



### Beating the Quarantine Blues

As the COVID 19 stay-at-home continues, you may be feeling a little stir crazy. Don't worry, you are not alone! The key to overcoming thoughts of boredom and anxiety is to remain positive. Instead of focusing on what you cannot do, direct your attention to pastimes you can do now or the home-based activities you never got a chance to start. Here are a few suggestions to help you pass the time and keep your mental health in check.

- **Play Like a Kid Again** – Make time for some good old-fashioned playtime. Break out the board games, flex your imagination in some make-believe toy sessions or revisit backyard games like tag.
- **Digital Museums, Programming and Event Streaming** – Since museums are close, many are offering online programming. For example, the [Louisiana Arts and Science Museum Pennington Planetarium](#) is offering live sky shows every Thursday while the Audubon Aquarium of the Americas posts educational videos about their animals on their [YouTube](#) Channel. Also, some of the world's most notable museums are open for free digital exploration, such as the [Louvre](#) in Paris, the [British Museum](#) in London and the [Smithsonian](#) in Washington, D.C.
- **Gardening** - Fresh air is highly encouraged during this period of quarantine. And choosing to garden during your daily outdoor time can bud a bounty of therapeutic benefits, from reduced stress to weight management through increased physical activity.
- **Learn or Hone a Skill** - Is there something you always wanted to try but never had the time? Well, if this lockdown has given you more time, then why not start those foreign language classes, learn to paint and bake those recipes you've been meaning to try? There's a multitude of virtual classes offered on the web.
- **Spring Clean** – Since you're likely stuck in the house for a few more weeks, having a clean, decluttered and refreshed living space will do wonders for your outlook. And in a better mood, you're likely to have more energy and enthusiasm to engage in activities that bring more joy.
- **Get More Social on Social Media** – Allow yourself and your family to enjoy a healthy amount of social media – even consider engaging together as a family. TikTok is shaping up to be a fun source of entertainment during the quarantine with videos featuring dance trends, celebrities and influencers and comical skits.

### 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 first half of May 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 second half of May clinics will be made on May 1st. 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!

## Mental Health Matters!

Mental health is a very important part of our overall health and well-being now more than ever. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.** Click [here](#) for ways to boost your mental health.

## Proper Use of Gloves and Masks During COVID-19

People wearing masks and gloves in public has become a common sight during the COVID-19 pandemic. But wearing them incorrectly could be doing more harm than good. The [CDC recommends using face coverings](#), such as masks or bandanas over your nose and mouth. Cloth face coverings should also be washed or sanitized to avoid cross contamination. The wearing of masks protects others and also reminds you not to touch your face.

So what about gloves? Is wearing gloves while out in public effective in protecting you from the new coronavirus? The World Health Organization and health officials all say “no.” Officials are advising people in the public against wearing the gloves because the gloves can harbor bacteria. Wearing gloves is not going to add protection because you are still touching surfaces and touching your face. Infection occurs from breathing infected droplets that are in the air from coughing or sneezing. You can become infected by touching the live virus and then touching your mouth, nose or eyes. Simply washing your hands or using hand sanitizer can prevent the spread of germs that could otherwise stick to gloves.

## Disney Parks Dole Whip



*Has COVID-19 canceled your trip to Disney World? Disney Parks recently released several recipes for their popular treats. A crowd favorite is the Dole Whip!*

### Ingredients:

- 1 generous scoop of vanilla ice cream
- 4 ounces pineapple juice
- 2 cups frozen pineapple

### Directions:

1. Add ice cream, pineapple juice and frozen pineapple to a blender at low speed, and then increase to high speed. Blend until smooth.
2. Use a piping bag with a star tip to recreate the classic Dole Whip swirl—or use a regular ice cream scooper—and add soft-serve to bowl.

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