



PTSD Awareness Month

PTSD (post-traumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

Anyone can develop PTSD at any age. There are factors that can increase the chance someone will develop PTSD, and these are often not under that person's control. To begin understanding PTSD:

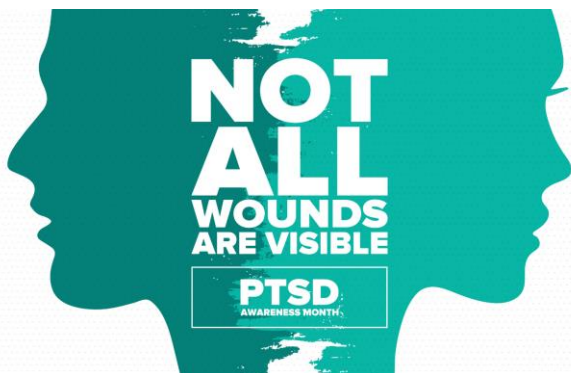
- Start with [PTSD Basics](#). This page offers key information about trauma, PTSD, and treatment options.
- Download the [Understanding PTSD and PTSD Treatment](#) (PDF) booklet.
- Participate in free, in-depth [Continuing Education Courses](#) for more advanced information. Professionals can earn continuing education credits for most courses.

Understand PTSD Treatment

There are options for treating PTSD. For many people, effective treatments lessen the intensity or get rid of symptoms altogether. Take the mystery out of PTSD treatment:

- Watch this short [whiteboard video](#) PTSD Treatment: Know Your Options to learn which treatments are best.
- Use the [PTSD Treatment Decision Aid](#) to find the treatment that is best for you.
- Visit [AboutFace](#), a website where Veterans, their family members, and clinicians talk about turning life around with PTSD treatment.

Despite effective treatments, many people with PTSD don't seek help. Everyone with PTSD, whether they are Veterans or civilians, needs to know that treatments work and can improve their quality of life.



Pennington Biomedical Encourages You to Add More Fruits and Vegetables to Your Diet

This month, our small shift is all about boosting your intake of fruits and vegetables. These nutrient-packed powerhouses can significantly improve your overall health, energy levels, and mood. Whether it's adding a handful of berries to your breakfast, snacking on carrot sticks, or incorporating a side salad into your lunch, small changes can lead to big benefits. Here are a few easy ways to start adding more fruits and veggies to your diet:

- **Smoothie Boost:** Start your day with a vibrant fruit and veggie smoothie. Try blending spinach, banana, and berries for a delicious and nutritious kick-start to your morning.
- **Snack Smart:** Keep sliced veggies like carrots, cucumbers, and bell peppers on hand for quick, healthy snacks.
- **Mealtime Makeover:** Add an extra serving of vegetables to your meals. Stir fresh or frozen veggies into soups, stews, and pasta dishes.
- **Fruit First:** Swap out your usual dessert for a piece of fruit or a fruit salad.

Practice Some Mindful Breathing with Pennington Biomedical

Practicing mindful breathing is a simple yet powerful tool for managing stress and improving mental well-being.

1. Here's how can you get started:
Get comfortable: Lay down in a comfortable place or take a seat in your favorite armchair, making sure you feel fully supported and relaxed.
2. 4-7-8 Breathing: Breathe in through your mouth for 4 seconds, hold a full breath for 7 seconds, then breathe out for 8 seconds. Repeat 5-8 times.
3. Relax: After deep breathing, take time to relax.

For more advice on how to live a healthier lifestyle, be sure to follow Pennington Biomedical on social media. Join us in making this small shift and experience the positive changes in your health and well-being. Remember, it's the small changes that lead to big results. Visit www.pbrc.edu/smallshifts for more information.



