



### **Summer Injuries: When to Visit Urgent Care vs. Emergency Room**

In a perfect world, summer activities will be fun and accident free. But if you or a family member is injured or comes down with an illness, you should know ahead of time where the best place to seek medical care is. The emergency room plays an important role in providing life-saving services, however, many times an urgent care clinic is more appropriate. The most common summer injuries are:

- Sports injuries
- Head injuries
- Insect and animal bites
- Heatstroke
- Burns, including sunburns
- Food poisoning

### **When to Visit Urgent Care**

Treatment at an urgent care clinic is recommended for injury or illness that is not considered life-threatening. Examples of summer related illness or injury that could be treated at an urgent care center are:

- Poison ivy
- Seasonal allergies or minor asthma
- Sinus pain
- Swimmer's ear
- Cuts and scrapes needing stitches
- Eye irritation and swelling
- Bumps, cuts and bruises
- Fevers, coughs and sore throat

### **When to Visit the Emergency Room**

Certain warning signs indicate a summer injury may be life-threatening, justifying a trip to the ER. Those warning signs include but are not limited to:

- Difficulty breathing or shortness of breath
- Severe chest or back pain lasting more than two minutes
- Heart palpitations
- Sudden dizziness and fainting
- Vision changes
- Speaking difficulties
- Confusion or changes in mental state
- Difficulty walking
- Uncontrolled bleeding
- Coughing or vomiting up blood
- Severe or persistent vomiting or diarrhea
- Severe headache, vomiting or unconsciousness following a head injury
- Broken bones or dislocated joints
- Deep cuts

In a nutshell, unless the injury or illness is life threatening, you will receive faster and more affordable treatment at an urgent care clinic.

## Live Better Louisiana Health Capsule – “Beat the Heat”

Anyone can be at risk for a heat related illness. Click on the link for summer safety tips, like taking extra breaks and drinking lots of water, that can help you prevent a heat-related illness:

<http://wellness.bcbsla.com/Search/6,734676>

## Live Better Louisiana

Earn your 2019 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to a **site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

**What do you do?** Schedule your appointment online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB) or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at [info.groupbenefits.org](http://info.groupbenefits.org), to Catapult Health.

## Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2018** to get your preventive health checkup in order to be eligible for the 2019 wellness credit!

Live Better Louisiana Clinics	
Date	Location
<b>07/02 – 06/2018</b>	LaSalle Building (Baton Rouge)
	Pointe Coupee PSB Central Office (New Roads)
	Department of Agriculture and Forestry (Baton Rouge)
	Richland Parish - Central Office (Rayville)
<b>07/09 – 13/2018</b>	DOTD Headquarters (Baton Rouge)
	Central Office - Jefferson Parish School Board (Harvey)
	Office of Public Health - Alexandria Parish Health Unit (Alexandria)
	Claiborne Building (Baton Rouge)
	University of Louisiana at Monroe (Monroe)
	University of New Orleans (New Orleans)
	St. Landry Parish School Board - Eunice HS (Eunice)
Department of Wildlife and Fisheries (New Orleans)	
<b>07/16 – 20/2018</b>	DOTD District 62 (Hammond)
	Jefferson Parish School Board Emenes Building (Harahan)
	St. Landry Parish School Board - Resource Center (Opelousas)
	Pointe Coupee PSB Central Office (New Roads)
	DCFS (Shreveport)
	DOTD District 07 (Lake Charles)
	Office of Attorney General (Baton Rouge)
	Hampton Inn (Thibodaux, LA)
	Claiborne Parish School Board - Central Office (Homer)
	Ouachita Parish School Board Central Office (Monroe)
	Central Louisiana State Hospital (Pineville)
LA Retirement Systems Building TRSL (Baton Rouge)	
<b>07/23 – 28/2018</b>	Jefferson Parish School Board Emenes Building (Harahan)
	St. Landry Parish School Board - Resource Center (Opelousas)
	McNeese State University - Burton Business Center (Lake Charles)
	New Orleans City Park (New Orleans)
	Pinecrest Supports and Services Center (Pineville)
	Commissioner of Insurance (Baton Rouge)
	La Quinta Inn Baton Rouge/Denham Springs (Denham Springs)
	DOTD District 61 East Baton Rouge (Baton Rouge)
	Department of Wildlife and Fisheries (Pineville)
	Developmental Disabilities Office (Houma)

### Healthy and Safe Swimming

Pools, hot tub and water parks are great places to have fun and keep cool in the summer months. Practicing healthy swimming is important to keep ourselves and our loved ones healthy and injury free. Protect yourself and others by following these simple but effective steps:

- Don't swim or let children swim when sick with diarrhea.
- Don't swallow the water.
- Take kids on bathroom breaks every hour.
- Check diapers, and change them in a bathroom or diaper changing area – not poolside – to keep germs away from the pool.
- Shower before you get in the water. Rinsing off for just one minutes helps get rid of any germs that might be on your body.
- Learn swimming skills.
- Wear a life vest if you are not a strong swimmer
- Don't swim alone.

### 5 Minute Lemon Raspberry Frozen Yogurt



Using only 4 ingredients, this healthy, sweet and delicious treat is easy to make and perfect for cooling down on a hot summer day!

#### Ingredients

- 1 cup plain Greek yogurt
- 12 oz. frozen raspberries
- 1/3 cup lemon juice
- 3 tablespoons honey

1. To a blender add Greek yogurt, raspberries, lemon juice and honey.
2. Blend until smooth.
3. Serve immediately or for a more solid consistency place in an air tight container and put in the freezer for 1-2 hours.

\*\*\*Makes approximately 4 – 6 servings \*\*\*

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)  
Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)