

## WELCOME TO LIVE BETTER LOUISIANA

Live Better Louisiana is OGB's game plan for better health. Sponsored by Blue Cross and Blue Shield of Louisiana at **no extra charge** to OGB members, the program offers resources to help you make educated choices, to prevent illness and to manage any conditions that do appear.

  
**LIVE BETTER LOUISIANA**  
OUR GAME PLAN FOR BETTER HEALTH

## WHAT'S THE GAME PLAN?

- 1. FILL OUT YOUR PERSONAL HEALTH ASSESSMENT (PHA):** This **confidential online questionnaire** provides you with a picture of your overall health and measures health risks and behaviors. It also gives you a **personalized risk report and action plan** for health improvement, with recommendations and access to the appropriate resources.

**How do I get there?** If you have an online account, go to [www.bcbsla.com/login](http://www.bcbsla.com/login). Enter your username and password and click the blue LOGIN button. Once you're logged in, click the My Assessment icon and follow the instructions to take your PHA. (If you haven't yet activated your online account, go to [www.bcbsla.com/activate](http://www.bcbsla.com/activate) first.)

- 2. SCHEDULE YOUR PREVENTIVE HEALTH CHECKUP:** Blue Cross has partnered with an industry leader, Catapult Health, to bring preventive checkups to **sites near you** all over the state. You can schedule a free checkup with a licensed nurse practitioner and technician through the online calendar. You'll get **lab-accurate diagnostic tests** and receive a full, **printed Personal Health Report** with checkup results and recommendations.

**How do I get there?** Schedule your appointment online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB).

### COMPLETE STEPS 1 AND 2 TO RECEIVE A PREFERRED PREMIUM IN 2016!

Catapult Health is an independent company that provides worksite wellness services on behalf of Blue Cross and Blue Shield of Louisiana and HMO Louisiana, Inc.



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### **3. TAKE CHARGE OF YOUR OWN HEALTH WITH A WEALTH OF RESOURCES:** Live Better Louisiana gives you access to a wide range of healthy activities and wellness-related deals and discounts.

**How do I get there?** Explore the **Wellness Programs** and **Discounts and Deals** tabs at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb). If your wellness checkup or PHA shows you are eligible for a disease management program (see below), a Blue Cross health coach will contact you. You may also be contacted if you're eligible for Prevent, OGB's new diabetes prevention program.

#### **Manage today for a healthier tomorrow**

Blue Cross and Blue Shield of Louisiana offers **In Health: Blue Health Services**—a disease management program to help you if you have a chronic health condition. At no additional cost to eligible members, In Health: Blue Health Services offers health coaching, prescription incentives, educational materials and caring support.

As an OGB plan member, you can participate in Blue Health Services if you:

- Are enrolled in one of the Blue Cross health plans;
- Do not have Medicare as primary health coverage; and,
- Have been diagnosed with one or more of these ongoing health conditions: diabetes, coronary artery disease, heart failure, asthma and/ or chronic obstructive pulmonary disease (COPD).

#### **Save money on prescriptions**

- Pay only \$20 (31-day supply), \$40 (62-day supply) and \$50 (93-day supply) for brand-name drugs when a generic is not available.
- **Pay \$0 for generic drugs** for a 31-day supply of covered drugs.
- Covered drugs include certain drugs specifically prescribed for treating diabetes, coronary artery disease, heart failure, asthma and COPD.

**Ready to join Blue Health Services?** Simply call our toll-free number at [1.800.363.9159](tel:1.800.363.9159) and speak with one of our health coaches to get started.

#### **Quit smoking**

Quitting can be easier with free, confidential support. The Louisiana Tobacco Quitline can help! Call **1-800-QUIT-NOW** or enroll for free at [www.quitwithusla.org](http://www.quitwithusla.org). Choose phone counseling, web support or both...develop a quit plan that works for you.

#### **Prevent type 2 diabetes**

OGB is offering eligible employees a new 16-week online program called **Prevent**, designed to help participants **lose weight and reduce risk of developing type 2 diabetes**. Employees who meet the criteria receive a personal health coach, a wireless scale and pedometer, weekly online lessons and more. Visit [preventnow.com/ogbrefer](http://preventnow.com/ogbrefer) to learn the criteria and to sign up, if eligible.

#### **Get exclusive discounts and deals**

Blue Cross brings OGB members deals on select health and wellness products and services through **Blue365**<sup>®</sup>. Discount offers include:

- Exclusive \$25/month membership to 8,000 gyms nationwide (with three-month commitment)
- 20% off all Reebok fitness gear, including shoes and apparel, plus free shipping
- 10-40% off Davis Vision products
- Discounts of 20-50% to a network of dentists

Find out more at [www.Blue365Deals.com/bcbsla](http://www.Blue365Deals.com/bcbsla).

Prevent is a program of Omada Health, an independent company that provides a diabetes prevention program to OGB members.