



### Summer Injuries: When to Visit Urgent Care vs. Emergency Room

In a perfect world, summer activities will be fun and accident free. But if you or a family member is injured or comes down with an illness, you should know ahead of time where the best place to seek medical care is. The most common summer injuries are:

- Sports injuries
- Head injuries
- Insect and animal bites
- Heatstroke
- Burns, including sunburns
- Food poisoning

### When to Visit Urgent Care

Treatment at an urgent care clinic is recommended for injury or illness that is not considered life-threatening. Examples of summer related illness or injury that could be treated at an urgent care center are:

- Poison ivy
- Seasonal allergies or minor asthma
- Sinus pain
- Swimmer's ear
- Cuts and scrapes needing stitches
- Eye irritation and swelling
- Bumps, cuts and bruises
- Fevers, coughs and sore throat

### When to Visit the Emergency Room

Certain warning signs indicate a summer injury may be life-threatening, justifying a trip to the ER. Those warning signs include but are not limited to:

- Difficulty breathing or shortness of breath
- Severe chest or back pain lasting more than two minutes
- Heart palpitations
- Sudden dizziness and fainting
- Vision changes
- Speaking difficulties
- Confusion or changes in mental state
- Uncontrolled bleeding
- Coughing or vomiting up blood
- Severe or persistent vomiting or diarrhea
- Severe headache, vomiting or unconsciousness following a head injury
- Broken bones or dislocated joints
- Deep cuts
- Difficulty walking

In a nutshell, unless the injury or illness is life threatening, you will receive faster and more affordable treatment at an urgent care clinic.



## Live Better Louisiana

Earn your 2024 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](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 29, 2023** to get your preventive health checkup in order to be eligible for the 2024 wellness credit!

### Live Better Louisiana Clinics

Date (Week)	Location
07/03 – 07/2023	Nicholls State University (Thibodaux) Anacoco Elementary School - Vernon Parish School Board (Anacoco) DCFS (Thibodaux) Lafourche Parish Medicaid Office (Thibodaux)
07/10 – 14/2023	Dept of Revenue - LaSalle Building (Baton Rouge) Central Office- Franklin Parish School Board (Winnsboro) Delgado CC City Park (New Orleans) Commissioner of Insurance (Baton Rouge) Livingston Parish School Board LSERS Office (Baton Rouge) SOWELA Tech Community College (Lake Charles) Elayn Hunt Correctional Center (St. Gabriel)
07/17 – 21/2023	Calcasieu Child Welfare (Lake Charles) Bossier Parish Community College (Bossier City) State Treasurer's Office (Baton Rouge) Department of Public Safety (Baton Rouge) Office of Attorney General (Baton Rouge) St. Landry Parish School Board - Resource Center (Opelousas) Probation and Parole (Baton Rouge) Rayburn Correctional Center (Angie) Central Office - Concordia Parish School Board Pinecrest Supports and Services Center (Pineville) Claiborne Building (Baton Rouge) LSU Health Science Center (New Orleans, LA) Central LA Human Services
07/24 – 28/2023	Department of Public Safety (Baton Rouge) Office of Public Health - Alexandria Parish Health Unit (Alexandria) Red River High School - Vocational Building University of New Orleans (New Orleans) New Orleans Levee District - Flood Side (New Orleans) Department of Wildlife and Fisheries (New Orleans) Denham Springs Junior High - Livingston PSB (Denham Springs) LSU School of Dentistry (New Orleans) Court of Appeals 2nd Circuit (Shreveport)
07/31/2023	Bienville Building (Baton Rouge)

## Celebrate Summer Safely

July brings Independence Day, and that means its fireworks season! We're all for celebrating, but fun and fire aren't always the best combination. In a report from 2021 alone, U.S. emergency rooms saw an estimated 11,500 people injured in fireworks-related incidents. Of those injuries, 74% occurred in the weeks leading up to and after the 4<sup>th</sup> of July.<sup>1</sup>

Summer is already an important time to keep an eye on your health, and you don't need unnecessary fireworks risks adding fuel to the fire. Make sure you're staying safe and healthy this July and keep these tips in mind if you're planning to set off fireworks!

