

# LABORMatters



## Upcoming Webinars:

**September 26**

[AIM Specialty Health](#)

**November 14**

[HearUSA](#)

For more information on NLO's webinar series, contact [nlo@bcbsa.com](mailto:nlo@bcbsa.com)  
or call 202.626.4815.

## Event Calendar

### AUGUST

**11-14** FMCS National Labor Management Conference (St. Petersburg Beach, FL)

### SEPTEMBER

**17-18** NLO Fall Board of Directors Meeting (Isle of Palms, SC)

**21-25** NCCMP Annual Conference (Hollywood, FL)

### OCTOBER

**20-23** IFEBP Annual Conference (San Diego, CA)

**27-30** NCPERS Public Safety Employees' Pension & Benefits Conference  
(New Orleans, LA)

## Executive Director's Message

As we look toward the summer months the National Labor Office is proud to showcase the continued efforts of Blue Cross and Blue Shield Companies and our Strategic Alliances to support our members. Here at the Association, we are working towards providing national oversight and updates to our Board of Directors through our annual Board Meetings.

I was also delighted to represent Blue Cross Blue Shield this month at the Labor Employment Relation Association's National Convention and to be recognized for my support of the labor movement is truly an honor. This could not be possible without the support of my peers across the country.

Please take a moment to review how we are working to provide better health outcomes for our labor members, whether it be Blue Cross and Blue Shield of Illinois launching neighborhood food centers or Blue Cross and Blue Shield of Louisiana provide tips to get our members summer ready, we continue to strive for healthier outcomes for our communities. Should you have any questions on our content or would like additional information please do not hesitate to reach out to the National Labor Office.

In unity,

Bonnie Summers, PAHM, CMCE, CHC  
Executive Director  
BCBSA National Labor Office

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### National Labor Office Spring Board Meeting Highlights

Earlier this year, the National Labor Office (NLO) conducted its annual Spring Board of Directors Meeting in Washington, DC. These meetings give Blue Cross and Blue Shield plans the opportunity to come together and provide direction to the National Labor Office and prioritize topics of focus for the year. A few of the top priorities for the office this year include social media engagement, data enhancements and continuously assessing the healthcare regulatory landscape.

During day 2 of the meeting, the Board of Directors had the opportunity to hear from an advocate of working families. Sarita Gupta, who presented on behalf of Jobs with Justice an organization whose focus includes working with the most vulnerable workers in our communities such as low-wage workers, immigrants, women, youth and seniors. Sarita provided perspective to the everyday struggles that workers face across the board, many working paycheck to paycheck, and commended the work Blue Cross and Blue Shield has done across the United States to be a partners to their communities.

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### **Bonnie Summers Receives LERA Fellow Award**

On June 15th Bonnie Summers attended the Labor Employment Relation Association (LERA) National Conference in Cleveland, Ohio. The sessions with in the conference covered the leading priorities in the union movement such as the gig economy, fresh approaches to collective bargaining and the impact of emerging technologies on the middle class.

In addition to gaining insights, Bonnie was honored to receive the LERA Fellow Award. Each year LERA selects three practitioners from across the United States. To be eligible for this award, nominees must be recognized contributors of unusual distinction to the labor field for ten years. Bonnie has been a longstanding member of LERA and leverages this relationship to provide exceptional speakers and learning opportunities for Blue Cross Blue Shield employees.

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### **[Doors Opening at the Blue Cross and Blue Shield of Illinois' First Neighborhood Center](#)**

Apr. 26, 2019

*Grand Opening Celebration April 27*

Blue Cross and Blue Shield of Illinois (BCBSIL) is opening a new door to help build healthier communities. The Blue Door Neighborhood Center<sup>SM</sup> is the first-ever neighborhood-based center for BCBSIL. The center is aimed at improving community health by addressing common health challenges with wellness classes, connections to social services and customer engagement.

