



Avoid Overheating in the Summer Sun!

Every day can feel like a scorcher during the summer months. That is why it is important to take the heat seriously since overheating can pose a risk to your health. Here are a few ways to prevent heat exhaustion when it's *really* hot outside:

1. **Avoid becoming dehydrated** - Staying properly hydrated can help your body regulate its temperature.
2. **Dress for the heat (and humidity)** - It's important to dress light when it's hot. Humidity also affects your ability to sweat, so if it's hot *and* humid, consider wearing moisture-wicking fabrics.
3. **Seek A/C or shade as often as possible** - After being cooped up inside all day, getting outdoors can be a great reprieve. But, when it's really hot, you may consider staying indoors during the hottest parts of the day.
4. **Exercise indoors or early in the morning** - Strenuous activity can make it even easier to overheat on a hot, humid day. Consider switching to workouts you can do indoors. If your workout requires being outside, plan for an early morning workout.
5. **Know the signs of heat exhaustion and when to seek emergency care** - According to the CDC, heat exhaustion can involve symptoms such as:
 - a. Weakness
 - b. Cramps
 - c. Nausea and vomiting
 - d. Headache
 - e. Fainting

If steps aren't taken to reduce overheating, heat exhaustion can progress to heat stroke — the most severe form of heat illness. Heat stroke is a medical emergency that requires immediate treatment in an emergency room.



Don't Forget the Water!

Since water makes up more than two-thirds of the human body's weight, keeping properly hydrated during the summer months is very important to your overall health. When leading a healthier lifestyle, one of the simplest changes you can make is drinking more water instead of beverages loaded with sugar and calories.

“Do’s and Don’ts” for keeping hydrated:

Do’s

- ✓ Drink at least 8 glasses of water a day to remain hydrated.
- ✓ Drink 8-10 oz. of water every 15 minutes during a run and another 10-12 oz. immediately following a workout.
- ✓ Have children take water breaks every 15-20 minutes while playing outside or participating in a sports activity. Get kids in the habit of always carrying cold water when they go outside to play (ride bikes, skateboard, etc.).
- ✓ When packing the car for a weekend trip, don't forget to include water in the cooler. Freeze a partially full bottle of water the night before a trip and fill it with more bottled water before you leave and you'll have instant chilled water.

Don'ts

- ✗ Don't wait until you feel thirsty to drink water, you're already experiencing the signs of dehydration.
- ✗ Don't substitute soda or juice as a proper beverage to prevent dehydration. Most sodas contain sugar and caffeine which may speed up dehydration.
- ✗ Don't drink surface water from lakes, rivers, or pools. This water is often untreated and could contain harmful contaminants.
- ✗ Don't expect the coach or other adult supervisors to provide beverages for children during sports activities or summer camp.



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 or call **1-877-841-3058**. Complete your clinic to get the credit. If you cannot 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 30, 2024**, to get your preventive health checkup to be eligible for the 2025 wellness credit!

Live Better Louisiana Clinics	
Date	Location
07/01 – 05/2024	River Parishes Community College - Gonzales, LA
	Richland Parish Central Office - Rayville, LA
	Many Elementary - Many, LA
	Bossier Parish CC - Bossier City, LA
	Claiborne Building - Baton Rouge, LA
07/08 – 12/2024	DOTD District 62 - Hammond, LA
	Pinecrest - Pineville, LA
	Galvez Building - Baton Rouge, LA
	Lafourche Parish Medicaid Office - Thibodaux, LA
	Ouachita PSB - Central Office - West Monroe, LA
	Concordia PSB - Central Office - Vidalia, LA
	Court of Appeals 2nd Circuit - Shreveport, LA
	Delgado CC City Park - New Orleans, LA
	Claiborne Parish Central Office - Homer, LA
	ImCal Admin/DD Office - Lake Charles, LA
07/15 – 19/2024	Galvez Building - Baton Rouge, LA
	LA Delta Community College - Winnsboro, LA
	LA Delta Community College - West Monroe, LA
	Lallie Kemp Charity Hospital - Independence, LA
	Office of Attorney General - Baton Rouge, LA
	BRCC - Baton Rouge, LA
	Housing Authority of New Orleans - New Orleans
	LA Delta Community College - Ruston, LA
	TRSL - Baton Rouge, LA
	Elayn Hunt Correctional Center - St. Gabriel, LA
07/22 – 26/2024	LA Delta Community College - Monroe, LA
	Central LA Human Services District - Alexandria, LA
	Department of Public Safety - Baton Rouge, LA
	Franklin PSB - Central Office - Winnsboro, LA
	Office of Public Health - Alexandria, LA
	Pointe Coupee PSB - Central Office - New Roads, LA
	LSU School of Dentistry - New Orleans, LA
	Dept of Natural Resources - LaSalle Bldg - Baton Rouge, LA
	Dept of Revenue - LaSalle Bldg - Baton Rouge, LA
	LDH Bienville Bldg - Baton Rouge, LA
07/29 – 31/2024	St. Landry PSB Resource Center - Opelousas, LA
	Calcasieu Child Welfare - Lake Charles, LA
	Department of Public Safety - Baton Rouge, LA
	Eastern Louisiana Mental Health System ASSA - Jackson, LA
	Eunice High School - St. Landry PSB - Eunice, LA
	Natchitoches PSB - Central Office - Natchitoches, LA
	Red River PSB - Red River HS - Coushatta, LA
	Southeastern - Hammond, LA
	Livingston PSB - Denham Springs Junior High - Denham Springs, LA

