



### March is National Nutrition Month *Eating Right on a Budget*

Getting the most nutrition for your food budget starts with a little extra planning before you shop. Here are some budget friendly tips for eating right.

**Cook more, eat out less** – Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

**Plan what you're going to eat** – Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it.

**Decide how much to make or buy** – Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

**Shop for foods that are in season** – Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled “low in sodium” or “no salt added”.

**Make your own healthy snacks** – Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

**Quench your thirst with water** – Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

### Spring Forward on Savings with Access2Day Health & Catapult

You may already know your membership to Access2day Health provides convenient access to primary and urgent care services – all at \$0 cost to you – but did you know you can go to your local Access2day clinic and save \$120 on your 2024 health insurance premiums with an OGB Wellness checkup? For more information, click here: <https://access2dayhealth.com/catapult.php>

#### About Catapult

Catapult is an easy-to-use, wellness incentive program offered by the Office of Group Benefits. Did you know you can go to your local Access2day clinic for this service?

Here's how it works:

- Visit your local Access2day clinic for your \$0 OGB wellness checkup.
- Scan the QR code in the image below to download the Catapult form to print and take with you for your Access2day provider to fill out. Then, you simply return the form to Catapult Health by the September 29<sup>th</sup> deadline.
- Receive a \$10 monthly discount on your health insurance costs for the 2024 plan year, for an annual total of \$120!
- Please note: this benefit is for the primary insured only, not dependents.

Remember, your Access2day clinic membership is 100% prepaid by the Office of Group Benefits, providing quality \$0 cost care for you and your covered dependents on the Magnolia Local, Magnolia Local Plus, Magnolia Open Access, and Pelican HRA1000 health plans.

Find your nearest clinic today at [access2dayhealth.com/locations](https://access2dayhealth.com/locations).



## 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
03/01 – 03/2023	DCFS (Livingston)
	Harvey State Office Building (Harvey)
	Dixon Correctional Institute (Jackson)
	Probation and Parole (Amite)
	Washington Parish - Thomas Elementary School
03/06 – 10/2023	Vernon Parish School Board - Vernon Middle School (Leesville)
	DOTD District 45 (Baton Rouge)
	Washington Parish - Franklinton Junior High School
	Probation and Parole (Shreveport)
	Supreme Court of LA (New Orleans)
	St. Tammany Economics Stability/Child Welfare Office (Covington)
	Beauregard Parish School Board - Title 1/Media Center (DeRidder)
	Vernon Parish School Board - Pitkin HS (Pitkin)
	University of New Orleans (New Orleans)
	Vernon Parish School Board - East Leesville Elementary (Leesville)
03/13 – 17/2023	South Louisiana Community College (Morgan City)
	South Louisiana Community College (Lafayette)
	Jackson PSB - Quitman High School (Quitman)
	Probation and Parole (Monroe)
	Tangipahoa Economic Stability Office (Amite, LA)
	Baton Rouge Community College (Baton Rouge)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
03/20 – 24/2023	University of Louisiana Lafayette (Lafayette)
	Louisiana Tech University (Ruston, LA)
	Claiborne Building (Baton Rouge)
	University of New Orleans (New Orleans)
	DOTD District 02 Crescent City Connection Division (New Orleans)
	Orleans Parish Civil District Court (New Orleans)
	Southwest Louisiana War Veterans Home (Jennings)
	4th Circuit Court of Appeal (New Orleans)
03/27 – 31/2023	Department of Agriculture and Forestry (Baton Rouge)
	University of Louisiana at Monroe (Monroe)
	Southeastern Louisiana University (Hammond, LA)
	DOTD District 07 (Lake Charles)
	Washington Parish School Board - Central Office (Franklinton)
Dept of Natural Resources - LaSalle Building (Baton Rouge)	

## You Can Be Stronger Than Colorectal Cancer

Colorectal Cancer is the third-leading cause of cancer death in the United States? And it's the third most-common type of cancer diagnosed in men and women, according to the U.S. Centers for Disease Control and Prevention (CDC). You can be Stronger Than Cancer with the right screenings.