“For more than 80 years, we’ve been focused on improving health care quality and patient outcomes,” said Maurice Smith, president of Blue Cross and Blue Shield of Illinois. “The Blue Door Neighborhood Center builds on our commitment to driving healthier outcomes in the communities we serve in a way we haven’t done before — putting us in the heart of one of our communities, where we can best serve others.”

The center will be open to everyone – BCBSIL members and non-members - and will offer no-cost programming focused on whole-person health: physical, mental and social. There will be classes and programming targeting chronic health conditions, such as diabetes, asthma and heart disease, behavioral health, as well as parent and child wellness. Visitors can enjoy fitness classes, learn how to better use health insurance and be connected to community resources that provide access to food or transportation.

“At the Blue Door Neighborhood Center, we want to be a hub for health and help to all members of the community,” said Laron Taylor, director of the Blue Door Neighborhood Center. “We’ve been hosting townhalls and meeting with people to learn how we can be a helpful resource and best empower them to make a positive difference in their lives and their health. We’re not a clinic, but we’re looking at ways to improve the health of our communities beyond the walls of hospitals and physician offices.”

On April 27, BCBSIL will hold a ribbon cutting and grand opening celebration for the Blue Door Neighborhood Center at 756 E. 111th Street in Chicago’s Pullman neighborhood. The ribbon-cutting ceremony will take place at 11:00 a.m. and the celebration will continue until 3:00 p.m. with tours of the center, giveaways, lunch vouchers, a live radio broadcast as well as fun activities for children.

“The new Blue Door Neighborhood Center is the latest milestone for the historic Pullman neighborhood which has undergone a renaissance since the development of the Whole Foods Distribution Center, Pullman Park, Gotham Greens, Method, the Pullman Community Center and more that are yielding benefits for our community and the city of Chicago,” said 9th Ward Alderman Anthony Beale. “Thanks to our community partners like Blue Cross and Blue Shield of Illinois, I’m confident we will continue moving forward and creating opportunities like the one we celebrate today that will improve people’s lives and build a brighter future.”

The center opens for business on Monday, April 29 and will serve visitors from 7:00 a.m. – 7:00 p.m. on weekdays and 10:00 a.m. – 2:00 p.m. on Saturdays. You can get more information by visiting the [Blue Door Neighborhood Center](#) external link website or calling the center directly at 773-253-0900.

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## [Connecting neighbors in Huntland at the next BlueCross Healthy Place](#)

AMANDA HASKEW | Apr 17, 2019

The [BlueCross Healthy Place program](#) is expanding across Tennessee with the addition of its first 2019 project, the renovation of Huntland City Park. The park is located in the town of Huntland, a small rural community slightly north of the Tennessee-Alabama state line with a population of just over 800.

Community members were interested in building a new playground in the park and began working to raise money locally. They also applied for a grant to fund the project from the BlueCross BlueShield of Tennessee Health Foundation. Vice Mayor Ann Gardner formed a committee and led the effort.

This rendering represents the original playground request community members submitted with their proposal.

“Our committee worked for more than two years, and we’re so grateful. This is going to mean so much to our community – now and in the future. We hope it will help our town grow and prosper,” she says.

The Huntland proposal was one of more than 30 the BlueCross BlueShield of Tennessee Health Foundation team considered before selecting three projects to fund in 2019.

“We’re excited about this partnership with the town of Huntland,” says Scott Wilson, BlueCross director of community relations and health foundation. “The project will improve the quality of life for this community for years to come, and we look forward to working with residents to make this vision a reality.”

### **More than a playground**

The BlueCross Healthy Place at Huntland City Park will house a newly constructed, fenced playground with plenty of seating – just as community members requested. It will feature accessible equipment designed for children of all abilities and meet the criteria for a national demonstration site for inclusive play.

The playground at the BlueCross Healthy Place at Huntland City Park will have equipment designed for children of all abilities.

We’re also building more than that.

