



### Back-to-School Health Tips for Parents

Back-to-school time is busy for kids and parents. Coordinating schedules, making sure everyone has what they need, and just getting back into the groove can take some adjusting after the long summer break.

Follow these tips to make sure you take the right precautions to make this the healthiest school year yet.

1. **Get vaccinations up to date** - Check with your school to ensure your child is properly vaccinated prior to the start of the new academic year.
2. **Set a strict bedtime and stick to it** – A good night’s sleep is essential to good health. Both parents and kids need to get their Zs, especially at this busy time of the year.
3. **Maintain good hygiene** – Germs lurk on every surface of the classroom. It’s important to your child’s health to teach them to wash their hands after using the restroom, before lunch, and after recess. Stress the importance of not sharing combs, brushes, hats, and hair accessories like headbands. Lice thrive among school-aged children.
4. **Ensure a healthy diet** – Begin your child’s day with a healthy breakfast. For lunch, skip the prepackaged snacks and grab-n-go lunches. Choose fruits, veggies, whole grain breads, lean proteins, cheeses and nuts. Make sure you have healthy snacks on hand for after school as well.
5. **Control Stress** - Back to school time can be stressful, especially if your child is attending a new school. Learn the signs your kids may be harboring stress and help them develop healthy ways to channel it. Go for a walk, draw with them, color in a coloring book or play catch outside. Finding ways to help them relax will serve them for the rest of their lives



### Get Rewarded for Preventative Care – Don’t Miss the Deadline!

Did you know? You can save \$120 on your health insurance premiums with your Access2day membership! Simply visit your local Access2day clinic location for an OGB annual checkup with Catapult at no cost to you.

#### How to Use Your Access2day Benefit for your OGB Checkup with Catapult

1. Get your annual wellness exam with no out-of-pocket expenses and no appointment necessary at your local Access2day clinic.
2. Download the Catapult form below and have your provider complete and return it to Catapult by the September 30 deadline.
3. Receive a \$10 monthly discount on your health insurance premium costs for the 2023 plan year!

Only the primary insured are eligible for the OGB annual checkup with Catapult. **Be sure to have your provider complete your Catapult form and submit it by September 30, 2022, in order to receive your discount for 2023.** Download the Catapult form from the [OGB Website](#).

Your Access2day benefit is 100% prepaid by the Office of Group Benefits and gives you convenient access to primary and urgent care services all at no cost to you! Find your clinic at [access2dayhealth.com/locations](https://access2dayhealth.com/locations).

### Put Your Health Above All Else.

It costs nothing to be proactive with preventative care at your Access2day clinic.



[access2dayhealth.com](https://access2dayhealth.com)

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## Live Better Louisiana

Earn your 2023 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with Catapult Health, to bring preventive checkups to a **site near you**. 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 **September 30, 2022** to get your preventive health checkup in order to be eligible for the 2023 wellness credit!

