



Brain Injury Awareness

Every 9 seconds, someone in the United States sustains a brain injury. There are two types of brain injury, acquired and traumatic. An acquired brain injury (ABI) is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. Typical causes of ABI include:

- Electric Shock
- Infectious Disease
- Lightning Strike
- Near Drowning
- Oxygen Deprivation
- Stroke
- Seizure Disorder
- Substance Abuse/Overdose
- Toxic Exposure
- Tumor

A traumatic brain injury (TBI) is a type of ABI and is caused by trauma to the brain from an external source. Leading causes of TBI include:

- Falls
- Assaults
- Motor Vehicle Accidents
- Struck by Something or Against Something

Because traumatic brain injury cannot be cured, steps should be taken to prevent an injury from occurring. You can reduce your risk of a traumatic brain injury by following these tips:

- Wear your seatbelt
- Don't drive under the influence of drugs or alcohol
- Don't text or use a cell phone while driving
- Wear a helmet when on a bike, motorcycle, scooter, etc.
- Wear a helmet when participating in contact sports
- Remove tripping hazards at home
- Provide adequate lighting
- Use safety gates at the top and bottom of stairs.

Live Better Louisiana

Earn your 2021 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, 2020** to get your preventive health checkup in order to be eligible for the 2021 wellness credit!