At the official unveiling ceremony, Wilson told enthusiastic town residents, “When we visited Huntland last year, we saw the space and realized it could be more than a playground.”

The new basketball court will provide residents of all ages with a space for connection and recreation.

The new BlueCross Healthy Place will also include multiple additional features to ensure visitors of all ages can enjoy the space. The project scope includes an upgraded pavilion to provide community members with a place for celebrations and gatherings. When complete, the park

will also have a new basketball court with bleachers, outdoor fitness equipment for cardio, core and balance exercises, and a new walking track, as well as additional parking, drinking fountains, grills, picnic tables and sway benches.

The park will also include outdoor fitness equipment for a variety of exercises, complete with instructional signage.

And the foundation will earmark funds for the park's ongoing care and maintenance.

"During our initial site visit, we were impressed with how central the park was to the town and how important the area's history was to its residents," Wilson says. "We are excited that the BlueCross Healthy Place at Huntland City Park will become part of the town's history in the years to come."

BlueCross Director of Community Relations and Health Foundation Scott Wilson, Huntland Mayor Dolton Steele and Vice Mayor Ann Gardner sign paperwork to start the project.

Huntland Mayor Dolton Steele adds, "We are grateful to the BlueCross BlueShield of Tennessee Health Foundation, and we hope the BlueCross Healthy Place at Huntland City Park will be a gathering place not only for town residents, but also for our neighbors in surrounding areas."

### **Creating spaces that bring neighbors together**

BlueCross Healthy Places demonstrate our commitment to give back to the people and communities we serve by providing neighbors with spaces for connection and healthy activity. At each BlueCross Healthy Place, new relationships will form, strengthening the bonds that form the backbone of our communities.

These projects and partnerships with communities, including Huntland, will help our neighbors across Tennessee live happier, healthier lives.



### **Sunshine: A Blinding Risk Factor?**

By Gary Feldman, SVP Sales, Versant Health

Sunlight is a critical component of good health. It helps your body manufacture vitamin D, regulates your biorhythms of waking and sleeping, helps regulate mood, treat fatigue, and supports adrenal function.

However, as I've learned from living in Arizona for 40 years, sunlight has a dark side as well. Hundreds of studies have been done on the dangers of UV rays. In addition to skin cancer and dilated blood vessels, overexposure to sunlight can lead to such eye-related disorders as cataracts and age-related macular degeneration (AMD).

## Sunlight and vision

Cataracts and AMD are two of the most common eye diseases in the United States. Cataracts are the leading form of blindness, with approximately 17 percent of Americans over the age of 40 having a cataract in either eye. Additionally, cataract surgery is the most common surgery in the United States, as well as in other developed countries.

While age is one of the largest predictors of cataracts, unprotected exposure to sunlight (think no sunglasses) has also been strongly connected to cataract formation. In fact, a study from the Journal of Epidemiology and Community Health found that people with the most sun exposure had higher grades of cataract.<sup>1</sup>

A similar study published in the Journal of the American Medical Association (JAMA) had similar findings, leading researchers to conclude, "There is no safe dose of exposure to the sun's ultraviolet B rays when it comes the risk of cortical cataract, which means people of all ages, races and both sexes should protect their eyes from sunlight year-round."<sup>2</sup>

AMD affects more 13 million men and women over age 50. It is characterized by a dark spot in the middle of the macula, a yellow-hued spot in the middle of the retina that is responsible for central vision and allows one to see fine details. The macula also works to absorb excess blue and ultraviolet light, making it a natural sunblock, if you will, for the eyes.

Over time, UV light takes its toll on the unprotected macula, slowly breaking it down and increasing the risk for vision loss in the form of macular degeneration.

Fortunately, the key to protecting your eyes from UV damage is as simple as wearing sunglasses. Sunglasses are simple sun protection

This summer, make a commitment to protect your eyes with these three simple tips:

1. Wear sunglasses whenever you are outside.
2. Choose sunglasses that provide 100% UV protection, or UV 400 protection. This means they protect you from both UVA and UVB radiation.
3. If you wear prescription eyeglasses, be sure they have a 100% UV protective coating to ensure you are not caught unprotected unnecessarily.

