



October is Health Literacy Month

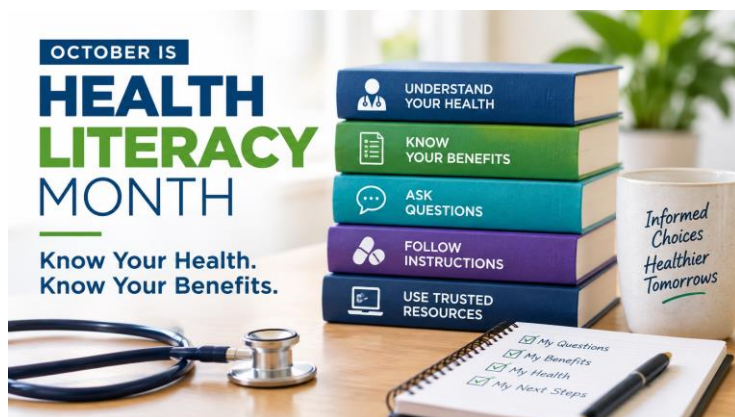
Understanding your health care and your benefits can help you make informed decisions for yourself and your family. Health Literacy Month, observed each October, is a reminder of the importance of having health information that is clear, understandable and easy to use.

Health literacy includes understanding your health plan, communicating with your health care providers, following medication instructions and knowing where to find reliable health information.

A few simple steps can help you become a more informed health care consumer:

- Know your benefits. Understand your deductible, copays, coinsurance and provider network.
- Ask questions. If something about your health, treatment or benefits isn't clear, ask for an explanation.
- Prepare for appointments. Write down questions and keep an updated list of your medications.
- Use trusted resources. Turn to your health care providers, health plan and OGB for reliable information.
- Review your EOB. Check your Explanation of Benefits to understand what was billed, what your plan paid and what you may owe.

This Health Literacy Month, take a few minutes to learn more about your health and your OGB benefits. The more you understand, the better prepared you are to make informed decisions about your care.



Flu Shots Aren't Scary for Access2day Members

Flu season can be unpredictable, but preparing for it is anything but.

The most recent U.S. flu season still had a significant impact. The CDC estimated at least 32 million flu illnesses nationwide during the 2025–26 season, which was classified as moderate overall.

For the 2026–27 season, all three influenza virus components in U.S. vaccines were changed to better match the viruses that are expected to circulate.

September and October are generally considered good times to get a flu vaccine for most people, and vaccination can help reduce the risk of getting sick and may make illness less severe if you do happen to get the flu.

Access2day Benefits at Work

Access2Day members can receive flu shots at participating clinics for \$0, no appointment needed! Most of our Louisiana clinics are stocked and have flu shots available, but we encourage you to contact your local clinic to confirm availability before visiting. Participating clinics are available across Louisiana. Find an Access2day Health location near you.



OGB Exploring Weight-Loss Medication Options

OGB is currently exploring available options for its enrollees to purchase FDA-approved medications for weight loss directly through pharmaceutical manufacturers. OGB is taking this action pursuant to La. R.S. 42:855.1.

Live Better Louisiana

Earn your 2028 premium credit in one easy step by completing an **Ochsner Wellness Screening**. Blue Cross partners with Ochsner Health to offer no-cost to you wellness screenings at convenient locations across the state. During your visit, you'll meet with a Registered Nurse, receive point-of-care tests, and get a personalized health report with results and recommendations.

How to participate:

Wellness screening clinics are currently being scheduled for the **2028 plan year premium credit**. Clinic dates and locations will be announced as they become available.

Once scheduling opens, visit **Ochsner OGB Screenings** to find an available screening site and schedule your appointment. When registering, enter your member name exactly as it appears on your Louisiana Blue medical insurance card to ensure your screening is scheduled correctly.

If you have questions or need assistance, call **1-866-495-6235**.

If you are unable to attend a wellness screening clinic, you may have your doctor complete the **Primary Care Provider form**, available at ogb.la.gov, and fax the completed form to Ochsner Health.

Important reminder:

To qualify for the 2027 wellness credit, you must complete your wellness screening by **September 30, 2027**.

Protect What Matters Most with Life Insurance

Life can be unpredictable, but having the right financial protection in place can help provide greater security for the people who matter most to you. Life insurance issued by The Prudential Insurance Company of America (Prudential) can help protect you and your loved ones financially should the unexpected happen.