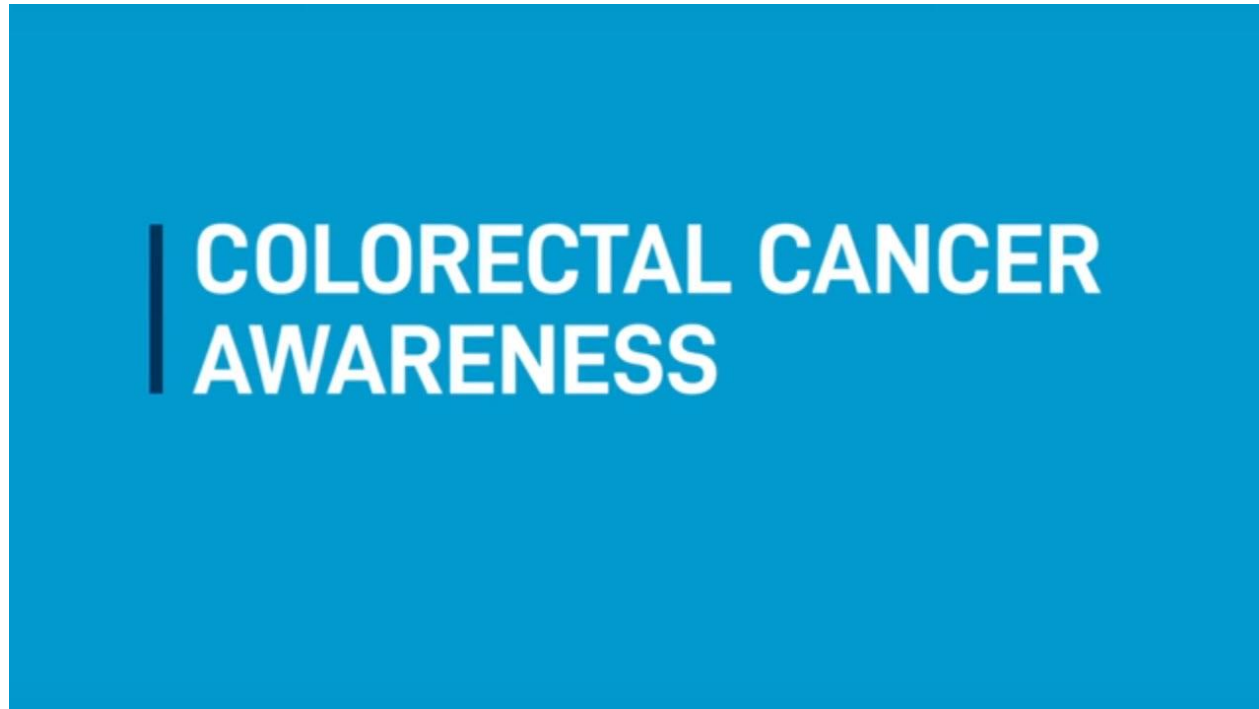
Live Better Louisiana Clinics

Date	Location
03/02 - 06/2020	Concordia PSB - Monterey High School Washington Parish - Mt. Hermon School DOTD District 45 (Baton Rouge) Bossier Parish Community College (Bossier City) Concordia PSB - Ferriday Junior High DOTD District 45 (Baton Rouge) SOWELA Tech Community College - Arts and Humanities Bldg. (Lake Charles) Delgado CC City Park (New Orleans) Central Office - Concordia Parish School Board Nicholls State University (Thibodaux) Baton Rouge Community College (Baton Rouge) Delgado CC Sidney Collier College (New Orleans) Vernon Parish School Board - Pickering HS & ES (Leesville) Office of Public Health - Calcasieu Parish Health Unit (Lake Charles) 4th Circuit Court of Appeal (New Orleans)
03/09 – 13/2020	DCFS - Lafayette Parish Child Welfare Office (Lafayette) Southeastern Louisiana University (Hammond) Pennington Center University of Louisiana at Monroe (Monroe) Washington Parish - Franklinton High School Coastal Protection and Restoration Authority Headquarters (Baton Rouge) State Archives Building (Baton Rouge) Franklinton Elementary School - Washington PSB (Franklinton) Washington Parish - Thomas Elementary School
03/16 – 20/2020	University of Louisiana Lafayette (Lafayette) Tangipahoa Economic Stability Office (Amite, LA) St. Tammany Economics Stability/Child Welfare Office (Covington) Louisiana Tech University (Ruston, LA) Court of Appeals 5th Circuit (Gretna) Probation and Parole New Orleans District LA Retirement Systems Building TRSL (Baton Rouge) Vernon Parish School Board - Hornbeck High School (Hornbeck)
03/23 - 27/2020	Department of Agriculture and Forestry (Crowley) Vernon Parish School Board - North Polk Elementary School (Fort Polk) McNeese State University - LaJeuneese Room (Lake Charles) Coastal Protection and Restoration Authority Headquarters (Baton Rouge) DCFS (Livingston) Orleans Parish Civil District Court (New Orleans) DCFS Economic Stability Midtown (New Orleans) Office of Public Health Laboratory (Baton Rouge) Ouachita Parish School Board Central Office (West Monroe) Parkway Elementary School - Vernon PSB (Leesville) Central LA Human Services Anacoco High School - Vernon Parish School Board (Anacoco) Probation and Parole (Monroe)
03/30 – 31/2020	Central Office - Concordia Parish School Board Bossier Parish Community College (Bossier City) DOC Headquarters (Baton Rouge) Mangham High School - Richland Parish (Mangham)

Colorectal Cancer Awareness

Talking about colon health is an uncomfortable subject, but the conversation is worth having! Screening saves lives ... but, you need to get tested. Blue Cross Medical Director Dr. Jeremy Wigginton explains risk factors for colorectal cancer and why it's important to ask your healthcare provider about when you should have a colonoscopy or other screening.

If you've been diagnosed with colorectal cancer, Blue Cross' in-house team of clinical professionals is here to support you through every step of the journey with health coaching, information and encouragement. Learn more about health coaching: <https://www.bcbsla.com/Stronger>



Spring Forward

Daylight-saving time begins Sunday, March 8 and while moving the clock forward an hour gives us those long summer nights we enjoy in south Louisiana, waking up on Monday morning may not be so easy. These sleep tips can help you spring forward easily and sleep better all year long:

- **Gradually Transition into the Time Change** – Go to bed 15 minutes early, starting several days before the time change.
- **Keep Regular Sleep Hours** – Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep.
- **Get Some Exercise During the Day** – Moderate exercise, like walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more.
- **Avoid Stimulating Substances** – Alcohol and caffeine can interfere with sleep. Try to avoid alcohol and caffeine for 4 to 6 hours before bedtime. Smokers should also avoid tobacco too close to bedtime.
- **Eat Lightly at Night** - Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed.
- **Relax Before Bed** - Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead.

Egg Pepper Rings with Carrot Salsa



This creative dish combines garlic, cilantro, and vegetables in the perfect eggs-for-dinner meal.

Ingredients:

- 1 medium red pepper
- 1 medium yellow pepper
- 2 tbsp. extra virgin olive oil
- 2 large carrots, coarsely grated
- 1 pin cherry or grape tomatoes, quartered
- 1 clove garlic, finely chopped
- ½ cup fresh cilantro, roughly chopped
- 8 large eggs
- ½ tsp. dried oregano
- Kosher salt and pepper
- Toasted English Muffins (optional)

Directions:

1. Slice the peppers into eight 1/2-inch-thick rings. Dice the remaining peppers and transfer to a medium bowl.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add the pepper rings and cook until they begin to soften and turn golden brown, 3 to 4 minutes per side.
3. Meanwhile, in a bowl, toss the diced peppers, carrots, tomatoes and garlic with the remaining tablespoon oil and a pinch each salt and pepper, then fold in the cilantro.
4. Crack 1 egg into each pepper ring; sprinkle with oregano and 1/4 teaspoon each salt and pepper. Cover and cook until the whites are set, 4 to 5 minutes for soft yolks. Top with the carrot salsa and serve on English muffins (if using).

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

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