Health is Thankful—For You!

It's already November, and Access2day Health has lots to be thankful for this year! Most importantly, however, we're thankful for every one of our members (including you). Across all our clinic locations, Access2day always prioritizes serving you with affordable, convenient, and quality care. And we're tremendously thankful for your trust and the opportunity to continue providing you with exceptional care you can count on.

Tell Us What You Think

That's why, this month, we're excited to put the spotlight on members like you and share some of the feedback and comments we've received! Without further ado, let's kick off the Thanksgiving season with testimonials shared by our Access2day clinic visitors:

"Access2day continues to give good service and customer support!"

- Access2day Clinic Visitor

"I hope that this program continues, as it provides medical care with no out-of-pocket costs to state employees who need these types of financial perks."

- Access2day Clinic Visitor

"This is a great benefit that has made access to healthcare for minor illnesses so easy. Facilities are clean and clinicians and staff at the sites I've visited are friendly and knowledgeable."

- Access2day Clinic Visitor

Again, thank you to everyone who has generously provided us with feedback! Your suggestions, comments, and survey responses help us to provide faster, more affordable care for every member. Whether you visit us regularly or haven't had a chance to stop by an Access2day clinic yet, we look forward to improving your care even more!

Want to share your experience with us? Follow our testimonial link below, and we'll read your feedback promptly:

<https://access2dayhealth.com/testimonials.php>

Quality Care That Adds Up

Can you really boil a "Thank You" down to numbers? Maybe not, but we're still thankful to hear back from the thousands of visitors who offered us their feedback. If you're considering visiting an Access2day clinic soon, check out what other members have to say below:

Out of 3,300+ Visits...

50%+ of Access2day Visitors Saved \$100+

96.9% of Access2day Visitors Felt Healthier

98.2% Felt Satisfied with Their Access2day Visit

97.3% Would Visit an Access2day Clinic Again

That's a lot of numbers, but we're thankful for the opportunity to help members across the state feel healthier, happier, and less stressed about paying for their healthcare. In 2024, we hope to get those numbers even higher! In the meantime, we'd love to hear any feedback on your latest Access2day clinic visit!

Let us know how it went here: <https://access2dayhealth.com/clientsurvey.php>.

Come See Us!

Planning on visiting an Access2day clinic soon? Prepare to receive \$0 cost, no-appointment-required urgent, primary, and preventative care at any Access2day location!

Find your closest Access2day clinic: <https://access2dayhealth.com/locations.php>.



The graphic features a dark background with a cornucopia of autumn produce (pumpkins, gourds, and leafy greens) on the right side. In the top left corner, the logos for ACCESS2day HEALTH and ogb are displayed. The main text is centered and reads: "Thankful for Our Members" in large white font, followed by "And their cornucopia of feedback!" in a smaller white font. Below this, the heading "2023 Member Survey Results:" is shown in white. The survey results are listed in red and white text: "96.9% Felt Access2day helped improve their overall health", "98.2% Satisfaction rate", and "97.3% Would visit an Access2day Clinic again".

ACCESS2day HEALTH | ogb

Thankful for Our Members

And their *cornucopia* of feedback!

2023 Member Survey Results:

- 96.9%** Felt Access2day helped improve their overall health
- 98.2%** Satisfaction rate
- 97.3%** Would visit an Access2day Clinic again

Baton Rouge Turkey Trot

Celebrating its 37th year, the Turkey Trot returns to Downtown Baton Rouge on the morning of Thanksgiving 2023. This race is a local thanksgiving tradition – one that serves the community by keeping them active and fit through racing and by partnering with the March of Dimes as a fund-raiser to help their organization financially and by spreading the word about the work they do.

Come run, walk or jog the 5K or the 1-mile fun run with your family and friends and #earnyourturkey.

To learn more or register, visit: www.turkeytrotbr.com



Looking for healthy recipes for the holidays?

The Metabolic Kitchen at Pennington Biomedical Research Center in Baton Rouge supports nutritional research by designing, preparing, and serving meals to meet study-specific criteria and produce valid scientific results. The dietitians use a nutritional analysis program to precisely plan menus and recipes to meet the requirements of each study protocol.

But you can also utilize the Metabolic Kitchen's healthy recipes at home. The kitchen has made its recipes available online for anyone to try. Visit

<https://labs.pbrc.edu/metabolic-kitchen/recipes/> for recipes ranging from smoothies and pumpkin spice coffee to chicken sliders and cauliflower tots.



Bang Bang Chicken Skewers



Bang Bang Chicken Skewers are a quick, easy, and flavorful recipe made with seasoned cubed chicken brushed with homemade bang bang sauce, cooked in an air fryer or in the oven!

Ingredients:

- Wooden skewers, soaked in water for 30 mins.
- 2 lbs. boneless, skinless chicken breast cut into 1" cubes
- 1 tbsp. extra virgin olive oil
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. kosher salt
- ½ tsp black pepper

Bang Bang Sauce

- 1 ¼ c mayonnaise
- 2/3 c Thai sweet chili sauce
- 2 tsp. Sriracha
- 2 tbsp honey

Instructions:

1. In a large bowl, combine the cubed chicken breasts, oil, paprika, garlic powder, salt, and pepper. Toss to evenly coat the chicken.
2. Working one skewer at a time, thread 4-5 chicken cubes onto each.
3. In a small bowl, combine the mayonnaise, Thai sweet chili sauce, Sriracha, and honey. Mix well. This will make about 1 ¾ cups bang bang sauce.
4. Pour half of the sauce into a separate bowl and set aside to use after the chicken has been cooked. Use the rest of the sauce to brush evenly over the chicken.
5. Add the skewers to the basket of your air fryer in a single layer. (Depending on the size of the air fryer, you may have to work in batches.)
6. Air fry* at 400°F for 11-12 minutes, flipping halfway. Chicken is fully cooked when it reaches an internal temperature of 165°F.
7. Transfer the skewers to a plate and drizzle or brush with the reserved bang bang sauce. Serve immediately.

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

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