Life insurance benefits can help your family manage both immediate needs and future expenses during a difficult time. Your beneficiaries—the individuals you choose to receive your life insurance benefits—can use the generally income-tax-free proceeds for a variety of expenses, including replacing lost income, paying a mortgage or rent, covering childcare costs, repaying debt, managing everyday household expenses, or helping fund future college tuition.

Life insurance may also be more affordable than you think. With group rates available through your benefits, you can obtain valuable financial protection at a competitive cost. Depending on the amount of coverage you select, you may only need to answer a few basic health questions as part of the application process.

Not sure how much coverage you may need? Prudential offers resources to help you consider your family's financial needs and determine an appropriate level of protection.

Estimate your life insurance needs: <https://www.prudential.com/ezlifeneeds>

Learn more about understanding life insurance: <https://www.prudential.com/landing/mos-life>

Taking a few minutes today to review your life insurance needs can help you make sure the people you care about have financial protection for tomorrow.



Prudential

MyLABlue | Everything You Need in One Place

MyLABlue is Louisiana Blue's secure, personalized digital experience designed to help you manage your health insurance — anytime, anywhere. Whether you're on your laptop, phone or tablet,

MyLABlue makes it easy to stay connected to your coverage. Watch this video (2:51) to learn how to access your ID card, find care, review claims and manage your benefits with just a few taps:

<https://www.youtube.com/watch?v=pgjsnccdSfM>.

You can access MyLABlue at www.lablue.com or by downloading the MyLABlue app. And for added convenience, you can link MyLABlue to your MyChart account, giving you one seamless place to manage your health and health insurance information.

With MyLABlue, you can:

- View your health plan information at a glance
- Download and use your digital ID card
- Find doctors and care options in your network
- Check the status of certain prior authorizations
- Message customer service securely
- Share your health information with a family member, caretaker or authorized delegate

Blue Advantage members can also access their Flex Card and Healthy Rewards. MyLABlue makes it easier for members to manage their care — anytime, anywhere. Go to www.lablue.com to register your online account.



1 Million Steps 2 Safety 5K Run/Walk!

Join us for the 3rd Annual Louisiana Highway Safety Commission's 1 Million Steps 2 Safety 5K Run/Walk! scheduled for **Saturday, October 10, 2026**. This exciting event celebrates Pedestrian Safety Month by bringing together all road users to promote safer streets for everyone.

Did you know? In 2024, on average in the United States, a pedestrian dies every 74 minutes, and one is injured every 7 minutes. In 2024 alone, over 71,000 pedestrians were injured, and more than 7,080 lost their lives. In Louisiana, there were 159 pedestrian fatalities and 330 suspected serious injuries in 2024. This event provides all participants with safety knowledge and encourages all road users to share the roads responsibly.

Whether you prefer to run or walk, everyone is welcome to participate! All finishers will receive a commemorative t-shirt and medal. Come cheer on participants during the race, enjoy the lively Jambalaya Contest, watch the Mystic Krewe of the Southdown Dancing Girls, and take part in other fun race day activities.

Date: Saturday, October 10, 2026

Location: Louisiana State Police Headquarters, 7919 Independence Blvd, Baton Rouge, LA 70806

Time: Packet pickup begins at 7:00 a.m., pre-race activities at 7:30 a.m., and the race starts at 8:00 a.m.

Registration:

