



COVID Vaccine Lottery – Take Your Shot at \$1M



Fourteen vaccinated Louisianans will win scholarships and cash prizes – including one adult who will win \$1 million – throughout July as part of the Shot At A Million campaign the state is launching to reward residents who have taken or who choose to get their COVID-19 vaccine.

Louisianans who have taken at least one dose of the COVID-19 vaccine and are age 18 or older may enter to win one of four \$100,000 prizes and the grand prize of \$1 million. Louisianans who have taken at least one dose of the COVID-19 vaccine and are between the ages of 12 and 17 may enter to win one of nine \$100,000 scholarships. Louisianans are eligible if they have received at least one dose of the COVID-19 vaccine before the drawing date – regardless of when they were vaccinated.

Louisiana will have four weekly drawings for one \$100,000 scholarship and one \$100,000 cash prize. The final grand prize drawing on August 4, 2021 will award a \$1 million cash award and five \$100,000 scholarships. Overall awards will total \$2.3 million, paid using federal COVID outreach dollars.

Schedule of drawings:

- Enter by July 9, 2021 by 11:59 p.m. CDT for the July 14 drawing
- Enter by July 16, 2021 by 11:59 p.m. CDT for the July 21 drawing
- Enter by July 23, 2021 by 11:59 p.m. CDT for the July 28 drawing
- Enter by July 30, 2021 by 11:59 p.m. CDT for the August 4 drawing
- Enter by July 31, 2021 by 11:59 p.m. CDT for the August 4 Grand Prize Drawing

Winners will be announced two days after the drawing to allow time to confirm vaccination status. The Grand Prize

winners will be announced on August 13, 2021. For more information, visit ShotAtAMillion.com.

Save \$120 with Access2day and Catapult

Receive Discounts on Health Insurance Premiums with One Doctor Visit

The Catapult wellness program gives you a \$10 monthly discount on your health insurance premiums for an entire year when you visit the doctor for your Catapult annual wellness exam. Now you can also visit your local Access2day clinic for your no-cost annual wellness visit before August 31 to receive a \$120 discount on your 2022 annual health insurance costs.

Access2day Health has more than 70 clinics across the state of Louisiana that you can visit to participate in the Catapult program. To find a list of clinics nearest you, click [here](#).

Catapult is an easy-to-use program that currently has more than 22,000 participants. When you visit your local Access2day clinic this summer for your annual wellness exam, be sure to have your provider complete the [Catapult form](#) and send it to Catapult by the end of August to receive your \$120 savings for the 2022 plan year.

What to Know about Access2day

Access2day saves you money every time you visit the clinic. You and your covered dependents can visit any Access2day clinic to receive primary or urgent care services with no co-pay, no out-of-pocket expenses, and no appointment is necessary.

Access2day is available to all state employees, school board employees, as well as retirees and their families covered on the Magnolia Local, Magnolia Local Plus, Magnolia Open Access and Pelican HRA1000 health plans.



Live Better Louisiana

Earn your 2022 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, 2021 to get your preventive health checkup in order to be eligible for the 2022 wellness credit!