Additionally, photochromatic lenses (such as those from our friends at Transitions<sup>®</sup>) offer the same 100% UV protection as sunglasses, making them a great option when going from indoors to the outside.

You only have one pair of eyes. Protect them and your vision this summer... and all year long.

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## “Time” is Not the Problem!

By [admin](#) | Oct 2, 2018 | [fitness](#), [health](#)

I love having “what if” discussions with my good friend and colleague, Tim Church. Tim has lots of initials after his name (M.D., Ph.D., M.P.H.), and he rarely lacks for an opinion, so our discussions often become fairly spirited debates. Here’s an example, “What if there was only *one thing* someone could do to improve their health, what would it be?” Obviously there are all sorts of possibilities...eat healthier, lose weight, stop smoking, drink more water, get more sleep, improve fitness, take vitamin D and omega-3 supplements, wash your hands, manage stress, stretch, do yoga or Pilates, spend more time with family and friends, take prescribed medications on a regular basis, etc. All of these would have a positive impact on an individual’s health but on this particular question Tim and I are in complete agreement. The answer is: improve fitness.

There are plenty of data to support this position so let’s not get wrapped around the axle. The big question now is, “How does one improve fitness? You already know the answer. It’s simple, exercise. Yes, that dreaded four letter word that makes so many folks cringe. Exercise. Even though each and every one of us was beautifully created to move, physical activity, a.k.a. exercise, has become completely optional. We *can’t* live very long without food and sleep. We *can* live without exercise. But we can’t live well. Improving one’s fitness through physical activity has a hugely positive impact on both the length and the quality of life. I contend that the vast majority of humans are driven by the desire to look and feel better and there’s no question, exercise will help you do that.

Unfortunately, the research clearly shows that most folks are falling short of the weekly recommendations for exercise. What we often hear is we need to be physically active for 30 minutes most days of the week. To be more specific, here are the actual recommendations for adults from the Centers for Disease Control and Prevention:

- 150 minutes per week of moderate-intensity physical activity (i.e. brisk walking), or
- 75 minutes per week of vigorous-intensity physical activity (i.e. running, swimming, cycling, etc.),
- And at least two sessions per week of strength training (i.e. weight lifting or resistance training) that incorporates all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). If you know what you’re doing this should take no more than 20 minutes per session.

So combined we’re talking somewhere between 115 and 190 minutes of exercise per week. That doesn’t seem like too much to ask. We all have 168 hours in a week so 115 to 190 minutes represents less than 2% of our total available time. Why then, when I ask folks who don’t exercise why not, the answer is practically universal: I don’t have the time!

I’m sorry but that’s a lousy excuse! It’s not a *time* issue. It’s a *priority* issue...it’s an *allocation* issue. We have plenty of time but the majority of Americans just choose to invest that time into things other than exercise. Just for giggles, let’s do some rough math regarding what we do with our time every week:

- 8 hours of sleep per day x 7 days = 56 hours
- 8 hours of work per day x 5 days = 40 hours
- 1 hour commute time per day x 5 days = 5 hours
- 2 hours eating per day (a huge overestimation for most of us) x 7 days = 14 hours
- 1 hour grooming per day (just guessing here) x 7 days = 7 hours

That comes out to 122 hours/week. Take 122 from 168 (24 hours x 7 days) and that leaves 46 discretionary hours per week...or 6.57 hours/day. What are we doing with this “free” time? In March, 2017 a company called eMarketer released its annual survey of how much time Americans spent “with media” per day. Here was the breakdown:

- Mobile (nonvoice): 3 hours and 23 minutes
- Desktop/laptop: 2 hours and 8 minutes
- Other connected devices: 30 minutes

That works out to 6 hours and 1 minute per day on average. I’ll admit I’m always a little leery of these numbers because they seem pretty extreme and they don’t align with how I spend my time but hey, data are data. Add on top of this the average of 3 hours and 55 minutes per day watching television and it’s pretty clear many people are doing a lot of multi-tasking with media. It’s also pretty obvious that when you’re attached to some sort of “electronic rectangle” it’s hard, if not impossible, to be physically active.

