

## WELCOME TO LIVE BETTER LOUISIANA 2019

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



## LIVE BETTER LOUISIANA OUR GAME PLAN FOR BETTER HEALTH

2020 PREMIUM CREDIT GUIDELINES

## EARN YOUR 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 I 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 [www.bcbsla.com/PCPform](http://www.bcbsla.com/PCPform), to Catapult Health. Do this by Aug. 31, 2019, to earn your premium credit.

### WHAT MEMBERS HAVE SAID:

*If I had not gone for the Catapult checkup, I don't know when I would have found out I had diabetes.*

*I just want to say that it is because of my visit to Catapult last year that I made some serious lifestyle changes. I am healthier, I have lost weight and I am happier.*

*I thought this was a very good experience. I especially appreciated receiving the printout with the results of my test that also showed where the normal for the particular procedure should be. I wish doctors' offices that I go to would give this much information.*

Previously, OGB members also had to complete a Personal Health Assessment to earn their premium credit. However, the PHA requirement has been removed to earn the premium discount.



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# TAKE CHARGE OF YOUR OWN HEALTH WITH A WEALTH OF HEALTHY ACTIVITIES AND WELLNESS-RELATED DEALS AND DISCOUNTS.

## 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.

If you have an online account, go to [www.bcbsla.com/pha](http://www.bcbsla.com/pha). Enter your username and password and click the blue LOGIN button. Once you're logged in, click the Take My Health 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.)

## MANAGE TODAY FOR A HEALTHIER TOMORROW

OGB has partnered with Blue Cross to offer members a Population Health Management program to help members with certain chronic health conditions. At no additional cost to eligible members, our in-house team of doctors, nurses, social workers, dieticians and pharmacists offer health coaching, prescription incentives, educational materials and caring support.

As an OGB plan member, you are automatically enrolled in Population Health Management 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

Copayments for drugs specifically prescribed for treating diabetes, coronary artery disease, heart failure, asthma and COPD are discounted when you participate in disease management services.

**Ready to join?** Call [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. Call the Louisiana Tobacco Quitline at [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) or enroll for free at [www.quitwithusla.org](http://www.quitwithusla.org). Choose phone counseling, web support or both.

## PREVENT TYPE 2 DIABETES

OGB is offering eligible employees a 16-week online program called **Omada\***, designed to help participants **lose weight and reduce the risk of developing type 2 diabetes**. Get a personal health coach, a wireless scale and pedometer, weekly online lessons and more. Visit [omadahealth.com/ogb](http://omadahealth.com/ogb) 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®**. Discount offers include:

- Exclusive low-cost membership to 10,000+ 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).

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