



### **Working from Home: Tips for Productivity, Mental Health and Staying Healthy**

Many state employees are working from home; but while getting your work done is important for business, staying healthy (mentally and physically) is just as crucial for at-home. It's all about creating boundaries between work and personal life, and that can be a difficult adjustment. Here are some tips for telecommuting, working from home, self-isolating or even self-quarantining—no matter your reasoning.

1. **Maintain Regular Hours**

While working remotely does mean that there is added flexibility with your personal life schedule, it's best to stick to a schedule where you can be productive, get your work done and call it a day when work hours are up.

2. **Create a Morning Routine**

Whether it's having a cup of coffee every morning, doing some morning stretches or taking your dog on a walk, creating a morning routine can greatly help you get ready for the work-day at home.

3. **Schedule Breaks**

Just like any working environment, giving yourself breaks is incredibly important to let your brain and body relax. Take a 15-minute walk, go make some lunch or catch up with a loved one on the phone—whatever you do, though, do not work yourself to the bone without letting yourself take a break away from screens, meetings and work.

4. **Leave Home**

Even with the stay at home order, it is still important you get out and take a break from your routine workspace. Your body needs to move, and fresh air and new scenery do your mind a lot of good.

5. **Socialize with Colleagues**

Of course, in the wake of something like the coronavirus, socializing in-person with others might not be best idea. But in general, if you are working from home, socializing is important. Loneliness, disconnection and isolation are common problems in remote work life. Conference calls and virtual meetings give employees the chance to speak to other people while still getting work done. Making sure you nurture relationships, both work and personal, is crucial to mental health—especially when working remotely.

### **Live Better Louisiana**

Earn your 2021 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 you 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 [info.groupbenefits.org](http://info.groupbenefits.org), to Catapult Health.

### **Upcoming Clinics**

Due to the COVID-19 Pandemic, on-site clinics for the month of April have been canceled. Catapult will be working with each site to reschedule these clinics and members who had appointments scheduled will receive an email with updates on the rescheduled appointments. A decision on May clinics will be made on April 15<sup>th</sup>. As a result of these cancellations, OGB has extended the deadline to **September 30, 2020** to get your preventive health checkup in order to be eligible for the 2021 wellness credit!

## What is the best way for me to stay healthy?

Now, more than ever, it's important to practice effective germ control so we can avoid getting sick and prevent spreading illnesses to others. Very simple, basic hygiene can go a long way toward lowering your risk of getting any illness that spreads person to person – including coronavirus, stomach viruses, the flu or the common cold.

Good practices include:

- Avoid close contact with people who are sick. If you need to take care of someone who is sick, make sure to wash your hands often and take steps to limit close contact with that person as much as possible.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick, and keep your children home if they are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands. If you don't have a tissue handy, cough or sneeze into the elbow of your shirt sleeve – NOT into your bare hands.
- Clean and disinfect frequently touched objects and surfaces using regular household cleaning sprays or wipes.

Wash your hands often with soap and water for at least 20 seconds (you can sing "Happy Birthday" to yourself twice for timing), and especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. Always wash hands with soap and water if your hands are visibly dirty. If soap and water are not readily available, you can use an alcohol-based hand sanitizer with at least 60% alcohol.

Learn more at <https://www.bcbsla.com/covid19> or by clicking the picture below.



## No Gym, No Problem

With social distancing, you may not be able to work out at your favorite gym. But you can still get amped up at home. You can get a good workout in your living room by focusing on your core, upper and lower body.

Here are workouts you can do from home:

1. Push ups
2. Planks
3. Squats
4. Lunges
5. High Knees
6. Jog in Place
7. Jump Rope
8. Jumping Jacks

Some national chains are making it easier for gym members and non-members. Planet Fitness, one of the nation's largest chain gyms, is offering free online classes. The at-home workouts are streaming on the company's Facebook Page. Anyone can join in on the class. YouTube is another option. Many fitness professionals are posting workouts that can be done by folks at any fitness level.

## Grilled Macaroni and Cheese Sandwiches



*This grilled cheese sandwich is stuffed with creamy macaroni and cheese for double the gooey cheesy deliciousness and it can be made with items you probably already have in your pantry.*

### Ingredients:

- 4 slices of sandwich bread
- 2 TBSP butter
- 4 slices of cheddar cheese
- 1 serving macaroni and cheese

### Directions:

1. Make macaroni and cheese. Spread about 1/2 tbsp butter on one side of each slice of bread.
2. Place a slice of cheese on top of each un-buttered side of bread. Spread half of the macaroni cheese on one piece of bread and the other half on another piece of bread. Place remaining slices of bread on top, to form two sandwiches.
3. Place a frying pan on the stove and turn to medium heat. Once hot, place both sandwiches in the frying pan, cooking the buttered sides until golden and toasty and the center of the sandwiches are melty.

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

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