So, could it be that we are not moving on a regular basis because of the magnetic power of technology? Might things like email, text messages, Facebook, Twitter, Instagram, You Tube, LinkedIn, Snapchat, Pinterest, Tinder, DVR, Netflix, Hulu, Candy Crush, etc. consume so much of our discretionary time and mental energy that physical activity doesn’t even enter the conversation?

Anyone with a Smartphone (which means *everyone*) recognizes that while the device might not control our life and behavior, it certainly impacts it. Dr. Cal Newport (which sounds like the name of a TV weatherman in Southern California) is a professor at Georgetown who wrote the book, *Deep Work...Rules for Focused Success in a Distracted World*. He points out that social media is intentionally designed to distract and fragment our attention. If you don’t believe him answer his very personal question: How long can you go without a fix?

If our obesigenic environment is so overwhelmingly powerful should we all just throw up our hands and declare being healthy is simply a losing proposition? NO...OF COURSE NOT!!! We need to be two things...selfish and intentional.

“Selfish” means understanding that you cannot outsource your health. Of the over seven and a half billion people on the face of the earth, no one can make healthy choices *for* you. You have to take personal responsibility and recognize you can’t pay or expect someone else to make it happen. Look in the mirror and realize you, and only you, hold all the power when it comes to your future and quality of life.

“Intentional” means that if you have, give or take, 6 and a half hours of “free time” per day that you *are not* going to let Mark Zuckerberg (Facebook), Kevin Systrom and Mike Krieger (Instagram), or Ben Silbermann (Pinterest) own that time. YOU own that time! What about carving out 30-60 minutes to invest in yourself? This is not an “either/or” proposition. I’m certainly not advocating completely abandoning technology and social media. What I’m encouraging is balance. Allocate your time so that it benefits you, and not some venture capital-backed company in Silicon Valley that is angling for an I.P.O. or billion dollar buy-out. A SPECIAL BONUS!

Now, because you have stuck with me this far, I have good news. You really don’t *always* need to invest 115 to 190 minutes per week in moderate to vigorous physical activity. If you are crunched for time, rather than just not working out at all, I suggest exploring interval training, specifically something called H.I.I.T. (High Intensity Interval Training).

The concept of interval training has been around for years but a flurry of new research really validates its benefit. Multiple studies show that by cranking up your effort/intensity then you don't have to spend as much time actually exercising. It's an inverse relationship....as your intensity goes up then your investment of time can go down. The key though is that you have to be willing to really push yourself.

(Now before you move from zero to 60 let me caution you to first consult a physician to receive medical clearance. Moving from "couch potato" to "walker" status is one thing but if you plan to really open up the throttle then be sure to check with a doc beforehand. This applies to everyone but especially guys since we are the ones that seem to believe just because we were studs in high school that we still are. Hint: That's probably *not* the case!)

One of the most popular versions of H.I.I.T. is The Seven Minute Workout. It consists of 12 exercises you do for 30 seconds at a time separated by a 10 second rest in between. The exercises need to be done at a pretty high intensity...think of an 8 on a scale of 10. You don't need to join a gym, buy expensive equipment, or pay a trainer. You just need to start where you are and be consistent.

I don't believe it's the *only* workout you need but I've found it's extremely beneficial, especially when you are on the road. For more information simply Google: "7 Minute Workout." You can also find several free apps on your phone to help guide you through the routine (this is a rare example of when technology can actually help support physical activity). H.I.I.T. is a terrific way to keep your workouts fresh...and believe me, even though it doesn't take long, if you do it right you will certainly *know* you've worked out.

