



May is Skin Cancer Awareness Month

Winter is over and that means many of us will be spending 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 is 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.



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.

May is Women's Health Month

There's no better time for women to make sure they're aware of their health status than during Women's Health Month, an awareness campaign to empower women to make their health a priority. For many women, the rigorous day-to-day demands of work and family can leave their well-being a secondary concern. But it is vitally important for women to prioritize their health, especially those with underlying conditions such as hypertension, diabetes, obesity, cardiovascular, and respiratory conditions. For women 65 and older, it's even more important.

Scheduling regular check-ups and screenings can help to safeguard one's health, potentially catching early-stage illnesses. At Access2day, we're committed to enabling people to look out for their health in an easier and more affordable manner. A great way to start is to take advantage of your OGB wellness checkup – and save \$120 too!

It's easy!

- Visit your local Access2day clinic for your \$0 OGB wellness checkup. (note: not for dependents or spouses)
- [Click here](#) to download the Catapult form to print and take with you for your Access2day provider to fill out. Then, simply return the form to Catapult Health by the September 29th deadline.
- You'll receive a \$10 monthly discount on your health insurance costs for the 2024 plan year, a total of \$120!

At Access2day, we believe looking after your health is of the highest priority. Celebrate this Women's Health Month by taking advantage of the wellness resources available to you at Access2day Health clinics! Find your nearest location today: <https://access2dayhealth.com/locations>



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 **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
05/01 – 05/2023	Woodlawn Middle - Ouachita Parish School Board (West Monroe) Bienville Building (Baton Rouge) Grambling State University (Grambling) State Archives Building (Baton Rouge) DOTD District 05 (Monroe) DOTD District 03 (Lafayette) Northwestern State University (Natchitoches) Southeast Louisiana Flood Protection Authority West (Marrero) Raymond Laborde Correctional Center (Cottonport) Louisiana School for the Deaf and Visually Impaired (Baton Rouge) Jefferson Parish School Board Emenes Building (Harahan) Louisiana Tech University (Ruston, LA) DCFS (Shreveport) University of New Orleans (New Orleans) Nicholls State University (Thibodaux)
05/08 – 12/2023	Delgado CC West Bank Campus (New Orleans) DOTD District 61 East Baton Rouge (Baton Rouge) Parkway Elementary School - Vernon PSB (Leesville) LA Retirement Systems Building TRSL (Baton Rouge) State Military Department - Camp Beauregard (Pineville) Acadiana Area Human SVC District (Lafayette) SOWELA Tech Community College (Lake Charles)
05/15 – 19/2023	Central Office - Jefferson Parish School Board (Harvey) Probation and Parole (Alexandria) Vernon Parish School Board - Hornbeck High School (Hornbeck) Probation and Parole (Covington) Region 4 Medicaid DOC Headquarters (Baton Rouge) DOTD Headquarters (Baton Rouge) Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge) Sabine Parish School Board – Negreet High School (Negreet) LSU Shreveport (Shreveport) Sabine Parish School Board - Ebarb High School (Noble) St Bernard Port - Harbor & Terminal (Chalmette) Beauregard Parish School Board - East Beauregard HS (DeRidder)
05/22 – 26/2023	St. Helena Central College and Career Academy - St Helena PSB (Greensburg) Central Office - Jefferson Parish School Board (Harvey) Claiborne Building (Baton Rouge) Benson Towers (New Orleans) Louisiana State Penitentiary (Angola) Department of Wildlife and Fisheries (Baton Rouge) DEQ - Southeast Regional Office (New Orleans) Sabine Parish School Board - Many Elementary School (Noble) Central Louisiana State Hospital (Pineville) Washington Parish - Mt. Hermon School St. Bernard Parish School Board (Chalmette) - EMPLOYEES ONLY University of New Orleans (New Orleans)
05/29 – 31/2023	St. Bernard Parish School Board (Chalmette) - EMPLOYEES ONLY Jefferson Parish School Board Emenes Building (Harahan)

Everything You Need to Know About Medicare

Turning 65 soon? Have questions about Medicare? Our Blue Cross Medicare Benefit Specialists team has answers! They share the most common questions they get about Medicare and give you resources to find the plan that's right for you.



Know the Facts About Stroke

Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

An easy way to remember the most common signs of stroke and how to respond is with the acronym F.A.S.T.:



Other common signs of stroke are:

- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden numbness of the face, arm, or leg
- Sudden confusion or trouble understanding others

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast you get to the hospital and the type of stroke you had. When you are transported by ambulance, first responders may be able to start your treatment right away and can alert the hospital that a stroke patient is on the way. This notification gives the hospital's medical team time to prepare equipment and medicines you may need.

Are you or your partner pregnant, or have recently had a baby?

The purpose of the **Couples in Pregnancy research study** is to perform focus groups to inform the design of a couple-based intervention to optimize health during pregnancy.

To qualify for this research study, participants should:

- Currently be pregnant or have had a baby within the past year
- Be 18-45 years old
- Be willing to be audio recorded
- Be able to attend visit together as a couple

Compensation of up to \$50 is offered for the completion of this study. To sign up or see other studies currently recruiting, please visit www.pbrc.edu/HealthierLA.

If you need further assistance, you can contact our recruiting team at 225-763-3000 or clinicaltrials@pbrc.edu.



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 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.

How Public Employees Can Prepare for the Financial Challenges of Retirement

This seminar will cover important topics, like these:

- How to fund retirement
- Understand and address retirement challenges
- How to navigate market uncertainty

Tuesday – May 9, 2023 from 10:00-11:00 a.m. (CST)
Wednesday – May 17, 2023 from 11:30 a.m. – 12:30 p.m. (CST)
Thursday – May 25, 2023 from 2:00-3:00 p.m. (CST)
via WebEx

[Click Here to Register](#)

Financial Wellness 360

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

Thursday – May 11, 2023 from 9:00 a.m. – 4:00 p.m. (CST)
Tuesday – May 23, 2023 from 9:00 a.m. – 4:00 p.m. (CST)
via phone

[Click Here to Register](#)

If you have a question or concern, please contact us at Pathways@prudential.com or 844-592-8993.

Crab Roll



This healthier take on the classic lobster roll uses crab because it's usually easier (and less expensive) to buy. Serve this crab roll with coleslaw and your favorite ice-cold beverage.

Ingredients:

- ¼ cup low-fat mayonnaise
- 1 TBSP freshly grated lemon zest
- 2 TBSP lemon juice
- 10 dashes hot sauce
- ½ TSP freshly ground pepper
- 1/8 TSP salt
- ¼ cup finely chopped shallot
- ¼ cup finely chopped celery
- ¼ cup thinly slice fresh chives, divided
- 12 OZ cooked crabmeat (about 2 cups)
- 4 whole wheat hot dog buns
- 8 leaves of red or green leaf lettuce

Instructions:

1. Whisk mayonnaise, lemon zest, lemon juice, hot sauce, pepper and salt in a medium bowl. Thoroughly mix in shallot, celery and 3 tablespoons chives. Mix in crab very gently so it doesn't break up too much.
2. Line each bun with lettuce and divide the crab filling among the buns. Garnish with the remaining 1 tablespoon chives.

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

Follow us on Twitter



Follow us on YouTube



[Follow us on Facebook](#)

