



## ABCs of Heart Health

Each year, more than 1.5 million Americans suffer a heart attack or stroke. The good news is that many heart-related conditions are preventable. You can lower your risk and support your heart health by following the **ABCs of heart health**.

### A — Aspirin:

For some people, taking aspirin can help reduce the risk of heart attack or stroke. Talk with your health care professional to see if aspirin is appropriate for you, especially if you have a family history of heart disease or stroke.

### B — Blood Pressure:

Blood pressure measures the force of blood against artery walls. When blood pressure stays high over time, it can lead to serious health problems, including heart attack and stroke. Know your numbers and work with your health care professional to keep your blood pressure in a healthy range.

### C — Cholesterol:

Cholesterol is a waxy substance your body needs, but too much “bad” cholesterol can build up in your arteries and increase your risk of heart disease. Your health care professional can help you understand your cholesterol levels and ways to improve them.

### S — Smoking:

Smoking raises blood pressure and greatly increases the risk of heart attack and stroke. If you smoke, quitting is one of the best steps you can take for your heart health. Visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW for free support.



## Members at the Heart of Everything We Do

This Heart Health Month, Access2day is highlighting the benefits and resources available to support your heart health and overall well-being.

Heart disease remains one of the leading health concerns in the U.S., but many risk factors can be managed through simple lifestyle changes and regular visits with a provider. With convenient access to care, you don't have to wait until something feels wrong to take action.

### Heart-Healthy Tips to Start the Year Strong:

- **Stay active.** Aim for at least 30 minutes of movement most days—walking, stretching, or strength training all count.
- **Fuel your body wisely.** Choose whole foods like fruits, vegetables, lean proteins, and heart-healthy fats, and limit sodium and processed foods.
- **Manage stress.** Deep breathing, quality sleep, and regular breaks can help protect both your mental and heart health.
- **Know your numbers.** Routine checkups help monitor blood pressure, cholesterol, and other key indicators before issues become serious.

Your Access2day membership provides easy access to **\$0 preventive care**, making it simpler than ever to prioritize your health. This month, take small steps toward a healthier heart by staying active, managing stress, and scheduling your annual checkup.

### Take care of your heart with Access2day:

<https://access2dayhealth.com>



## Live Better Louisiana

Earn your **2027 premium credit** in one simple step by completing a **preventive health checkup**. Blue Cross partners with Catapult Health to offer free checkups at convenient locations statewide. You'll meet with a licensed nurse practitioner, receive lab-accurate tests, and get a personalized health report with results and recommendations.

### How to participate:

Schedule online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB) or call **1-877-841-3058**. Complete your clinic visit to earn the credit. If you can't attend a clinic, have your doctor fax a completed Primary Care Provider form (available at [info.groupbenefits.org](http://info.groupbenefits.org)) to Catapult Health.

### Important reminder:

You must complete your preventive health checkup by **September 30, 2026** to be eligible for the **2027 wellness credit**.

## Live Better Louisiana Clinics

Date (Week)	Location
<b>02/01 – 07/2026</b>	Washington PSB - Enon Elementary School (Franklin) Jackson PSB - Weston High School (Jonesboro) Jackson PSB - Quitman High School (Quitman) DCFS (Shreveport) Jackson PSB - Central Office (Jonesboro) Vernon PSB - West Leesville & Optional School (Leesville) Vernon PSB - Rosepine ES (Rosepine) Morehouse PSB - Student Service Center (Bastrop)
<b>02/08 – 14/2026</b>	Dept. of Agriculture and Forestry (Baton Rouge) University of New Orleans (New Orleans) Office of Public Health - Calcasieu Parish Health Unit (Lake Charles)
<b>02/15 – 21/2026</b>	Southeast Louisiana Flood Protection Authority West (Marrero)
<b>02/22 – 28/2026</b>	Benson Towers (New Orleans) Pinecrest Supports and Services Center (Pineville) Caldwell PSB Central Office (Columbia) SOWELA Tech Community College (Lake Charles) Probation and Parole (Amite) St. Tammany Economics Stability/Child Welfare Office (Covington) Vernon PSB - Simpson High School (Simpson) Sabine PSB - Florien High School (Florien)

## Breads, Rice, Pasta & Carbs We Care About | Romaine Calm and Carrot On

Welcome to the breads, pasta and rice aisles in this [Romaine Calm & Carrot On episode](#). Louisiana Blue's registered dietitian is joined by our medication management pharmacist, taking you where health begins and flavor thrives. They'll help you figure out how to have your carbs and enjoy them, too. Whether you are a seasoned shopper or just starting your journey to better nutrition, this is the place to find the freshest, most-nutrient packed ideas for healthy eating.