I'll close with one of my favorite quotes although I'm not sure who to attribute it to:

If you don't like where you are, move. You are not a tree!

Stay well!

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## [Odebolt wins Grand Blue Mile - Healthiest State Initiative 'Set the Pace' Challenge](#)

**MAY 06, 2019**

DES MOINES, IA – The Healthiest State Initiative (HSI) and officials from Grand Blue Mile announced their 2019 Set the Pace challenge \$10,000 award winner: Odebolt, Iowa. The annual challenge encourages Iowans to develop sustainable, healthy habits, highlighted by participation in the Grand Blue Mile.

The \$10,000 award will be used on a project that promotes safe and accessible places in which to be active, such as a park, playground, or trail. Odebolt had the highest percentage of its residents participating in Grand Blue Mile — measured by the number of registrants for a given ZIP code against the community's total population.

"The City of Odebolt is very appreciative to our local physical education teacher Charlie Hugo for his efforts in having the children in our local elementary school set goals and prepare along with the community to participate in this event," said Christy Hoefling City of Odebolt, clerk. "The city is thankful that we have him as a part of our community and to know that his efforts will help impact not only the students but the community as a whole. It is very exciting to receive this award!"

In all, more than 40 communities — a 24 percent increase from 2018 — and thousands of individual participants accepted this year's challenge. Event sponsor Wellmark® Blue Cross® and Blue Shield® finds that statistic especially heartening.

"It's remarkable to witness record engagement for the Set the Pace Challenge as part of Grand Blue Mile's 10th anniversary," said Chris Verlengia, Wellmark's senior brand marketing manager and Grand Blue Mile official. "For the second consecutive year, a rural town rallied together and traveled two hours to the starting line, demonstrating their collective commitment to the health and vitality of their community."

"We're excited to work with Odebolt as they identify a project to support physical activity in their community," said Jami Haberl, HSI executive director. "We encourage all Iowans to follow Odebolt's path to invest in the health of their community. That includes doing their part to make "5-2-1-0" healthy choices: 5 of more fruits and vegetables a day, 2 hours or less screen time, 1 hour or more of physical activity and 0 sugary drinks and drink more water."



## [Blue Cross Helps Louisianans Get Summer Ready with Health, Safety Tips](#)

May 28, 2019

BATON ROUGE – The weather is warmer, the days are longer and many people are going out on the water or into the sun.

Blue Cross and Blue Shield of Louisiana wants everyone to enjoy summertime the safe, healthy way and is offering tips for common summer health issues.

### **Summer Sickness? Use BlueCare!**

Many people are planning to take summer vacations. And one thing that can ruin a vacation is getting sick and trying to find a healthcare provider in an unfamiliar place. In these situations, telehealth can be a good option.

Blue Cross customers can sign up for BlueCare, which lets you have online doctor visits 24/7. BlueCare doctors are available in all 50 states, so if you or someone covered on your health plan gets sick while traveling, you can use this service.

BlueCare and other telehealth programs are effective for treating routine illnesses like cough and cold, stomach viruses, pink eye, rashes or allergies. BlueCare doctors can give you a prescription to be filled at a local pharmacy for most health needs.

To sign up for BlueCare, go to [www.BlueCareLA.com](http://www.BlueCareLA.com) or get the BlueCare – that’s one word – app for Android and Apple devices. Then, you’ll be ready to click when you’re sick, at home or on the road.

### **Sun and Heat Safety**

It’s important to wear sunscreen when outdoors to protect your skin from sunburns. Sunburn can increase your risk of skin cancer, so take the time to apply sunscreen before going out. You should also wear sunglasses to protect your eyes from UV rays that can harm your vision. Sunglasses and sunscreen are important even on cloudy days because rays can still get through.