Summer Safety Roundup: Ensure Health And Wellness with Access2day!

From taking advantage of the summer months by prioritizing checkups to staying safe from high temperatures and fireworks risks, summer is a time for celebrating wellness and safety. Make health a priority this summer with the following guidelines:

Children's Health: Why Regular Check-ups Are Essential

- Early Detection: Identify and address potential health issues before they become serious.
- Growth and Development Monitoring: Track your child's growth, development, and milestones.
- Vaccinations: Ensure your child is up to date with vaccinations to protect against preventable diseases.
- Hearing and Vision Tests: Early detection of sensory issues that could affect learning and development.

4th of July Tips

Don't let unnecessary accidents spoil your celebration. Stay safe this July by following these fireworks safety tips:

- Always keep a source of water 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 or play around with fireworks.
- 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 health and safety a priority this summer! Access2day can help with wellness resources available at all clinic locations: <https://access2dayhealth.com/locations>



Summer is a perfect time to take your children to the doctor – especially if it's been more than a year since their last checkup.

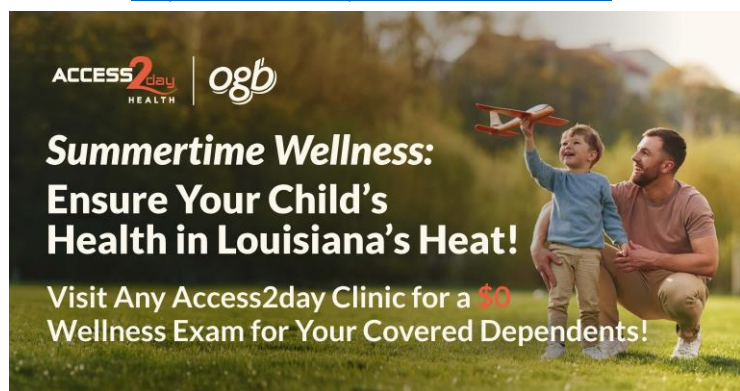
“A checkup should definitely be on your back-to-school checklist,” said Dr. Tracy Lemelle, a pediatrician who is one of Blue Cross’ medical directors. “Children grow and develop much faster than adults, and having regular visits with your family’s doctor is important. Checkups help you stay on top of any needed shots, screenings or tests your children should have.”

In addition to getting needed vaccines, a checkup is a great opportunity to:

- Make sure your child is hitting all age-appropriate milestones for growth and development
- Ask about any concerns you or your child have related to learning abilities or participation in activities
- Check in on your child’s mental and emotional well-being, especially if your child is going through a life or family change, has shown ongoing signs of depression, fear or anxiety, or is struggling to make or keep social connections

Most health plans cover an annual wellness visit at very low or no out-of-pocket cost. “Don’t wait until the end of summer, when everyone will be trying to get this done,” Dr. Lemelle said. “Call the doctor’s office today and schedule your child’s checkup.”