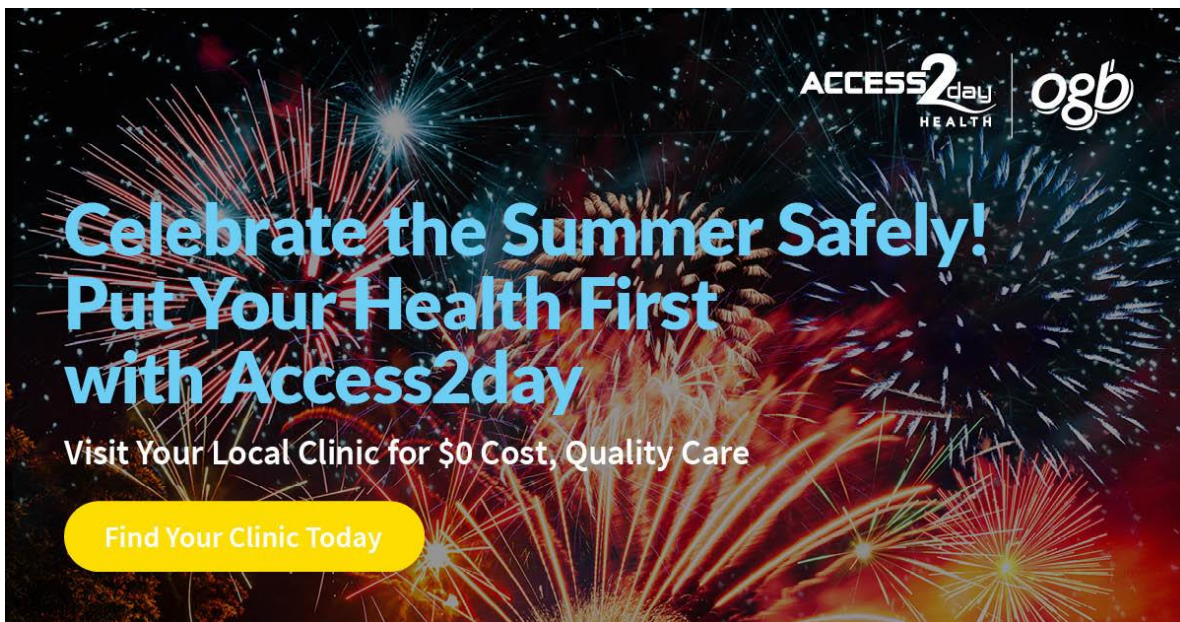
- Always keep a source of water, such as a garden hose, on hand in case of an unplanned fire.
- Never aim a firework at another person—or hold one while it’s going off.
- Don’t allow children to ignite fireworks, and don’t let them play around with them either.
- Keep fireworks outside! Never set them off indoors.
- Light fireworks one at a time, then quickly keep your distance.
- Never try to pick up or re-light a firework that didn’t ignite fully.
- Be sure not to set off fireworks while impaired by alcohol.
- Make sure fireworks are legal in your area!

Mishandling of fireworks can lead not only to injury, but in some cases death as well. That same 2021 report saw at least nine deaths in incidents involving fireworks.<sup>1</sup> Access2day encourages you to prioritize your health, especially when you’re celebrating. Nothing puts a damper on a good party like an unplanned injury, or worse.

At Access2day, we’re here to look out for you and your health. We’re committed to providing primary, urgent, and preventative care services to support your wellbeing. Take advantage of your freedom to visit clinics with a Live Better Louisiana Catapult Exam. In fact, you’ll save \$120 on your health insurance in 2024 just by downloading the form and following directions.

Find your nearest Access2day clinic location today: <https://access2dayhealth.com/locations>

To download the Catapult form: <https://access2dayhealth.com/docs/OGBPCPForm2022-2023.pdf>



<sup>1</sup> <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks>

### Summer Safety: Stay safe in the sun and extreme heat

Summer is here, and it's a great season to enjoy the outdoors! Before you head into the sun or out on the water, take precautions for your health and safety. Wear sunscreen, avoid extreme heat, prevent mosquito bites and always be cautious in water. Learn more by clicking the picture:

### Medicare Made Easy Livestream



July 26<sup>th</sup> – 10:00 AM

<https://www.facebook.com/events/1305592170347541>



# PATHWAYS EVENT YOU'RE INVITED

Prudential  
**PATHWAYS**

A Financial Wellness Series



## Introducing a Financial Wellness Series and Financial Wellness Check-ups for State of Louisiana

We hear every day that many Americans are not financially prepared for their future. People find the financial planning process overwhelming, and they don't know where to begin. Many are asking their employers for help.

We are pleased to offer you the following financial wellness educational seminar and Financial Wellness 360, through Prudential Pathways®. Prudential Pathways® offers practical, down-to-earth information that may help you and your family today, tomorrow, and beyond. It is designed to give you an understanding of the fundamentals of financial wellness through educational seminars.

### Fundamentals of Wills, Trusts, and Power of Attorney

This seminar will cover important topics, like these:

- Importance of estate planning
- How assets are transferred at death
- Legal documents

**Tuesday – July 11, 2023 from 10:00-11:00 a.m. (CT)**

**Wednesday – July 19, 2023 from 11:30 a.m. – 12:30 p.m. (CT)**

**Thursday – July 27, 2023 from 2:00-3:00 p.m. (CT)**

via Zoom

[Click Here to Register](#)

If you have a question or concern, please contact us at [Pathways@prudential.com](mailto:Pathways@prudential.com) or 844-592-8993.