LIVE BETTER LOUISIANA CLINICS	
DATE	LOCATION
07/01 - 02/2021	Bienville Building (Baton Rouge) Anacoco Elementary School - Vernon Parish School Board (Anacoco) Ville Platte High School - Evangeline PSB (Ville Platte)
07/05 - 09/2021	Caldwell PSB Central Office (Columbia) Hampton Inn (Thibodaux, LA) Sabine Parish School Board - Many Elementary School (Noble) University of New Orleans (New Orleans) Jefferson Parish School Board Emenes Building (Harahan) Commissioner of Insurance (Baton Rouge) Dixon Correctional Institute (Jackson) Assumption Parish Schools - (Napoleonville) St. Helena Central College and Career Academy - St Helena PSB (Greensburg) Lallie Kemp Charity Hospital (Independence)
07/12 - 16/2021	Central Office - Jefferson Parish School Board (Harvey) Bossier Parish Community College (Bossier City) Livingston PSB - Central Office (Livingston) St. Landry Parish School Board - Resource Center (Opelousas) Nunez Community College (Chalmette) Louisiana Motor Vehicle Commission (Metairie) Office of Attorney General (Baton Rouge) Probation and Parole (Alexandria) Nicholls State University (Thibodaux)
07/19 - 23/2021	Livingston PSB - Central Office (Livingston) Central Office- Franklin Parish School Board (Winnsboro) Harvey State Office Building (Harvey) Jefferson Parish School Board Emenes Building (Harahan) LSU Shreveport (Shreveport) LA State Board of Nursing (Baton Rouge) LaSalle Building (Baton Rouge) DOTD District 62 (Hammond) Claiborne Building (Baton Rouge) Louisiana State Penitentiary (Angola)
07/26 - 30/2021	Jefferson Parish School Board Emenes Building (Harahan) Department of Public Safety (Baton Rouge) Office of Public Health - Alexandria Parish Health Unit (Alexandria) St. Landry Parish School Board - Eunice HS (Eunice) New Orleans Levee District - Flood Side (New Orleans) Southeast Louisiana Veterans Home (Reserve) Calcasieu Child Welfare (Lake Charles) Claiborne Parish School Board - Central Office (Homer)

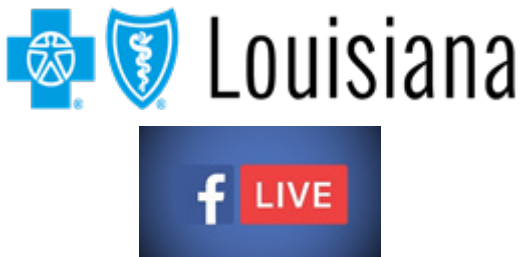
Blue Cross Shares Tips for a Safe and Healthy Summer

Summertime is here. Many are enjoying the season by taking advantage of warmer weather and longer daylight hours. But, summer brings higher temperatures and swarms of mosquitoes, so it's important to keep your health and safety in mind.

Blue Cross and Blue Shield of Louisiana is sharing tips to beat the heat and fight the bite.



Wellness Wednesday Facebook Broadcasts with BCBSLA



Access live while streaming from 12-12:30 pm on the Blue Cross Blue Shield of LA Facebook page or later in our Videos section on the BCBSLA Facebook page or on the BCBSLA YouTube channel.

July 7th – Motivated Mindset – Keep Cool and Don't Burn Out this Summer (Keeping Work/Life Balance Cool)

July 21st – Romaine Calm at the Grocery Store – Time for Protein

July 28th – Direct from the Doctors + Care Team Combo hour-long panel with our medical directors and nurses

Honey Jalapeño Cornbread



This healthy cornbread is soft and moist, with a slight crunch from the corn, kissed with honey, and an added kick from the jalapeños.

Ingredients

1 cup corn flour	6 tbsp. butter (melted)
1 cup all-purpose flour	1/3 cup honey
2 tsp. baking powder	1/2 cup canned corn (drained)
1 tsp. baking soda	1/4 cup diced jalapeño
2 eggs (room temp)	Pinch of salt
1 1/4 cup milk	

Instructions:

1. Preheat oven to 350°.
2. In a mixing bowl, whisk together all wet ingredients: milk, eggs, honey and butter.
3. In a separate bowl, combine all dry ingredients: corn flour, all-purpose flour, baking powder, baking soda and pinch of salt.
4. Make a well in the middle of the dry ingredients and add the wet mixture. Gently combine well.
5. Fold in extras: diced jalapeños, canned corn.
6. Pour into a greased 9x9 baking dish.
7. Bake for 25 – 30 minutes, until a toothpick comes out clean. The top should appear golden brown and slightly cracked.

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

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