Live Better Louisiana Clinics	
Date (Week)	Location
08/01 – 05/2022	Iberville Building (Baton Rouge)
	Jefferson Parish School Board Emenes Building (Harahan)
	Dept. of Natural Resources - LaSalle Building (Baton Rouge)
	Assumption Parish School Board - Media Center (Napoleonville)
	Livingston PSB - Central Office (Livingston)
	Capital Area Human Services District (Baton Rouge)
	LSU School of Dentistry (New Orleans)
	Northwestern State University (Natchitoches)
	1st Circuit Court of Appeals (Baton Rouge)
	University of New Orleans (New Orleans)
08/08 – 12/2022	Bienville Building (Baton Rouge)
	Office of Attorney General (Baton Rouge)
	Bienville Building (Baton Rouge)
	Richland Parish - Central Office (Rayville)
	Dept. of Natural Resources - LaSalle Building (Baton Rouge)
	LA Delta Community College (Monroe)
	DOTD District 07 (Lake Charles)
	NOCCA (New Orleans) EMPLOYEES ONLY
	Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge)
	LA School of Math Science & Arts (Natchitoches)
08/15 – 19/2022	LSU AgCenter (Baton Rouge)
	Central LA Technical Community College (Alexandria)
	LA Delta Community College (Winnsboro)
	University of New Orleans (New Orleans)
	Dept. of Natural Resources - LaSalle Building (Baton Rouge)
	LA Retirement Systems Building TRSL (Baton Rouge)
	Leesville High School - Vernon PSB (Leesville)
	St. Landry Parish School Board - Resource Center (Opelousas)
	Louisiana School for the Deaf and Visually Impaired (Baton Rouge)
	DOTD Headquarters (Baton Rouge)
08/22 – 26/2022	Baton Rouge Community College (Baton Rouge)
	Delgado CC City Park (New Orleans)
	LA Workforce Commission (Baton Rouge)
	Lallie Kemp Charity Hospital (Independence)
	Parkway Elementary School - Vernon PSB (Leesville)
	Vernon Parish School Board - West Leesville & Optional School (Leesville)
	SOWELA Tech Community College - Arts and Humanities Bldg. (Lake Charles)
	Dept. of Revenue - LaSalle Building (Baton Rouge)
	Nunez Community College (Chalmette)
	DOTD District 04 (Bossier City)
08/29 – 31/2022	Northshore TCC Florida Parishes Campus (Greensburg)
	McNeese State University (Lake Charles)
	Nicholls State University (Thibodaux)

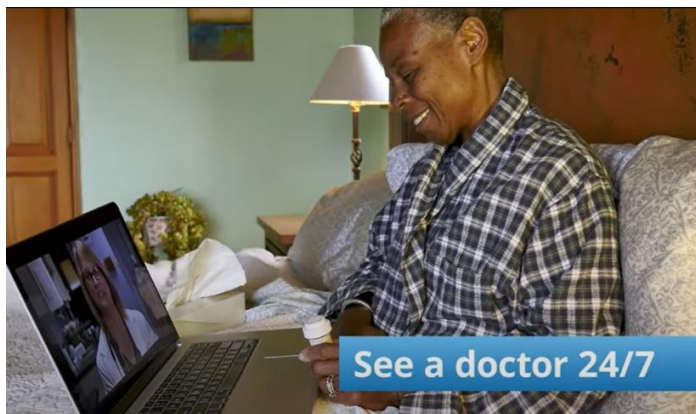
## BlueCare: Get Care from Anywhere

Blue Cross and Blue Shield of Louisiana members and dependents covered on their plans can access online medical and behavioral health visits with BlueCare. All BlueCare providers are U.S.-trained and board-certified.

See a doctor online, 24/7, to treat non-emergency, common conditions like fever, colds and cough, stomach bugs or pink eye with BlueCare's Medical Visits. You can also schedule an appointment with a psychology or psychiatry provider with BlueCare's Behavioral Visits—a convenient source of care for depression, grief, stress, life transitions, anxiety, couples' counseling and more.

Sign up at [www.BlueCareLa.com](http://www.BlueCareLa.com) or get the BlueCare (one word) app for Android and Apple devices. BlueCare is powered by Amwell, a vendor that provides the BlueCare telehealth platform for Blue Cross and Blue Shield of Louisiana and its subsidiaries.

Learn more: <https://www.bcbsla.com/BlueCare>



## BCBS Livestreams:

Access livestreaming 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.

**8/11 –Noon:** Direct form the Doctors: Answering Your Health & Wellness Questions

**8/24 – Noon:** Medicare Made Easy: Q & A on Medicare Basics and Meet Our Agents



## Back-to-School Safety

Going back to school is an exciting time for children as they look forward to entering the next grade level, seeing their friends and meeting new people. Yet it can also be a time of unforeseen dangers. By teaching children basic back to school rules and tips regarding their safety, they enter this exciting time with the knowledge and skills they need to stay safe while enjoying this special time and throughout the school year.

### General Safety Tips:

- Talk to your children and reinforce the rules of stranger danger.
- Make sure not to pack foods for lunch or snacks that spoil quickly.
- Talk to your child about bullies and bullying. Explain to them what to do if a situation arises.

