May is Skin Cancer Awareness Month

Winter is over and that means many of us will be sending more time outside in the sun. With over 5 million cases diagnosed each year, skin cancer is the most common cancer in the United States. Fortunately, skin cancer is also one of the most preventable forms of cancer. About 90 percent of non-melanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun. Using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen, but sunscreen alone is not enough. Here are some skin cancer prevention tips to keep in mind before you head out into the sun:

- Seek the shade, especially between 10 AM and 4 PM.
- Do not burn.
- Avoid tanning and UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.

See your physician every year for a professional skin exam.

Stroke Awareness and Prevention

Blocked blood flow to the brain causes strokes, which can affect your speech, movement or memory. People age 65 and older and those with a history of diabetes, high blood pressure, high cholesterol or smoking are at a higher risk. But, you can lower your risk of having a stroke with healthy habits.

To learn more visit the **Blue Cross and Blue Shield of Louisiana Wellness Library.**
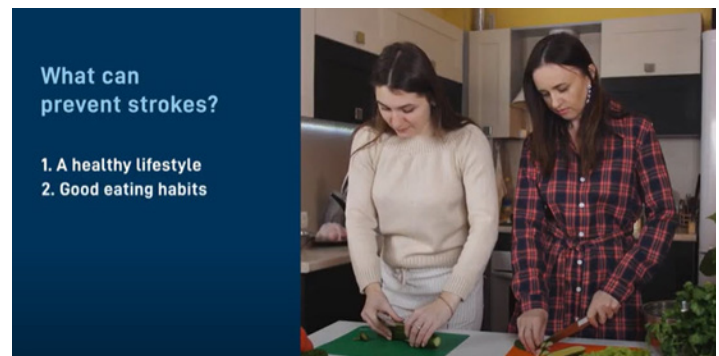
You Still Have Access to Access2day Health

Receive No-Cost Care with Your Active Membership
As an active Access2day Health member through the Office of Group Benefits (OGB), you can receive high-quality primary and urgent care services with no co-pays, deductibles or out-of-pocket expenses. From respiratory health and digestive system treatment to bone fractures and routine physical exams, you have a variety of treatment options available to you with no insurance headaches and no appointment necessary—simply visit the **Access2day Health clinic nearest you.**

Join the Access2day + OGB **Webinar** to Learn More
If you still have questions about your Access2day Health membership, join the webinar on Friday, May 21st at 10 a.m. Wendy Landry, Public Information Director with the Office of Group Benefits, will be our special guest and will help answer questions you may have.

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**
05/03 – 07/2021	Bienville Building (Baton Rouge) Central Office - Jefferson Parish School Board (Harvey) DOTD District 08 (Alexandria) DOTD District 03 (Lafayette) Nicholls State University (Thibodaux) State Military Department - Camp Minden (Minden) State Military Department - Camp Beauregard (Pineville) State Military Department (Carville) DOTD District 45 (Baton Rouge)
05/10 – 14/2021	DOTD Headquarters (Baton Rouge) Parkway Elementary School - Vernon PSB (Leesville) Grambling State University (Grambling) Probation and Parole (Covington) Claiborne Building (Baton Rouge) Acadiana Area Human SVC District (Lafayette) Non-Flood Protection Asset Management Authority (New Orleans) Housing Authority of New Orleans (New Orleans) Louisiana State Penitentiary (Angola) LA Retirement Systems Building TRSL (Baton Rouge) DCFS (Bogalusa) Boley Elementary - Ouachita Parish School Board (West Monroe)
05/17– 21/2021	Concordia PSB - Monterey High School DOTD District 07 (Lake Charles) Lenwil Elementary - Ouachita Parish School Board (West Monroe) Baton Rouge Marriott (Baton Rouge) **Retirees Welcome** Washington Parish School Board - Central Office (Franklinton) Southeast Louisiana Flood Protection Authority West (Marrero) State Archives Building (Baton Rouge) DOTD District 05 (Monroe) State Military Department (New Orleans) NOCCA (New Orleans)
05/24 – 28/2021	DOTD District 05 (Monroe) Delgado CC City Park - Dolphin Den (New Orleans) Central LA Technical Community College (Alexandria) Raymond Laborde Correctional Center (Cottonport) DOTD District 61 East Baton Rouge (Baton Rouge) DCFS (Thibodaux) Department of Wildlife and Fisheries (Baton Rouge) St. Bernard Parish School Board - Rowley Alternative School (Chalmette) Sabine Parish School Board - Ebarb High School (Noble)

