



### Love your heart

Only you can love your heart. While you can't change some of your risk factors for heart disease, such as age, race and heredity, you can do a lot to reduce or control others, such as:

- **High blood pressure** — High blood pressure can increase your risk of stroke and heart attack.
- **Smoking**—If you smoke, your risk of developing coronary heart disease is two to four times that of nonsmokers.
- **High cholesterol**—The higher your total blood cholesterol, the greater your risk of coronary heart disease.
- **Physical inactivity** — Lack of physical activity increases your risk of coronary heart disease.
- **Obesity or overweight**— If you have excess body fat — especially at the waist — you're more likely to develop heart disease and stroke.
- **Diabetes**— increases your risk of heart disease and stroke, especially if your blood glucose (sugar) is not controlled.
- **Take action** — talk to your health care provider about how these factors affect your risk of heart disease. Together, you can develop an effective heart disease prevention plan. It's an important part... of loving your heart.



### Celebrate Heart Health

Heart disease is the leading cause of death for men and women in the United States. The good news is heart disease can often be prevented when you make healthy choices and manage your health conditions.

This month, celebrate heart health by choosing a habit (or all 5) to add to your life for a happy heart:

- **Eat to your heart's content** – 50% fruits and vegetables, 25% lean proteins, 25% whole grains.
- **Move that body** – 150 minutes a week of exercise is all you need!
- **Aim to lose** – Get and keep your BMI (body mass index) to less than 25.
- **Watch the pressure** – Maintain a healthy blood pressure: 120/80 or lower is ideal.
- **Break up with a bad habit** - If you smoke, quit. Your heart will thank you!

You can greatly reduce your risk of heart disease — or slow its progress — by taking prevention to heart.



### Live Better Louisiana

Earn your 2025 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 30, 2024** to get your preventive health checkup in order to be eligible for the 2025 wellness credit!

## Live Better Louisiana Clinics

Date	Location
01/28/2024 – 02/03/2024	DOTD Headquarters (Baton Rouge) Jefferson PSB - Central Office (Harvey)
02/04 – 10/2024	Benson Towers (New Orleans) Southeastern Louisiana University (Hammond, LA) Vernon PSB - Rosepine HS (Rosepine) DCFS (Livingston) St. Tammany Economics Stability/Child Welfare Office (Covington) DCFS (Bogalusa)
02/11 – 17/2024	Morehouse PSB - Student Service Center (Bastrop)
02/18 - 24/2019	Franklinton Primary School Washington Parish (Franklinton) Pinecrest Supports and Services Center (Pineville) Washington Parish - Enon Elementary School (Franklinton) Jefferson PSB - Emenes Building (Harahan) Benson Towers (New Orleans) Caldwell PSB - Central Office (Columbia) Caldwell PSB - Central Office (Columbia)
02/25/2024 – 03/02/2024	LTC Medicaid - Region 4 (Opelousas) Mt. Hermon School - Washington Parish School Board (Mt. Hermon) LA Retirement Systems Building TRSL (Baton Rouge) Nicholls State University (Thibodaux) Washington PSB - Varnado High School (Angie) Vernon PSB - Pickering HS & ES (Leesville)

### Small Shifts

At Pennington Biomedical, we understand that making drastic lifestyle changes can be overwhelming and difficult to maintain. Our research shows that subtle adjustments to your habits and choices are easier to adopt, integrate into your life, and stick with over the long term. That's why this year, we're emphasizing the power of small shifts.

Each month, we will be promoting a new small shift around nutrition, exercise, and mental health that is easy to implement into daily life. We'll also do monthly giveaways, send out recipes from our metabolic kitchen, and give a FREE health journal to anyone who signs up!

We hope you decide to join us in making #smallshifts this year. For more information or to sign up, visit [www.pbrc.edu/smallshifts](http://www.pbrc.edu/smallshifts).

Together, we can create a ripple effect of positive change!