### Backpack Safety Tips:

- When a backpack is fully loaded, it should not weigh more than 15 to 20 percent of the child's body weight.
- Never carry a backpack over one shoulder using only one strap. Always wear a backpack using both shoulder straps.
- If a backpack has a waist strap, use it.
- Choose a backpack with wide straps. The best choice is a backpack with a padded back and padded straps
- Use all the compartments in the backpack to distribute the weight of the contents more evenly.

### School Bus Safety:

- Never step off the curb until the bus comes to a complete stop.
- Always use seat belts if the bus is equipped with them.
- Do not move around in the bus. Sit quietly in your seat.
- When leaving the school bus, stay in view of the driver and always cross the street in front of the bus.
- Even though traffic is supposed to stop for a school bus, always check both ways before crossing the street.

By being aware of their surroundings and following these tips, kids have a better chance of making it through the year safely. Take the time to talk about safety with your children so they're better prepared for whatever may come their way.



## Nearsightedness is a Public Health Crisis

Nearsightedness has risen dramatically over the last 50 years. If nothing is done to help slow the increase, half the world's population may be nearsighted by the year 2050. That means much more than a lot of people in glasses. It means a lot of kids today are at risk of developing vision-threatening eye conditions tomorrow.

People who have myopia, also known as nearsightedness, can see close-up objects clearly, but objects farther away are blurry. Myopia that begins in early childhood often worsens as the child grows. If these changes are too extreme, it can be hard to correct the blurriness with glasses or contact lenses and the risk of potentially blinding eye conditions rises, including [retinal detachment](#), [glaucoma](#), early [cataracts](#) and [myopic maculopathy](#), a leading cause of blindness world-wide.

The socioeconomic impact is also devastating. Studies estimate that the global impact of uncorrected myopia results in a \$244 billion annual productivity loss, while blindness from myopic macular degeneration results in a \$6 billion annual productivity loss.

While more research is required to understand why myopia is on the rise, new [treatment options are available](#) to slow the disease in children so the most devastating consequences of high myopia can be avoided. For more information on eye health, visit [www.eyesmart.org](http://www.eyesmart.org)

## Kids and Screens: How much harm?

Eyestrain usually isn't serious and goes away once you rest your eyes or take steps to reduce discomfort.



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[aao.org/eyesmart](http://aao.org/eyesmart)

What can parents do:

- Remind them to rest their eyes every 20 minutes
- Remind them to blink
- Reduce glare on the screen
- Adjust brightness and contrast settings to their comfort level



## Screen Time Recommendations by Age

Here's a chart showing screen time recommendations by age, from infants to adults. Keep in mind that these are guidelines rather than hard and fast rules.



Source: American Academy of Child and Adolescent Psychiatry (2022)

ALL ABOUT VISION

## Cheesy Keto Pizza Cups



These mini keto pizza bites feature a flavorful cheese-based dough and a no-added-sugar tomato sauce.

### Ingredients:

- 1 oz. full fat cream cheese
- 1 1/2 cups hand-grated whole milk mozzarella cheese
- 1 large egg, beaten
- 1 cup almond flour
- 2 Tbsp. coconut flour
- 1/3 cup [Rao's pizza sauce](#)
- 1/3 cup shredded cheddar cheese
- 1/8 cup mini pepperoni slices

### Instructions:

1. Preheat the oven to 400°F.
2. In a large microwave-safe bowl, combine the cream cheese and mozzarella and microwave for 1 minute, stopping several times to stir. Add in the beaten egg, and quickly stir until a ball is formed. Knead by hand, adding additional almond flour if needed, until lightly sticky.
3. Divide the dough into 8 pieces. Set a piece between two sheets of greased parchment paper and roll out with a rolling pin. Repeat with the rest, then press each piece of dough into greased muffin tins to form small dough cups.
4. Bake for 15 minutes until golden brown. Remove from oven and top each with sauce, cheddar, and pepperoni. Return to oven for five minutes until the cheese melts.
5. Remove from muffin tins and serve.

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