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

Live Better Louisiana Clinics	
Date	Location
06/03 – 07/24	St. Bernard PSB (Chalmette)
	Bossier Parish Community College (Bossier City)
	Dept of Agriculture and Forestry (Baton Rouge)
	Dept of Natural Resources - LaSalle Building (Baton Rouge)
	State Treasurer's Office (Baton Rouge)
	St. Landry PSB - Resource Center (Opelousas)
	Central Louisiana State Hospital (Pineville)
	Capital Area Human Services District (Baton Rouge)
	FPHSA Slidell Behavioral Health Clinic (Slidell)
	Delgado CC City Park (New Orleans)
	Office of Public Health Laboratory (Baton Rouge)
	East Baton Rouge Housing Authority (Baton Rouge)
	Livingston PSB - Denham Springs ES (Denham Springs)
Southwest Louisiana War Veterans Home (Jennings)	
06/10 – 14/24	St. Bernard PSB (Chalmette)
	Probation and Parole (Shreveport)
	Zwolle Elementary School (Zwolle)
	Livingston PSB - Central Office (Livingston)
	Louisiana State Penitentiary (Angola)
	DOTD Houma/D02 Administration Office (Houma)
	Concordia PSB - Vidalia High School (Vidalia)
	Evangeline PSB - Ville Platte High School (Ville Platte)
	Probation and Parole (Alexandria)
	Raymond Laborde Correctional Center (Cottonport)
	Rayburn Correctional Center (Angie)
DEQ - Southeast Regional Office (New Orleans)	
Pinecrest Supports and Services Center (Pineville)	
06/17 – 21/24	Bogalusa City School System - Central Office (Bogalusa)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Assumption PSB - Central Office - Media Center (Napoleonville)
	LDAF/Woodworth Complex (Woodworth)
	Probation and Parole (Baton Rouge)
	DCFS (Thibodaux)
	Florida Parishes Human Services Authority (Hammond)
	Louisiana Public Broadcasting (Baton Rouge)
	St. Landry PSB - Resource Center (Opelousas)
	Northeast Delta Human Services Authority (Monroe)
06/24 – 28/24	Southeastern Louisiana University (Hammond)
	Jefferson PSB - Emenes Building (Harahan)
	Assumption PSB - Pierre Part Middle/Primary School (Pierre Part)
	SOWELA Tech Community College (Lake Charles)
	DCFS (Shreveport)
	Southeast Louisiana Veterans Home (Reserve)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Claiborne Building (Baton Rouge)
	Elayn Hunt Correctional Center (St. Gabriel)
	Delgado CC Sidney Collier College (New Orleans)
Coastal Protection and Restoration Authority Headquarters (Baton Rouge)	

The Future's Looking Bright!

Access2day's Guide to Men's Health this summer

June marks Men's Health Awareness Month, a time dedicated to highlighting health initiatives and preventative measures specific to men. While this focus is crucial, it's equally important to maintain mindfulness about health every month. With Access2day Health, accessing preventive health screenings through your health plan has never been easier or more convenient, and it's available at no cost to you. Take charge of your health today, get your Live Better Louisiana Annual Wellness Checkup at \$0, and receive a \$120 credit on your 2025 health insurance premiums! Better health – Better savings!

Summer Safety Tips

As temperatures rise and outdoor activities beckon, it's essential to prioritize your well-being. Let's dive into some valuable tips and reminders:

- **Beat the Heat:** Did you know men are more likely to die of melanoma than women? As the sun shines brighter and the days get longer, it's crucial to protect yourself from the heat. Stay hydrated by drinking plenty of water and avoid strenuous activities during the hottest part of the day. Also, remember to apply sunscreen with at least SPF 30, wear protective clothing, and seek shade during peak sun hours to prevent sunburn and reduce the risk of skin cancer.
- **Exercise Outdoors:** Take advantage of the beautiful weather and move your workout outdoors! Outdoor exercise not only provides physical benefits but also boosts mood and mental well-being. Try activities like hiking, cycling, or playing sports with friends and family to stay active and energized.
- **Celebrate Summer with a Checkup:** Regular checkups and preventive screenings are crucial for maintaining good health. Schedule annual wellness exams, blood pressure checks, cholesterol tests, and vaccinations to stay proactive about your health. Prevention is key to catching any potential issues early and ensuring a long and healthy life.

Remember, your health is your most valuable asset, so make it a priority this summer and beyond. Stay safe, stay active, and take proactive steps to protect and nurture your well-being. Here's to a happy, healthy summer ahead!

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



June is Men's Health Awareness Month:
Take a Step Toward Better Health!

Visit Any Access2day Clinic for Your **\$0** Live Better Louisiana Wellness Exam

ACCESS2day HEALTH | **ogb**

Hurricane Season – Are you ready?

The 2024 Atlantic hurricane season is likely to be much worse than last year with 20 to 25 named storms predicted, and experts warn now is the time to prepare before the onslaught of storms and hurricanes begins.