### Step Away from Your Desk

Many of us make a resolution every year to add more exercise to our daily routines, but it's easier said than done. Finding time to exercise can be a challenge when you are trying to juggle work and family time. Here are a few tips that can help you add more activity to your workday:

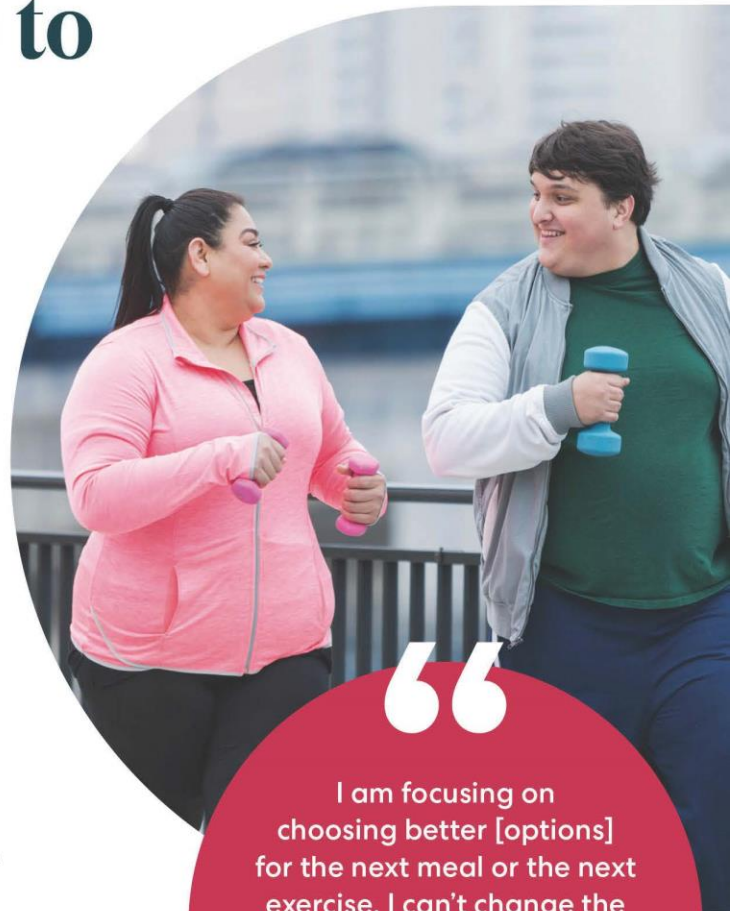
- **Stand up and work** – Standing burns more calories than sitting does. Look for ways to get out of your chair. Stand while talking on the phone. Skip email and walk to a colleague's desk for a face-to-face chat.
- **Take fitness breaks** – Instead of hanging out in the break room with a coffee or snack, take a brisk walk or do some light stretching.
- **Join forces** – Organize a lunchtime walking group. You can hold each other accountable for regular exercise and offer encouragement to one another when the going gets tough.
- **Conduct meetings on the go** – When it's practical, schedule walking meetings or walking brainstorming sessions. Do laps inside your building or if the weather cooperates, take your walking meetings outdoors.
- **Treat elevators as the enemy** – Unless you work at the top of a 40-story building, skip the elevator and take the stairs.

# Take the first step to a healthier heart

**No doubt about it**—regular activity really pays off, from lowering your blood sugar and cholesterol to reducing your risk of heart disease and stroke.

## 3 Ways to Get Active Today:

- 1 Ease into it**  
Exercise doesn't need to be tough to be helpful and going too hard too soon can lead to injury. Start gradually, like taking regular walks or trying out yoga.
- 2 Listen to your body**  
Go slow, do what you can, and take breaks as needed. Consistent activity that you can build on slowly over time will help you see progress more than an intense activity that's harder to stick with.
- 3 Bring a buddy**  
Create a support system to help you stay on track. Find a friend to walk with at lunch or someone you can text to hold you accountable for your daily goal.



“ I am focusing on choosing better [options] for the next meal or the next exercise. I can't change the past but I can choose to do better one step at a time.”

—  
TRISHA,  
OKLAHOMA

**Thanks to OGB, you have access to Omada to help reach your heart health goals.** Get personalized health support from anywhere, at no additional cost to you, if eligible.

\$0

Zero cost for eligible members



Dedicated care team with a health coach (yes, real people)



Personalized care plan tailored to each member's lifestyle



Smart devices to easily track your progress, 24/7



If you or your adult family member are at risk for diabetes or heart disease and enrolled in an Office of Group Benefits Blue Cross health plan, the Office of Group Benefits, in partnership with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program—a \$650 value.

\* Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person.

**Claim your benefit at**  
[omadahealth.com/ogb](https://omadahealth.com/ogb)

## American Heart Association Heart Walks in Louisiana

The **Heart Walk** has always been a great way to get moving while socializing with friends, family and co-workers leading up to and on the day of event. But it's so much more than a walk. Walking in the Heart Walk boosts your heart health AND mental health while helping millions of others at the same time.