<https://runsignup.com/Race/LA/BatonRouge/1MillionSteps2Safety5KRunWalk>



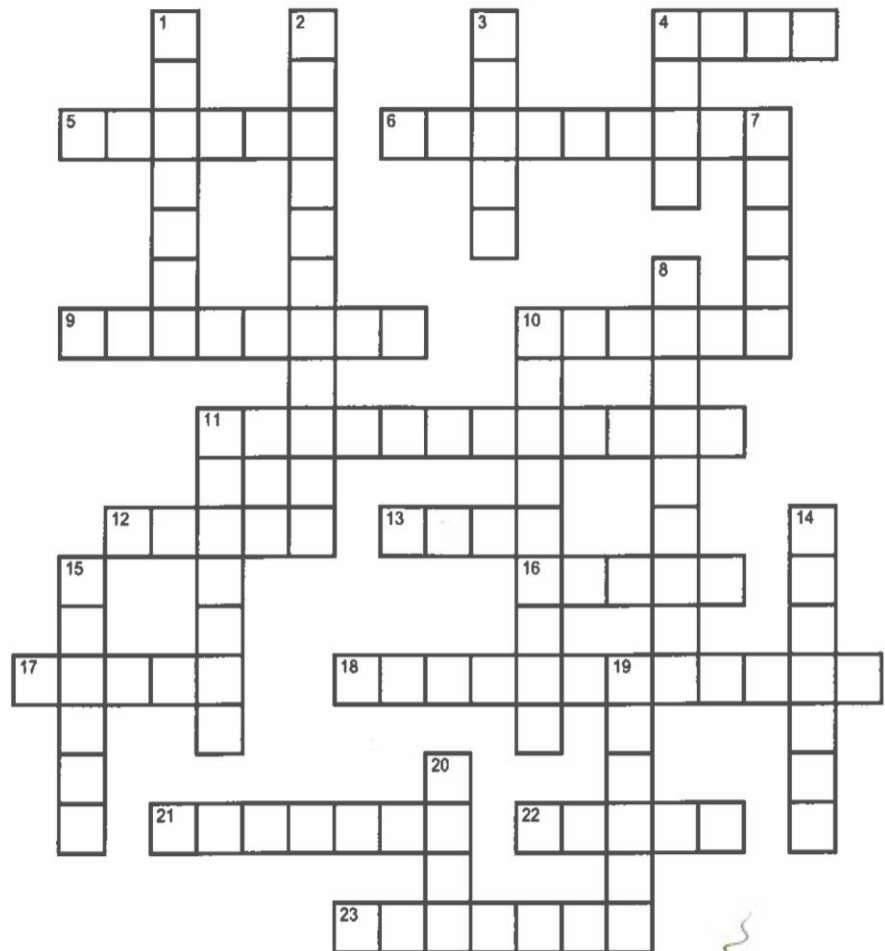
Pumpkin Patch

Across

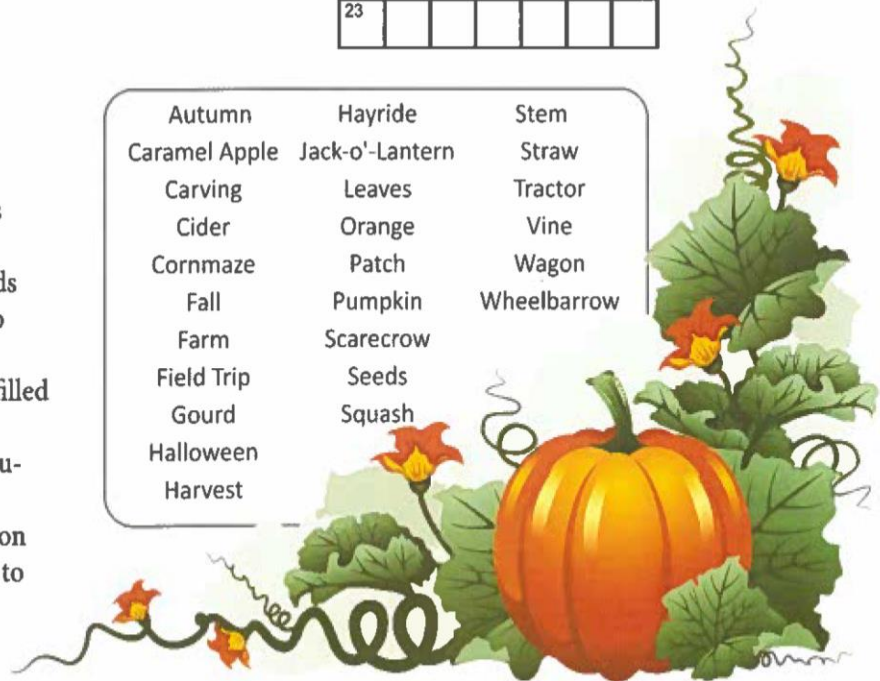
4. Season between summer and winter
5. Color of ripe pumpkins
6. Educational outing away from school
9. Agricultural attraction with winding paths
10. Versatile autumn vegetable
11. Sweet treat on a stick
12. Dried stalks used for bedding or mulch
13. Plant with long, trailing stems
16. Pressed apple beverage
17. Four-wheeled vehicle for hauling
18. Carved pumpkin with a light inside
21. Gathering of ripe crops
22. Hard-shelled fruit in the cucurbit family
23. Large, round orange squash

Down

1. Farm vehicle for pulling equipment
2. Single-wheeled garden cart
3. Plant embryos encased in protective coverings
4. Land used for growing crops or raising animals
7. Small area of planted vegetables
8. October 31st holiday
10. Straw-filled figure to deter birds
11. Activity of cutting designs into pumpkins
14. Recreational ride on a wagon filled with hay
15. Foliage that changes color in autumn
19. Another name for the fall season
20. Part of a plant connecting leaf to branch



Autumn	Hayride	Stem
Caramel Apple	Jack-o'-Lantern	Straw
Carving	Leaves	Tractor
Cider	Orange	Vine
Cornmaze	Patch	Wagon
Fall	Pumpkin	Wheelbarrow
Farm	Scarecrow	
Field Trip	Seeds	
Gourd	Squash	
Halloween		
Harvest		



Think Pink: October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a time to raise awareness, encourage early detection and support those whose lives have been affected by breast cancer.