[Watch the Video.](#)



## Small Shifts: Get Moving!

A new month means a new Small Shift! This February, Pennington Biomedical is focusing on a simple but powerful goal: Get in movement wherever you can! It might not seem like much, but these small bursts of movement really add up. Just a few extra flights each day can help improve heart health, strengthen muscles, and boost your energy, all while fitting seamlessly into your daily routine.

At Pennington Biomedical, our research continues to show that even small increases in daily activity can make a big difference for long-term health. Every step counts, literally! **Here are a few ways to make this month's challenge work for you:**

- Choose the stairs over the elevator when possible.
- Add a quick lap around the building or parking lot between meetings.
- Set a reminder to stand and stretch every hour.

These little movements build momentum and can turn into lasting habits that support better health.

Join the challenge and share your progress on social media! Tag Pennington Biomedical on social media and use #PBRCsmallshifts to show us how you're taking your steps toward a healthier you.



Pennington Biomedical  
Research Center  
Louisiana State University

## A Quick Update on Your Pharmacy Benefits

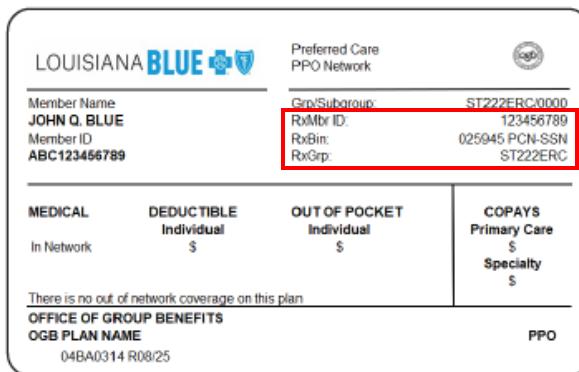
Effective January 1, 2026, the Office of Group Benefits (OGB) transitioned pharmacy benefits for active employees and non-Medicare retirees to **Liviniti**.

Members affected should have received a new Louisiana Blue (BCBS) Health ID card with updated pharmacy information. Cards were mailed in a plain white envelope. If you did not receive your card or need a replacement, contact **Louisiana Blue Customer Service at 800-392-4089**.

Need a prescription before your card arrives? Your pharmacy can still process it using **Liviniti** and the following information: **RX BIN: 025945**

For questions about coverage, contact **Liviniti Customer Service at 833-925-2770**.

Front



Back



Sample ID card shown for illustrative purposes only. Actual member ID cards may vary based on plan information.

## Take the First Step to a Healthier Heart

**There's no doubt about it—regular physical activity offers numerous benefits, from helping lower your blood sugar and cholesterol to reducing your risk of heart disease and stroke.**

### 3 Ways to Get Moving Today:

#### 1. Ease into it

Exercise doesn't have to be intense to be effective. Start with small steps, like regular walks or trying out a yoga session.

#### 2. Listen to your body

Go at your own pace, take breaks as needed, and gradually increase your activity over time. Consistency is key for long-term health.

#### 3. Bring a buddy

Having a support system can make all the difference. Find a friend to join on walks, or set up regular check-ins to keep each other motivated.

**You may have access to Omada to help reach your heart health goals.**

Get personalized health support from anywhere, **at no additional cost to you, if eligible.**

Apply today at [omadahealth.com/ogb](https://omadahealth.com/ogb)



## Go Red for Women® Day 2026

### Wear Red. Raise Awareness. Save Lives.

Heart disease is the leading cause of death among women, yet it's largely preventable. On **Go Red for Women® Day, February 6, 2026**, we're wearing red to raise awareness and encourage women to take steps toward better heart health.

Join us by wearing red, learning the warning signs of heart disease, and supporting healthy habits for yourself and the women you care about. Together, we can make heart health a priority.

♥ Go Red. Get informed. Take action. ♥

American Heart Association.



### Achieving Financial Wellness is Possible

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

*Prudential*  
**PATHWAYS**



Have you visualized your retirement? Do you see yourself on a beach, traveling, or spending time with your loved ones? Join us for some timely information on your financial wellness strategy, including how to manage expenses, protect your savings, and create your dream outcomes from your income.

Join us for a financial wellness educational seminar hosted by industry innovator, Prudential Pathways. Prudential Pathways aims to make building a financial planning strategy less intimidating and more empowering through easy-to-understand educational programs.