While colorectal cancer is common nationally, it occurs at even higher rates in Louisiana. According to Louisiana Cancer Prevention & Control Programs, the state has the country's fourth-highest death rate from colorectal cancer. Louisiana unfortunately also has a below-average rate of eligible patients being screened for colorectal cancer. Blue Cross and Blue Shield of Louisiana reminds you to talk to your healthcare provider about your risk factors and when you should begin screening.



### Mary Bird Perkins Cancer Screenings

MBPCC will be providing free breast and colorectal cancer screenings in Baton Rouge on March 14, 2023 at Shoppers Value Foods, 5932 Airline Hwy., Baton Rouge, LA. To make an appointment or for more information, please call (225) 425-8034 or visit [pogo.marybird.com](http://pogo.marybird.com). **\*\*Appointments are required\*\***

### Breast Cancer Screenings

Free clinical breast exams will be performed by a physician or nurse practitioner for women 18 and older. Screening mammograms will be available for women 40 and older who do not have a doctor and have not had a mammogram in the past 12 months. Insurance will be billed for mammograms; there will be no charge for women without insurance.

### Colorectal Cancer Screenings

Easy-to-use take home colorectal cancer screening kits will be distributed. Men and women age 45 and older who have not been screened for colorectal cancer in the past 12 months are eligible. Does not replace a medical examination or other screening procedures.

You may also like the following events from Mary Bird Perkins Cancer Center:

- 4th March, 08:00 am - [Breast, Colorectal, and Skin Cancer Screening in Baton Rouge](#)
- 18th March, 08:00 am - [Breast and Colorectal Cancer Screening in Hammond](#)
- 21st March, 03:30 pm - [Breast and Colorectal Cancer Screening in Denham Springs](#)

## Spring Forward

Daylight-saving time begins Sunday, March 12 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.



# PATHWAYS EVENT

## YOU'RE INVITED



## 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 series and Financial Wellness Check-ups, 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.

### 3-Part Series

A series of engaging onsite financial wellness seminars. These easy-to-understand seminars are designed to teach you how to best manage your financial house in all areas related to financial wellness.

- Setting your financial goals
- Protecting your assets through risk management
- Investment principles
- Healthcare planning
- Retirement and asset distribution strategies
- Tax strategies
- Estate planning strategies
- How your benefits fit into your overall financial wellness

**March 14, 22, & 30, 2023**  
**10:00 a.m. – 11:00 a.m. (CST)**  
**via WebEx**

### Financial Wellness Check-ups

Employees can schedule a 30-minute financial wellness checkup with their dedicated Prudential Pathways speaker.

**March 16, & 28, 2023**  
**9:00 a.m. – 4:00 p.m.**  
**via Phone**

**[Register Now!](#)**

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



## A Healthier Take on the Shamrock Shake



### Ingredients:

- 3 cups loosely but firmly packed baby spinach (about 2 ounces)
- 1/2 cup nonfat milk
- 3/16 teaspoon mint extract (not peppermint – see note)
- 2 cups of your favorite reduced-fat vanilla ice cream or frozen yogurt (not frozen Greek yogurt)

### Instructions:

1. In a blender, combine spinach, milk, and extract until spinach is completely incorporated, with no tiny green pieces visible, scraping down the sides two or three times as needed. The mixture will be whipped and frothy.
2. Add ice cream/frozen yogurt and blend just briefly, until smooth and completely mixed, scraping down sides if needed. Do not over-blend or the milkshakes won't be as thick.
3. Serve immediately.


### Notes

**Mint Extract:** Be sure to purchase extract labeled as "mint" and not "peppermint." Mint extract contains oils from both spearmint and peppermint, and pure peppermint extract absolutely won't taste right in this milkshake. Also, we realize that 3/16 teaspoon is an unusual measurement, but through our testing, we consistently found that 1/8 teaspoon wasn't quite enough, but 1/4 teaspoon was too much. Unless you own a 1/16 teaspoon measure, just fill your 1/8 teaspoon once, then estimate as you fill it about half full again. Alternately, you could use a scant 1/4 teaspoon. That should be close enough, and you can adjust the amount of extract to taste.

**Separation:** Similar to many smoothies, this milkshake will begin to separate upon standing. If that happens, just give it a swirl with a spoon, or briefly re-blend.

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