While most of us are aiming to burn calories and lose weight by exercising, there are numerous other physical and psychological benefits of exercise. First, it's important to understand how much exercise is needed. The U.S. Department of Health and Human Services recommends at least:

- 150 minutes per week of moderate aerobic activity (brisk walking, swimming, mowing the lawn) OR 75 minutes per week of vigorous activity (running, aerobic dancing), and
- At least two sessions per week of strength training (heavy gardening, rock climbing, lifting weights).

Now let's get to the benefits of exercise that go beyond calories burned and pounds dropped:

1. **Relieves Stress & Anxiety.** Exercise releases nor-epinephrine, which can regulate and reduce your stress response. It can also improve overall mood and alleviate depression.
2. **Improves Learning & Memory.** Working out stimulates new neural growth patterns in the brain.
3. **Improves Self-Esteem & Body Image.** The endorphin boost and sense of accomplishment attained after a workout improves self-worth.
4. **Strengthens the Heart.** Exercise improves the heart's overall function and efficacy providing more oxygen, nutrients, and energy to your body throughout the day.
5. **Builds Stronger Bones.** Weight-bearing (high or low-impact) and muscle-strengthening exercises build and strengthen the bones as well as the muscles that surround them.
6. **Promotes Quality Zzz's.** After a workout, the body's internal temperature returns to baseline and signals the brain that it's time for sleep. Try to give yourself at least an hour or two to wind down after exercise; otherwise those endorphins can keep you going!
7. **Provides a Bonding Experience with Loved Ones.** With everyone buried in technology these days, it's nice to have a reason to get out and enjoy the real world with friends and family.
8. **Improves Mood.** Exercising outdoors can help ensure adequate production of vitamin D. This vitamin has been linked to cognitive function, and inadequate levels have been linked to mood swings.
9. **Increases Metabolism.** We know that working out burns calories, but did you know it can also help burn them while you're sleeping? Muscle cells require more energy (calories) in comparison to fat cells. The more muscle mass you have, the more calories you'll burn.
10. **Improves Digestion.** Exercise can relieve constipation and help those with digestive disorders like inflammatory bowel disease and liver disease.
11. **Reduces Disease Risk.** Exercise can actually help prevent diseases like Type 2 diabetes, stroke, metabolic syndrome, and even some forms of cancer.
12. **Decreases Appetite.** For many, exercise can be an appetite suppressant. While this may be a physical result for some, it can also be mental. After burning all those calories exercising, one may actually make smarter food choices.

Avocado Quesadillas

Avocados give quesadillas some nutritional value. Thinly slice the avocado, and add chicken or beef for extra protein.

Ingredients:
- 1 TBSP canola oil
- 1 large ripe avocado, peeled and thinly sliced
- 16 corn tortillas (6 inches)
- 3 TBSP minced fresh cilantro
- 2 cups shredded Mexican cheese blend
- Additional pico de gallo
- 1 cup pico de gallo
- Precooked chicken or beef, if desired

Directions:
1. Grease a griddle with oil; heat over medium heat. Lightly sprinkle tortillas with water to moisten.
2. Place eight tortillas on griddle; sprinkle with cheese. After cheese has melted slightly, top with 1 cup pico de gallo, avocado and cilantro. (Add precooked chicken or beef at this time, if desired.) Top with remaining tortillas.
3. Cook 3-4 minutes on each side or until lightly browned and cheese is melted. Serve with additional pico de gallo.

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