



Benefits Bulletin

September 2026

Welcome to your quarterly benefits newsletter

Your quarterly guide to making the most of your benefits — with tips to help you and your family stay healthy and spend smarter.

Don't Miss Out — Claim Your \$250 Credit

Complete three simple wellness activities by September 30, 2026, and earn a \$250 credit toward your 2027 deductible.

Register and self-attest through [Balance With Blue LA](#). This voluntary program is fully confidential — your personal health information is never shared with your employer.

Questions? Email: Support@BalanceWithBlueLA.com.

Deadline: September 30, 2026

THREE SIMPLE ACTIVITIES

1. Complete a health assessment
2. Have your annual wellness visit with a physician
3. Get one preventive health screening

Get More From Your Plan

1

Free Legal and Financial Help — Not Just Counseling

Confidential, 24/7, and free. Get legal consultations for wills, estate planning, and family law — plus discounted local representation. Get financial coaching on budgeting, debt, taxes, and retirement. Emotional support for stress, anxiety, and grief is included too.

[Health Advocate](#) · 888.239.6948 · healthadvocate.com/standard3 · Code: Aq3QGHQ →

2

Skip the Wait — and the Higher Copay

See a doctor from home 24/7 with Ochsner Connected Anywhere — video visits for colds, fever, and rashes, with no appointment needed. For in-person care, Ochsner owned and affiliated Urgent Care Centers are billed as primary care office visits, a savings over a traditional urgent care copay.

Start a visit at ochsner.org/anywhere →

3

Ask One Question at the Pharmacy

“Is there a generic?” If you choose a brand-name drug when a generic is available, you pay the brand-name copay plus the cost difference between the two. Generics are FDA-approved and just as safe and effective.

Questions? [RxBenefits](#) · 800.803.2523 →

Healthy Recipe: Greek Yogurt Protein Parfait

Ingredients

- 1 cup plain Greek yogurt
- ½ cup mixed berries (fresh or frozen)
- 2 tbsp granola
- 1 tbsp chia seeds or flaxseed
- 1 tbsp chopped nuts
- Optional: drizzle of honey or maple syrup

Directions

1. Layer Greek yogurt in a bowl or jar
2. Add berries, granola, seeds, and nuts
3. Top with a drizzle of honey or maple syrup
4. Enjoy immediately or refrigerate for later



A quick, high-protein breakfast or snack.

Wellness Moment: Breathe · Move · Refocus

Three quick resets you can do almost anywhere.

1

Breathe

Take five slow breaths. Relax your shoulders and unclench your jaw.

2

Move

Walk for two minutes or do gentle shoulder rolls and neck tilts.

3

Refocus

Write one priority and one thing you're grateful for today.

September Awareness: Healthy Aging

September is Healthy Aging Month

Three ways to save and stay well as the years go by.

1

Blue365 Wellness Discounts

Save on fitness, nutrition, and wellness products and services.

Explore your discounts at [Blue365](#) →

2

Blue Connect EPO Network

Lower out-of-pocket costs, find in-network providers, and schedule regular checkups and screenings.

Find care with [FindCare](#) →

3

Cost Estimator Tool (myLABblue)

Compare costs for common medical procedures to make informed decisions.

Compare costs on [myLABblue](#) →

HEALTHY AGING TIPS

- Schedule regular preventive care appointments.
- Stay physically active with activities you enjoy.
- Maintain balanced nutrition and hydration.

Don't forget — claim your \$250 wellness credit by September 30, 2026.

Register and self-attest at [BalanceWithBlueLA.com](#)