



October is Liver Cancer Awareness Month

Every October, we take time to raise awareness about **liver cancer**, a serious disease that affects thousands of families each year. In the United States, about **25,000 men and 11,000 women** are diagnosed annually, and nearly **28,000 people lose their lives** to the disease.

Liver cancer can develop when abnormal cells grow in the liver, often linked to risk factors such as **hepatitis B or C, cirrhosis, obesity, alcohol use, smoking, diabetes, or fatty liver disease**.

Possible symptoms include swelling in the abdomen, jaundice, loss of appetite, unexplained weight loss, pain near the right shoulder or back, and unusual fatigue. Because these symptoms may also be caused by other conditions, it's important to talk to your doctor if you have concerns.

This month, you can show support by:

- Wearing an **emerald or jade green ribbon**
- Donating to research or cancer support organizations
- Volunteering at local hospitals or treatment centers
- Sharing awareness online with hashtags like **#LiverCancerAwarenessMonth**

Together, we can bring attention to this condition, support those affected, and encourage early detection and prevention.



10 Essential Autumn Safety Tips

Fall is here—the air is crisp, leaves are changing, and the days are getting shorter. Along with cozy evenings and Halloween fun, this season is also a good time to review a few safety reminders for your home and family.

Fire Safety

As we begin using heaters, fireplaces, and candles more often, keep these tips from the U.S. Fire Administration in mind:

- Place candles on sturdy, uncluttered surfaces and never leave children alone with a flame.
- Keep flammable items at least three feet away from furnaces, fireplaces, wood stoves, or space heaters.
- Plug only one heat-producing appliance (coffee maker, toaster, space heater, etc.) into an outlet at a time.
- Do not burn candles if oxygen is in use in the home.
- Test smoke and carbon monoxide detectors—replace batteries if needed and confirm units are less than ten years old.

Halloween Safety

Make trick-or-treating safe and fun with these reminders:

- Choose costumes, wigs, and accessories labeled flame-resistant.
- Ensure props such as swords, sticks, or canes are short, soft, and safe.
- Avoid decorative contact lenses without a prescription—they can cause serious eye injuries.
- Let children design pumpkins with markers; adults should handle carving or provide child-safe tools.
- Use glow sticks or flashlights in pumpkins instead of candles. If you must use a candle, a votive is the safest choice.



Live Better Louisiana

The 2026 Wellness campaign has ended. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently working with locations to schedule clinics for the 2027 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2027 wellness credit. You can access that form on the OGB website by clicking [here](#).

If you have not received a confirmation from Catapult Health that you earned your 2025 credit, please follow the steps below to reach out to Catapult for that confirmation:

1. **Confirmation of receipt:** You must provide an email address on your form to receive confirmation. Catapult Health will send you an email to let you know that we have received and processed your form. Please print clearly. If you have not received an email within 14 business days after submission stating Catapult Health has processed your form, please contact our Customer Care team at support@catapulthealth.com, or you can call them at 214.785.2200 (Business Hours Mon-Fri; 8am-5pm CST)
2. **Incomplete forms:** If any information is missing from your form, your form will not be processed. Catapult Health will make one attempt to contact you via the phone number or email address provided on your form to allow you to resubmit the form.

Questions: Contact the Catapult Health Customer Care team at support@catapulthealth.com.



Smart Health Savings | Choosing the Right Care to Save Money

In this [Smart Health Saving series episode](#) (2:48), Louisiana Blue Social Health Coach Gwanette Johnson and Care Team Nurse Jessica Watson help you pick the health care options that best fit your needs and budget. From understanding your benefits to tapping into community resources, they share real-life tips to help you make informed, cost-effective decisions about your care. Knowing where to go - whether it's to your provider's office or an urgent care clinic or the emergency room - can empower you to choose smart for your health.

Our Care Management department is staffed by doctors, nurses, pharmacists, social health coach and dietitians. We're here to help you make the best possible decisions about your healthcare. If you wish to ask about our programs, please call the Case and Disease Management Unit at (800) 363-9159, Monday — Friday, 8 a.m. - 5 p.m.

Harness the Power of an HSA Webinar

Webinar Details:

Date: Tuesday, October 7, 2025

Time: 1:30 pm

Duration: 30 – 45 minutes

Register:

<https://event.on24.com/wcc/r/5059983/732D0F228AC218DFD904300030D32C4B>

During this session, you will learn about:

- How HSAs can help you save for medical expenses
- The tax advantages of HSAs
- Strategies for maximizing your HSA benefits

Whether you're new to HSAs or looking to make the most of your existing account, this webinar will provide valuable insights and practical tips.



