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www.bcbsla.com

BLUEnotes

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Find Answers for Healthcare Reform Today

Healthcare reform is changing the way health insurance works. It can be a bit overwhelming. To find out more about how it may affect you and your coverage, go to www.bcbsla.com/reform. The website walks you through what you need to know in four main sections. You can also view a library of short videos that explain many parts of the law in a way almost anyone can understand. Here's what you'll see on the site:

Help Me Understand



The Patient Protection and Affordable Care Act (ACA) is a complex document that's thousands of pages long. Read a simple guide to learn how the law affects you.

What Are My Options



Not sure how to get insurance for 2014? Learn about how you can buy insurance and find out if you might qualify for a subsidy, or tax credit, to lower your costs.

Start Planning Today



Take a look at our healthcare reform checklist and get ready to buy insurance for 2014. Use one of the checklists to make sure you know the basics of healthcare reform and what type of plan may be best for you. You can find an agent to help you if you like.

Request Information



Want to learn more about healthcare reform and the right healthcare solutions for you? Let us know how you'd like to receive more information.

You can view everything on this site on your smartphone, too. You can have answers to your insurance questions wherever you are! Check out www.bcbsla.com/reform1 today!

The screenshot shows the Louisiana Blue Cross website with a navigation menu and a 'KEY DATES' section. The navigation menu includes: Help Me Understand, What Are My Options?, Start Planning Today, Request Information, Download ACA Presentation, Downloads, and Videos. The 'KEY DATES' section lists the following dates and events:

Date	Event
APRIL 15 2013	Save your tax information. It will be used to determine whether you are eligible for funds to help pay for health insurance.
AUGUST 01 2013	Gather personal information like current insurance and expected insurance needs along with household income.
SEPTEMBER 01 2013	Only one month to go before open enrollment to purchase health insurance on a health insurance exchange begins.
OCTOBER 01 2013	Open enrollment through the health insurance exchanges begins and continues through March 31, 2014.
DECEMBER 15 2013	Final day to purchase health care insurance coverage on a health insurance exchange that will be effective on January 1, 2014.
MARCH 31 2014	Final day for open enrollment through the health insurance exchanges.

At the bottom of the page, there are links for 'HOME', 'HELP ME UNDERSTAND', 'WHAT ARE MY OPTIONS?', 'START PLANNING TODAY', and 'REQUEST INFORMATION'. There is also a 'Get a quote' button for 2013 and 2014, and a 'Sign up for our newsletter' form with a text input field and a submit button.

Find Facts about Healthcare Reform at www.bcbsla.com/reform1



BlueCross BlueShield of Louisiana

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Family Health & Safety Day

City-Parish employees are encouraged to attend the Louisiana State Police, Troop A's 6th Annual Public Safety Expo, a Family Health and Safety Day:

Sunday, Sept. 15

12 to 4 p.m.

Blue Bayou, Dixie Landin' Parking Lot

Displays: Mobile Command Posts, Fire Safety Smoke House, Bomb Robot, K-9 Units, Motorcycles, Patrol Units, Ambulance, Fire Trucks, Patrol Boats, SWAT and much more.

Activities: Blood Drive, Health Screenings, Balloon Figures, Crowd Control Observatory Lift Rides, Inflatables, K-9 Demo, Interactive Training Tools, Driving Safety Demos and Games.

Choosing the Right Time to Work Out

The best time of day to work out is different for everyone. You'll have to choose the time that works best for you. That's why it's important that you choose a time of day you can stick with and when your body and mind are feeling their best. Here are some things to consider for each time of day:

Mornings: If you exercise in the morning, when body temperature is lower, you may need to allow more time to warm up than you would later in the day. If you're a morning person, your body and mind are more likely open to bouncing out of bed for a good workout.

Lunchtime: If you choose to exercise during lunch, you and your coworkers can support each other during workouts. Just be sure to eat your lunch after you exercise. Make sure you leave enough time to clean up afterward and eat that lunch.

After Work: If you exercise after work, you'll need a small, protein-packed snack like a banana or granola bar to give you a boost between the work day and home life. This may be a great time to work out the effects of a stressful day.

Late Evenings: If you exercise later in the evenings, it's important to wait at least an hour after eating dinner—the blood that needs to go to your muscles will go to digesting your food instead. Remember, exercising or eating too late affects your body's urge to sleep.

Work out in the morning for a few weeks, then try noon, then early evening. Think about which time you enjoyed most and how you felt afterward. Choosing the right time to work out will help you keep a habit of healthy exercise every day.

Louisiana 2 Step: Walk More

Half of "Doing the 2" is moving more. One of the best ways you can do that is by walking. Walking, along with a healthy diet, is especially good for your heart.

Heart disease is this country's No.1 killer. By exercising for as little as 30 minutes each day, you can reduce your risk of this disease. Brisk walking can lower your high blood pressure, cholesterol and diabetes risk, all of which are connected to heart disease.

According to the American Heart Association, countless people across the country are walking more to prevent heart disease. There are Heart Walks planned across Louisiana from now through the fall. For a Heart Walk near you, visit www.heartwalk.org.

To find out more about the healthy effects of walking and moving more in general, visit www.Louisiana2Step.com.

Women's Health and Cancer Rights Act: Annual Notice for All Covered Members

Do you know that your plan, as required by the Women's Health and Cancer Rights Act of 1998, provides benefits for mastectomy-related services including all stages of reconstruction and surgery to achieve symmetry between the breasts, prostheses and complications resulting from a mastectomy, including lymphedema? If you have questions about this notice or about the coverage described herein, please contact our Customer Service Department toll-free at **1-800-599-2583**.