Read more about AAP's schedule of well-child visits: <https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>



UV Safety Month: Staying Safe in the Sun

UV Safety Month serves as another opportunity to remind ourselves of the dangers the sun's UV rays can pose.

This month we go beyond skin though – because the damage UV rays cause can extend to our eyes as well!

Do Not Ignore Your Sunscreen

At a minimum, you want your sunscreen to be *at least* SPF 30. It has become increasingly common to see higher SPF sunscreen available at most retailers as well. If you plan to be outside for extended periods, you will need to re-apply your sunscreen according to the recommended time frame on the bottle. This is usually about every two hours.

Additionally, you should keep an eye on your sunscreen's expiration date. This is often two or three years from purchase and is crucial in having the sunscreen work. Expired sunscreen will provide little benefit as the active ingredients will have gone bad.

Does UV Protection Clothing Help?

Ultraviolet Protection Factor (UPF) Clothing is clothing designed to help protect your skin from UV rays. It can easily be confused with regular active wear since it has a similar look and feel. UPF ratings are similar to SPF ratings, and while not the same, wearing a UPF 30 shirt is *comparable* to SPF 30 sunscreen.

With clothing-based protection, you will have some gaps where the clothing does not cover (the back of your neck for example). Also, as the clothing receives more wear and tear from years of being worn its effectiveness will decrease. Most UPF clothing will last two to three years under regular wear.

Keep Your Shades On

Sunglasses are not just for making it easier to see on bright days, but they are also for protecting your eyes – just the same as sunscreen. When you purchase a new pair of sunglasses, pay attention to the numbers on the stickers and tags. Most sunglasses block out nearly all UV rays to the eyes.

What about Your Hair?

It can be helpful to wear a hat when outside in the sun to help shield your face – but it also helps cover the hair. The sun can cause your hair to become discolored, dry, and brittle.

There are special hair products you can use to protect your hair if this becomes an issue for you.



Pennington Biomedical's July Small Shift: Prioritize Sleep

This month, our focus is on prioritizing sleep. Quality sleep is essential for physical health, mental clarity, and emotional resilience. By making small adjustments to your sleep routine, you can enhance your overall health and energy levels.

Here are a few tips to help you prioritize sleep:

- **Create a Sleep Schedule:** Aim to go to bed and wake up at the same time every day, even on weekends. Consistency helps regulate your body's internal clock.
- **Wind Down Before Bed:** Establish a relaxing pre-sleep routine. This might include reading a book, taking a warm bath, or practicing meditation.
- **Limit Screen Time:** Reduce exposure to screens at least an hour before bedtime. The blue light from phones, tablets, and computers can interfere with your sleep cycle.
- **Optimize Your Sleep Environment:** Make your bedroom a sleep sanctuary. Keep it cool, dark, and quiet, and invest in a comfortable mattress and pillows.

Join us in making this small shift and experience the transformative effects of better sleep. We encourage you to share your progress, tips, and experiences on social media using the hashtag #SmallShifts. Visit www.pbrc.edu/smallshifts for more on the campaign.

Let's make a big impact on our health with the simple act of prioritizing sleep!



Grilled Mahi-Mahi & Asparagus with Lemon Butter



Ingredients:

- 1-1 1/4 pounds mahi-mahi, wild salmon, tuna, or cod, skinned if desired, cut into 4 portions
- Cooking spray, preferably canola oil
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons butter
- 2 bunches asparagus, trimmed
- 1/2 teaspoon salt plus a pinch, divided
- 1/8 teaspoon garlic powder
- 2 tablespoons lemon juice

Instructions:

1. Preheat grill to medium-high.
2. Place fish and asparagus on a large rimmed baking sheet and coat both sides with cooking spray; sprinkle with 1/2 teaspoon salt, pepper, and garlic powder.
3. Oil the grill rack. Place the asparagus on one side, perpendicular to the grates; place the fish on the other side. Grill the fish, turning once, until opaque, 3 to 5 minutes per side (depending on thickness); grill the asparagus, turning occasionally, until lightly charred, 5 to 7 minutes.
4. Place butter, lemon juice, and a pinch of salt in a small, microwave-safe bowl. Microwave on High to melt the butter, about 25 seconds. Drizzle each portion of fish and asparagus with about 1 tablespoon of the lemon butter.

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