HealthEquity®

Keep Clear of Halloween Hazards with Access2day

Halloween is a time for fun, creativity, and a little spooky excitement, but it's also a holiday where accidents can sneak up if you're not careful. Access2day is here to help keep your celebrations safe and enjoyable with **\$0** care for employees and their covered dependents, giving you peace of mind in case any unexpected mishaps occur.

From pumpkin carving to trick-or-treating, a little preparation can go a long way in preventing common Halloween hazards. Minor injuries often happen when we get caught up in the fun, but by keeping safety top of mind, you and your family can enjoy the holiday worry-free.

Halloween Safety Tips to Remember:

- **Carve with care.** Always carve pumpkins slowly and on a steady, well-lit surface. Kids should be supervised, and sharp tools should be put away immediately after use.
- **Watch your step.** Keep walkways, porches, and floors clear of wires, decorations, or clutter to prevent trips and falls. Poor lighting and costumes with limited visibility make these risks more common.
- **Be fire smart.** Before plugging in lights or decorations, check wires and outlets for damage. When possible, swap candles or plug-ins for safer battery-powered alternatives.
- **Choose safe costumes.** Avoid tripping hazards like long hems or dangling accessories. Make sure masks or headpieces don't block vision.

Your Access2day membership ensures you have quick access to **\$0** care when you need it most. This Halloween, have fun, stay safe, and keep the scares playful, not medical.

Enjoy a Safe & Spooky Halloween with A2D:

<https://access2dayhealth.com/>



Feeling Overwhelmed? You're not alone

Prioritize your mental well-being this October.

In today's fast-paced world, stress can take a toll on your mental health. Omada Health is here to support you with personalized programs and dedicated care.

Omada can help you:

- **Understand stress:** Learn how stress affects your body and mind, and identify your personal triggers.
- **Practice mindfulness:** Engage in guided meditation, deep-breathing exercises, and relaxation techniques to foster a calmer, more focused you.
- **Maintain a positive outlook:** Through personalized coaching with dedicated health coaches, develop coping strategies and build resilience around stress triggers and life events.

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



Louisiana Highway Safety Commission's 1 Million Steps 2 Safety 5K Run/Walk!

In honor of **Pedestrian Safety Month**, the Louisiana Highway Safety Commission invites you to our 5K on **October 25, 2025** at the Louisiana State Police Headquarters, Baton Rouge.

Event Details:

- **Registration:** 7:30 a.m. | **Pre-race Activities:** 8:30 a.m.
- **Fee:** \$25 | **Includes:** T-shirt & finish line medal
- **Theme:** Super Hero costumes encouraged!
- **Certified timer & awards** for finishers

Support pedestrian safety while enjoying a fun, active day with friends and family. All skill levels welcome!

Register today: [1 Million Steps 2 Safety 5K](#)

Let's take **1 million steps** toward safer streets for everyone!



Health and Wellness

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Word list:

BALANCE	HEALING	NUTRITION	STRENGTH
CARDIO	HEALTH	PROTEIN	STRETCHING
DETOX	HYDRATION	RECOVERY	SUNSHINE
ENERGY	LAUGHTER	REST	THERAPY
EXERCISE	MEDITATION	RUNNING	VITAMINS
FITNESS	MINERALS	SELF CARE	WELLNESS
HAPPINESS	MUSCLES	SLEEP	YOGA



One-Pot Chicken & Rice with Vegetables



A filling, family-friendly dinner that uses basic pantry staples and costs just a few dollars per serving.

Ingredients:

- 1 pound chicken thighs or drumsticks
- 1 onion, chopped
- 2 cups rice (white or brown)
- 1 cup frozen peas (or corn, green beans, or mixed veggies)
- 1 tablespoon vegetable oil
- 2 carrots, sliced
- 4 cups chicken broth
- Salt, pepper, and garlic powder to taste

Instructions:

1. Heat oil in a large pot or skillet. Brown chicken on both sides, then remove and set aside.
2. In the same pot, sauté onion and carrots until softened
3. Stir in rice and broth. Add chicken back to the pot. Bring to a boil.
4. Cover, reduce heat, and simmer 20–25 minutes (longer if using brown rice) until rice is tender and chicken is cooked through
5. Stir in frozen peas and season to taste

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

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