Temperatures can climb all the way into the triple digits in the summer, so watch out for extreme heat. Drink lots of water throughout the day, even if you don’t feel thirsty. Try not to spend extended periods of time outdoors. If you are working, exercising or doing any intense physical activity outdoors, have someone come with you in case you get sick and need help. If you do become sick, seek medical attention.

Use reminders to make sure you never leave children or pets alone in vehicles. When you’re getting into the vehicle, put an item you’ll need to take with you when you get out, like one of your shoes, your cell phone or your wallet, with them. That will remind you to look before you lock.

### **Water Safety**

Boating and swimming are popular summer pastimes in Louisiana, but be careful in the water. When boating, follow all laws about wearing life jackets.

Keep an eye on children around water. If there is a pool or body of water nearby, have children in your sight at all times. Do not let them wander off alone.

When swimming in natural waterways, try not to dunk your head or swallow the water. Storm water and runoff can put bacteria, ameba or other organisms in the water that can make you sick.

And, remember that natural water bodies are home to animals, including poisonous snakes and alligators. Be very careful when diving into water, especially if you cannot see into it clearly.

And if you do spot a snake or an alligator, don’t go near it or touch it.

### **Avoid Mosquito Bites**

Mosquito bites are not only itchy and annoying, they can make you sick. Mosquito bites can spread diseases like Zika virus, which can have devastating effects for pregnant women and developing fetuses or infants. Mosquito bites can also cause West Nile virus, which has been happening in Louisiana for several years.

The best thing to do is avoid getting bitten. If you’re headed outdoors, wear insect repellent and put on long sleeves and long pants. Run fans if you’re sitting outside, as this helps prevent mosquitoes from landing (and biting).

Mosquitoes breed in standing water, so look around your home and yard. Empty out planters, tires, children’s toys or other items that have collected water, especially after heavy rainfall. You should also check for and repair tears in door or window screens to keep mosquitoes from getting in. And, try to avoid propping open doors for long periods of time.

If you feel sick or have a mosquito bite that appears infected, see your doctor.

## Healthy Hurricane Preparation

Summer in Louisiana unfortunately means hurricane season. And, the time to make plans and get prepared is before the storm strikes.

As you make plans for what your family will do in the event of a hurricane or evacuation, consider your healthcare needs:

- Take the time to make a list of any medications you take, including dosages.
- Write a list of all your doctors and healthcare providers and their phone numbers.
- Make sure you have your healthcare coverage information handy, including your ID card.
- If you have to evacuate for a storm, take these items with you. If you need to get care or get a prescription filled away from your home, this information will be very helpful for you.
- Remember that Blue Cross customers can use BlueCare in all 50 states. If you need to evacuate and get care for a routine health need, this is an effective way to do it.

For more information on these and other summer health tips, visit [bcbsla.com/Summer](http://bcbsla.com/Summer) or watch Blue Cross' short videos on [Summer Ready: Health and Safety](#) (1:42) and [Summer Ready: Preparing Your Health for Hurricanes](#) (0:57).

## About Blue Cross and Blue Shield of Louisiana

Blue Cross and Blue Shield of Louisiana is committed to our mission to improve the health and lives of Louisianians. We invest both time and money in the communities we serve, supporting the health and wellbeing of Louisianians through more than 200 charitable organizations.

With our subsidiaries, HMO Louisiana and Southern National Life, we provide group and individual health insurance plans, life and disability insurance, group voluntary products and administrative services to one out of four Louisiana residents. Blue Cross and Blue Shield of Louisiana also provides Medicare supplement and Medicare Advantage plans and is a partner in offering the Healthy Blue Medicaid Managed care plan. Louisiana is the only state where we operate, with offices in every major region to serve our customers.

Founded in New Orleans in 1934, Blue Cross and Blue Shield of Louisiana is a tax-paying non-profit health insurer. We are a private mutual company, owned by our policyholders, with an independent Louisiana Board of Directors and no shareholders. Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross and Blue Shield Association.

To learn more, visit our website at [www.bcbsla.com](http://www.bcbsla.com).