



National Blood Donor Month

Every two seconds someone in the United States needs blood; and during the winter months, blood supply tends to be scarce. In fact, only 10% of eligible donors give blood annually. During National Blood Donor Month, OGB hopes you will take these blood donation facts into consideration and become a blood donor.

- Approximately 36,000 units of red blood cells and 7,000 units of platelets are needed every day in the United States.
- A single car accident victim can require as many as 100 pints of blood.
- Type O is the blood type most often requested by hospitals. Type O negative blood can be transfused to patients of all blood types. It's always in great demand and short supply. Only 7% of people in the United States have type O negative blood.
- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation, and refreshments.
- Donating blood is a safe process.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes.
- A single donation can help more than one patient.
- Blood can be safely donated every 56 days.

To find out more about donating blood or to find a donation center, visit www.redcross.org or download the American Red Cross Blood Donor app.

Healthy New Year!

It's time to look ahead to the next 12 months and see what you can do to maintain or improve your health. Many New Year's resolutions center around living a healthier lifestyle. If you've ever made New Year's resolutions and failed to stick with them, you're in good company. See the link below for ideas that can help you achieve your health goals.

<http://wellness.bcbsla.com/Search/197,26329>

Live Better Louisiana

Earn your 2020 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 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, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2019** to get your preventive health checkup in order to be eligible for the 2020 wellness credit!

Live Better Louisiana Clinics

Date	Location
01/07 – 11/2019	Juban Parc Junior High School Livingston PSB (Denham Springs) LA Special Education Center (Alexandria)
01/14 – 19/2019	Vernon Parish School Board - West Leesville & Optional School (Leesville) Baton Rouge Marriott (Baton Rouge) Washington Parish - Varnado High School (Angie) West Monroe Convention Center (West Monroe) Eastern Louisiana Mental Health System (Jackson) McNeese State University (Lake Charles) DCFS Economic Stability (New Orleans) Ouachita Parish School Board Central Office (Monroe) Eastern Louisiana Mental Health System - Main Compound ASSA (Jackson) Vernon Parish School Board - Vernon Middle School (Leesville) Sabine Parish School Board - Florien High School (Florien)
01/21 – 25/2019	Country Inn & Suites Convention Center – Pineville Student Service Center - Morehouse PSB (Bastrop) Bienville Building (Baton Rouge) University of Louisiana Lafayette (Lafayette) Vernon Parish School Board - East Leesville Elementary (Leesville) DOTD District 58 (Chase) University of New Orleans (New Orleans) Vernon Parish School Board - Simpson High School (Simpson) Probation and Parole (Baton Rouge)
01/28 - 31/201	Central LA Technical Community College (Alexandria) West Calcasieu Arena & Events Center (Sulphur) Hampton Inn (Thibodaux, LA) LA Retirement Systems Building TRSL (Baton Rouge) Houma-Terrebonne Civic Center – Houma Holiday Inn (Metairie) Dixon Correctional Institute (Jackson) Claiborne Building (Baton Rouge)

Kick Off the New Year with a Winter Workout

It might seem hard to stay physically active when it's cold outside, but don't let winter weather stop you. To prevent winter weight gain and maintain a healthy lifestyle, the Physical Activity Guidelines for Americans recommends adults get 150 minutes of moderate intensity aerobic physical activity (brisk walking) each week and muscle strengthening exercise on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Two hours and 30 minutes each week sounds like a lot, but you can spread your activity out into smaller chunks of time during the day, as long as you're doing physical activity at a moderate or vigorous intensity (jogging or running) for at least 10 minutes at a time.

Below are some tips to help you stay active this winter:

- Develop a set of regular activities that you can always do—no matter what the weather holds. For example, walk around your local mall or swim at your local community center.
- Mix it up! Don't get stuck in a workout rut. Try a new exercise every few weeks to keep motivated and ensure your body is using different muscles.
- Plan ahead. Make physical activity a regular part of your daily or weekly schedule and add it to your calendar.
- Make physical activity social. Invite a friend to exercise with you on a regular basis. Be sure your friend adds it to his or her calendar, too.

Grilled Cheese Sandwiches and Rustic Tomato Basil Soup



Ingredients: Rustic Tomato Basil Soup

- 1 tbsp. olive oil
- 2 tbsp. butter
- 1 large onion, diced
- 4 cloves garlic, diced
- 2 ½ tbsp. tomato paste
- 4 cups chicken stock
- ½ tsp black pepper
- ¼ tsp cayenne pepper
- 28oz can peeled San Marzano tomatoes in juice, crush well with your hands (it's fun!)
- 1 large handful basil leaves, roughly chopped
- ¼ cup heavy cream

Directions: Rustic Tomato Basil Soup

1. In a large pot on med-low heat add oil and butter.
2. Once butter melts, add onion and sauté for about 20 minutes until browned.
3. Add garlic and sauté for another minute or two.
4. Add in tomato paste and sauté for another minute.
5. Mix in chicken broth, salt and pepper.
6. Stir in crushed tomatoes, cover and bring to a gentle boil.
7. Reduce heat to low and simmer while you prepare the sandwiches.
8. Stir in basil and cream before serving.

Ingredients: Grilled Cheese Sandwiches

- 6 tbsp. salted butter, softened
- 8 slices sourdough bread
- 2 cups gruyere cheese, shredded
- 2 cups extra sharp cheddar cheese, shredded

Directions: Grilled Cheese Sandwiches

1. Heat griddle/nonstick pan to med-low heat.
2. Generously butter one side of each sourdough bread slices.
3. Once griddle/pan is hot, place one slice of bread for each sandwich on it (butter side down).
4. Add a hefty handful of cheese to each slice of bread and top with the other slice of bread (butter side up).
5. After two minutes, or when bottom slice crisps and turns golden-brown, gently flip the sandwich to brown the opposite side for two minutes.
6. Remove from heat, slice and serve with tomato soup.