#### Top 5 Roadblocks to a Successful Retirement

This seminar will cover important topics like these:

- Rising healthcare costs
- Longevity risk
- Market volatility
- And more

**[Option 1] Tuesday, February 10th | 11:30 a.m. – 12:30 p.m. CT**

**[Option 2] Wednesday, February 18th | 2:00 p.m. – 3:00 p.m. CT**

**Virtual – Zoom**

**Click Here to Register**

## Moving Towards a Healthy Weight

Begin February by taking ten for a healthy weight!

According to health experts losing just 10 percent of your body weight or even 5 percent may improve your blood pressure, cholesterol and blood glucose (sugar). Also, if you have a lot to lose, it's a great starting goal. You'll lose weight — and gain confidence.

Aim for a weight loss of 1 to 2 pounds a week. Here's an example of how much 5 or 10 percent is based on a person's starting weight. For a starting weight of 180 lbs, a 10% weight loss is 18 lbs and a 5 percent weight loss is 9 lbs.





# Heart Health CROSSWORD PUZZLE



## ACROSS

- More than one serving of alcohol a day for women, two for men, will \_\_\_\_\_ your risk of heart disease.
- Enjoy steamed, baked, boiled, and broiled foods instead of battered and \_\_\_\_\_.
- Doing more things you enjoy helps you manage stress and feel this way.
- Using any forms of this, even vaping, raises the risk of heart disease.
- Avoid breathing this in secondhand.
- If your blood \_\_\_\_\_ is regularly 120/80 or over, talk to your healthcare professional.
- Limit this kind of unhealthy fat, found in coconut oil, cheese, and red meat.
- Calling 911 immediately for a suspected heart attack or stroke can help \_\_\_\_\_ disability and death.
- This disease is the No. 1 killer of American men and women.
- Hypertension is another word for \_\_\_\_\_ blood pressure.
- Make sure low-calorie, low-sugar, and nutrient-dense foods make up the biggest part of your \_\_\_\_\_.

## DOWN

- At least 150 minutes a week of this type of exercise, also called aerobic exercise, is key for heart health.
- Seven to nine hours of this daily keeps your mind and body functioning properly.
- Consume less of this by eating fewer processed and prepackaged foods, and flavoring your food with herbs and spices.
- Have a heart disease risk assessment and \_\_\_\_\_ your risks, and how to lower them, with your healthcare professional.
- Whole grains, fruits, and vegetables are great sources of this key nutrient.
- LDL, HDL, and triglycerides are all measured when you have this checked.
- Prevent or manage diabetes by keeping your blood \_\_\_\_\_ in healthy ranges.
- Take all medication exactly as \_\_\_\_\_.
- When American Heart Month is celebrated.
- Try to spend less time doing this and more time getting up and moving.
- Keep this in a healthy range by moving more and eating less as needed.
- Eat this at least twice a week for its essential omega-3 fatty acids.

## Turkey Sliders with Avocados, Mushrooms and Swiss Cheese



These mini turkey burgers just melt in your mouth thanks to gooey cheese, warm mushrooms, and creamy avocado.

### Ingredients:

- 8 whole-grain slider buns
- 1/4 teaspoon salt
- 4 slices low-fat Swiss cheese, cut in half
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)
- 1 1/4 pounds ground skinless turkey breast
- 1 cup sliced brown (cremimi) mushrooms
- 1 medium avocado, peeled, pitted, and mashed with a fork

### Instructions:

1. Preheat the oven to 450°F.
2. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
3. Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
4. Heat a large nonstick skillet or griddle pan over medium-high heat.
5. Cook the patties for 2 to 3 minutes. Turn over. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
6. Transfer the patties to the bottoms of the buns.
7. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
8. Spoon the mushrooms onto each patty. Top with the Swiss cheese.
9. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
10. Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
11. Using four short skewers, pierce two sliders with each skewer, if desired. Serve immediately.

## Heart Health Crossword Answer Key

### Across:

1 – Increase, 6 – Fried, 8 – Happier, 9 – Tobacco, 10 – Smoke, 11 – Pressure, 13 – Saturated, 16 - Prevent, 17 – Heart, 18 – High, 19 – Diet

### Down:

2 – Cardio, 3 – Sleep, 4 – Sodium, 5 – Discuss, 6 – Fiber, 7 – Cholesterol, 10 – Sugar, 11 – Prescribed, 12 – February, 13 – Sitting, 14 – Weight, 15 - Fish

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