### **Healthy and Safe Swimming**

Pools, hot tub and water parks are great places to have fun and keep cool in the summer months. Practicing healthy swimming is important to keep ourselves and our loved ones healthy and injury free. Protect yourself and others by following these simple but effective steps:

- Don't swim or let children swim when sick with diarrhea.
- Don't swallow the water.
- Take kids on bathroom breaks every hour.
- Check diapers, and change them in a bathroom or diaper changing area – not poolside – to keep germs away from the pool.
- Shower before you get in the water. Rinsing off for just one minutes helps get rid of any germs that might be on your body.
- Learn swimming skills.
- Wear a life vest if you are not a strong swimmer
- Don't swim alone





## 7 Ways to Live Healthier from Pennington Biomedical Scientists

Committing to living healthier is consistently the most popular New Year's resolution, but now that we're half-way through 2023, do you even remember your New Year's resolutions? It's never too late to start looking at ways to live healthier. Who better to help us find ways to do that than the experts at Pennington Biomedical? We asked our scientists and researchers to give us their best advice for living healthy, and they delivered.

1. *Caregivers need to care for themselves. Put your "safety mask" on so you can better help others. This might mean negotiating for a flexible work schedule, finding apps and websites to streamline meal planning and grocery shopping, trying out in-home exercises you can do after the kids go to bed, or prioritizing downtime to spend with your partner, friends, or alone with a good book.*

– Amanda Staiano, PhD, Director,  
Pediatric Obesity & Health Behavior Laboratory
2. *Set small steps that you can achieve. Don't set yourself up for failure.*

– Eric Ravussin, PhD, Associate Executive Director for  
Clinical Science
3. *Each one minute of moderate physical activity lengthens life by seven minutes. Physical activity is an efficient investment to improve health and self.*

– Justin Brown, PhD, Director, Cancer Metabolism Program
4. *Set aside five minutes (or more) each day to focus on deep breathing and clearing your head. For any health goal you have, focus on process, not results. Small steps can lead to big change over time. Rest and recovery are key to our health and quality of life. Aside from sleep, are there places in the day to "rest in the margins?" For example, instead of scrolling social media or trying to fit one more task in your day, in between meetings, try to use the time to take a few deep breaths, take a short nature walk, or just sit quietly -- and rest and refocus your mind.*

– Tiffany Stewart, PhD, Director, Behavior Technology Laboratory and Director,  
Pennington Biomedical Diabetes Clinic
5. *Make sleep your priority.*

– Prachi Singh, PhD, Director, Sleep and Cardiometabolic Health Lab
6. *To maintain physical activity habits, make sure you engage in activity that you truly enjoy!*

– Robert Newton, PhD, Director, Physical Activity and  
Ethnic Minority Health Laboratory
7. *A paper on which I was senior author in JAMA came to the following conclusion: Evidence now available links dietary patterns in adults that involved higher consumption of vegetables, fruits, legumes, nuts, whole grains, unsaturated vegetable oils, fish, and lean meat or poultry with a decreased risk of all-cause mortality. These healthy dietary patterns were also relatively low in red and processed meat, high-fat dairy, and refined carbohydrates or sweets. If you want to live a long, healthy life, stick to the good stuff outlined above.*

– Steve Heymsfield, MD, Director, Pennington Biomedical's  
Body Composition & Metabolism Laboratory



**PENNINGTON  
BIOMEDICAL  
RESEARCH CENTER**

**LSU**

## Summer Strawberry Spinach Salad with Avocado



*Gorgeous summer strawberry spinach salad topped with avocado, feta, red onion, toasted almonds, pistachios and drizzled with a flavorful strawberry balsamic vinaigrette. The best ever strawberry salad recipe that's sweet, tangy, crunchy, creamy and the perfect lunch or easy side dish!*

### Ingredients: Salad

- 1 pkg. spinach
- 1 large avocado, sliced
- ½ cup feta cheese crumbles
- ¼ cup chopped, shelled roasted pistachios
- 8 oz. strawberries, halved (about 2 cups)
- ½ small red onion, thinly sliced
- 1/3 cup sliced almonds

### Ingredients: Balsamic Strawberry Vinaigrette


- 2 TBSP balsamic vinegar
- 1 garlic clove, grated or finely minced
- ½ TBSP strawberry jam
- ¼ cup olive oil
- ½ TSP Dijon mustard
- Salt and pepper, to taste

### Instructions:

1. In a mason jar or small bowl, add all of the dressing ingredients. Shake or mix well to combine. Taste and add additional salt/pepper, if necessary.
2. Toast the almonds on the stovetop: add the almonds to a pan and place over medium heat, stirring occasionally for 2-5 minutes until almonds are slightly golden brown. Remove from heat and allow to cool.
3. Add spinach to a large bowl, layer on the strawberries, avocado slices, red onion, feta, toasted almonds, and chopped pistachios. Feel free to add dressing now or set it out for individual servings. Top salad bowls with extra toasted almonds and drizzle each bowl with 1/4 of the dressing. Serves 4.

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