Early detection can make a difference. Take time this month to learn about your personal risk factors and talk with your healthcare provider about when breast cancer screening is appropriate for you. If you are due for a mammogram, consider October your reminder to get it scheduled.

Communities across Louisiana are recognizing Breast Cancer Awareness Month with walks, screenings, fundraisers and other special events:

Queen of Pink Breast Cancer Awareness Walk & Benefit – Iowa, LA: Oct. 10 at the Knights of Columbus Hall. The event includes an awareness walk and activities benefiting breast cancer patients in Southwest Louisiana.

Free Breast Cancer Screening – Farmerville: The Louisiana Cancer Foundation will offer free breast cancer screenings Oct. 13–14 outside Union General Hospital. The screening program is available for women age 40 and older.

Geaux Pink – Communities Across Louisiana: Mary Bird Perkins Cancer Center's Geaux Pink campaign brings together schools, businesses, restaurants and community groups throughout October to support local cancer patients, screenings, education and support services. Baton Rouge-area activities include the LSU Geaux Pink Walk on Oct. 24 and several other community events.

Pink With Purpose Fun Run/Walk – Iota: Oct. 25 at 4 p.m. This one-mile event honors breast cancer patients and survivors while supporting breast cancer patients and families in the Acadiana area.

Think Pink – Baton Rouge: Oct. 31 at Louisiana Blue on Reitz Avenue. The event begins at 8 a.m. and includes a new one-mile walk, free mammograms and family activities centered on health, hope and early detection.

This October, think pink—and encourage the people you care about to take care of their breast health, too.



Have a Frightfully Fun — and Healthy — Halloween!

Halloween is filled with costumes, candy and plenty of spooky fun. Whether you're taking the kids trick-or-treating, attending a Halloween party or handing out treats at home, a few simple choices can help make the celebration healthier and safer for everyone.

Fuel up before the fun. Eat a balanced meal or healthy snack before heading out for the evening. Starting with a full stomach can make it easier to enjoy Halloween treats in moderation rather than snacking along the way.

Make safety part of the costume. Choose costumes and shoes that fit properly to help prevent trips and falls. Reflective tape, glow sticks or flashlights can also make trick-or-treaters easier for drivers to see after dark.

Check treats before digging in. Wait until you get home to enjoy the candy haul, and check treats before eating them. Throw away anything that is unwrapped, damaged or looks suspicious. Families managing food allergies should read labels carefully, since miniature versions of familiar candies can sometimes contain different ingredients or be manufactured differently.

Think beyond candy. Consider handing out stickers, pencils, glow sticks or other non-food goodies. These can be fun alternatives and can make Halloween more inclusive for children with food allergies or dietary restrictions.

Enjoy your favorites. Halloween comes once a year, so there's no need to avoid your favorite treats completely. Choose the ones you really enjoy, savor them and save the rest for another day.

A little planning can help keep Halloween full of treats—not tricks. Have a happy, healthy and safe Halloween!



Easy Caramel Apple Nachos



All the flavors of a caramel apple—with a lighter, easier-to-eat twist! These apple nachos make a fun October snack or dessert and take only a few minutes to prepare.

Ingredients:

- 2 crisp apples
- 2 tablespoons peanut butter or other nut/seed butter
- 1–2 teaspoons honey or maple syrup
- 2 tablespoons mini dark chocolate chips
- 2 tablespoons chopped pecans or walnuts
- Sprinkle of cinnamon

Instructions:

1. Slice the apples into thin wedges and arrange them on a plate.
2. Warm the peanut butter for a few seconds until easy to drizzle.
3. Mix in the honey or maple syrup and drizzle over the apples.
4. Top with dark chocolate chips, chopped nuts and a sprinkle of cinnamon.

Make it festive! 🎃 Add a few orange-and-black sprinkles for Halloween, or use dried cranberries and pumpkin seeds for a more fall-inspired version.

Healthy Tip: Apples provide fiber and naturally occurring nutrients, while nut or seed butter adds protein and healthy fats to make this sweet snack more satisfying.

Ready in about 5 minutes!

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

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