	Named Storms	Hurricanes	Major Hurricanes	Accumulated Cyclone Energy (ACE)	Direct U.S. Impacts
Forecast 2024	20-25	8-12	4-7	175-225	4-6
Previous Year 2023	19	7	3	145.6	4
30-Year Historical Average 1990-2020	14	7	3	123	4

NOAA is forecasting a range of 17 to 25 total named storms (winds of 39 mph or higher). Of those, 8 to 13 are forecast to become hurricanes (winds of 74 mph or higher), including 4 to 7 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher).

Here's what to do before, during, and after a hurricane:

Now: Prepare

- Sign up for local alerts and monitor news and weather.
- Prepare to evacuate: test communication plans, learn routes, arrange a stay, and pack a "go bag."
- Stock emergency supplies.
- Protect property: install storm shutters, trim trees, review insurance, and catalog belongings.
- Safeguard important documents.

During: Survive

- Follow local authority guidance.
- Evacuate with your "go bag" if advised.
- Stay away from windows; shelter in an interior room on the lowest level.
- Move to higher ground if flooding occurs.
- Never walk or drive on flooded roads—"Turn Around, Don't Drown."
- Call 9-1-1 if in life-threatening danger.

After: Be Safe

- Return only when authorities say it's safe.
- Avoid damaged buildings until inspected.
- Watch for downed trees, poles, and power lines.
- Don't remove heavy debris alone; wear gloves and sturdy shoes.
- Don't drink tap water unless declared safe.

For more information, visit [GOHSEP's website](http://www.gohsep.org).

Beat the Heat

Summer is near, which means warmer weather and the potential for high temperatures that can lead to a variety of health problems.

BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT: Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO: More males than females are affected. Children, Older adults, Outside workers.

WHERE: Houses with little to no AC, Construction worksites, Cars.

HOW to AVOID: Stay hydrated with water, avoid sugary beverages. Stay cool in an air conditioned area. Wear light-weight, light colored, loose fitting clothes.

During extreme heat the temperature in your car could be deadly!

Outside Temperature	Inside Temperature	Time Elapsed
80°	109°	20 minutes
80°	118°	40 minutes
80°	123°	60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor: Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Excessive heat event in next 36 hours

DID YOU KNOW?

- Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.
- Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.
- Sunburn** can significantly slow the skin's ability to release excess heat.
- 206** people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit: <http://www.cdc.gov/extremeheat/>

Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

Are You on Track to
Meet Your Financial Goals?

LET'S TALK.



Financial Wellness 360



Guidance for mid-to late-career
employees' financial life

You've built a solid financial foundation, now is the time to take your financial wellness to a whole new level. Have you spent your early career staying focused on budgeting, saving, and managing debt? If so, it's time to take your financial wellness to a whole new level.

Financial Wellness 360 provides a holistic assessment of your goals, for your life and your money, with strategies to build on your financial foundation to achieve your milestones on time and with confidence. This is a whole new level of financial wellness. Join **Rebecca Martin** for your complimentary, no-obligation Financial Wellness 360 appointment. This appointment includes:

- One-on-one appointment with a Prudential Financial Professional.
- Thorough evaluation of your current financial needs and goals.
- Guidance to help you navigate day-to-day and future financial decisions.
- Next steps for a personalized foundational planning report.

Rebecca's office hours are 9:00am-4:00pm (CT) on 6/18 and 6/26 and by appointment only. To schedule an appointment, click the link below to select a time that works best for you.

[Click Here to Register](#)

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Pork, Pineapple and Onion Skewers



These skewers have it all—teriyaki sauce adds a hit of savory flavor while jalapeños bring the heat.

Ingredients:

- 1 lb pork loin, trimmed and cut into 1-inch pieces
- 1 small red onion, cut into 6 wedges, each halved crosswise
- 2 tbsp. olive oil
- Teriyaki sauce, for basting
- ½ small pineapple (about 1 lb.) trimmed, cored and cut into 1-inch pieces
- 8 oz. baby peppers (mixed colors), cut into 1-inch pieces
- Sliced jalapeño, for serving
- Kosher salt and pepper

Instructions:

1. In large bowl, toss pork, pineapple, onion, and peppers with oil and ½ teaspoon each salt and pepper.
2. Thread pork and vegetables onto skewers. Grill, turning occasionally, until pork is cooked through, 8 to 10 minutes total, basting with teriyaki sauce during last 5 minutes of cooking. Top with sliced jalapeño.

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

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