Be a supporter of critical research. Be a community energizer. Be a champion. Be a lifesaver. You are all of these things because you are a walker. Here are Louisiana Heart Walks scheduled for 2024. Find a walk near you at [www.heart.org/en/get-involved/find-an-event-near-you](http://www.heart.org/en/get-involved/find-an-event-near-you).

### Baton Rouge Heart Walk

April 6, 2024  
Check-in 8:00am | Walk Begins 9:30am  
Rhorer Plaza, Downtown Baton Rouge

### Acadiana Heart Walk

October 5, 2024  
Check-in 8:00am | Walk Begins 9:00am  
River Ranch Town Square, Lafayette

### Northshore Heart Walk

May 11, 2024  
Check-in 8:00am | Walk Begins 9:00am  
Covington Trailhead, Covington

## Our Access2day Members Are Our Sweethearts

*Love and affordable quality care are in the air at Access2day!*



### What Members Love About Access2day

- 98% Visit Satisfaction Rate
- 96% Will Visit Access2day Again

At Access2day Health, nothing gives us warm and fuzzy feelings like our members getting the most out of their clinic visits and coming back for more. For affordable and quality care, we want to be there for you when you need us. That's why we're thrilled to announce that 98% of members surveyed are satisfied with the care they receive.

After all, what's sweeter than \$0 cost preventative, primary, and urgent care and no appointment needed? Plus, you can go to any Access2day clinic location anywhere.

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

## RSEA Scholarship

RSEA of Louisiana is pleased to announce it will award up to \$3,000 in scholarships to students attending an accredited Louisiana institute of education. The qualifications for the scholarship are as follows:

The student's parents/grandparents must be members of RSEA and have continuous membership for three consecutive years.

The student must be currently enrolled in or accepted to an accredited Louisiana institute of education and have a GPA of at least 2.5. Only full-time students will be considered.

The student must submit a written statement expressing their financial need for the scholarship, and must submit two personal letters of reference, with at least one from an academic advisor.

The student must submit a detailed statement (500 words or less) regarding their educational/career goals.

Their current ACT or SAT score, as well as a school transcript. Finally, their signed application.

Applications may be mailed or e-mail your application to [janthony.rsea@gmail.com](mailto:janthony.rsea@gmail.com). You can download an application from the RSEA website at [www.rseala.org](http://www.rseala.org) and click [2024 RSEA Scholarship Application](#)

RSEA of Louisiana  
ATTN: Scholarship Foundation  
9412 Common St., Suite 7  
Baton Rouge, LA 70809-8414

Deadline for applications is Friday, April 26, 2024. If you need additional information, please contact Jimmy Anthony at (225) 831-4988.



## Hot Honey Bangin' Crunchy Cornflake Baked Chicken



*Incredible crunchy cornflake baked chicken tossed with delicious spices and drizzled with hot honey. This easy cornflake chicken recipe comes together with simple ingredients and in under an hour for a dinner you'll crave!*

### Ingredients: Cornflake Coating

- 6 cups cornflakes
- 1 tsp paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt

### Ingredients: Chicken

- 2 large eggs
- 2 tbsps. almond milk (or milk of choice)
- 1 ½ - 2 lbs. boneless, skinless chicken thighs

### Ingredients: Hot Honey

- ½ cup honey
- 2-3 tsps. hot sauce

### Instructions:

1. Preheat oven to 400°.
2. Add cornflakes to food processor and pulse until they reach a fine crumb similar to bread crumbs. Transfer mixture to a medium bowl and whisk in paprika, onion powder, garlic powder, black pepper and salt until well combined.
3. In a separate medium bowl, whisk together the eggs and milk. Set aside.
4. Line a large baking sheet with an oven safe wire metal rack. Spray with nonstick cooking spray.
5. Dip each chicken thigh into the egg mixture, then use tongs to grab each piece and toss generously into the breadcrumb mixture to completely coat with breadcrumbs. Use tongs to transfer to the wire rack. Repeat with remaining pieces.
6. Generously spray the tops of the chicken with nonstick spray. Bake in the oven for 20-25 minutes until cooked through and temp reaches 165° with a meat thermometer.
7. Right before serving, make the hot honey: add honey and hot sauce to a small bowl, microwave for 10-15 seconds. Taste and add more hot sauce to your liking. Drizzle honey over the chicken or use it as a dip for the chicken.

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

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