Quality time while quarantined

DO YOUR POSSIBLE

- Government Employees Health Association, Inc.
  - 82+ years.
  - One of the largest medical and dental plan carriers exclusively for federal employees.
  - More than 2 million members.
  - Extensive nationwide network of doctors, dentists, hospitals and other providers.
  - We want you to “Do Your Possible” no matter where you are in life.
Today’s Presenters

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Quality time while quarantined: Staying active and having fun with the family while safe at home
Virtual tours

- Smithsonian National Museum of Natural History
- Louvre museum
- Vatican museums: Sistine Chapel
- Smithsonian Museum of American Art
- Google Arts & Culture
Exercise at home

- Cosmic Kids Yoga
- Fresh Start Fitness
- Just Dance
- Stretch/foam roll
Spring closet cleaning

- Red carpet style
- Marie Kondo method
- Yes, no, maybe piles
- For every 2, toss 1
Movie night

- Marathons
- Build a fort
- Fun snacks
- Take turns
Game night

- Puzzles
- Board games
- Cards
- Darts
- Ping pong
- Escape Room
Write letters

- Loved ones
- First responders
- Nursing homes
- Hospitals
Virtual playdate

- Facetime
- Zoom
- Dance-off
- Simon says
Arts and crafts

- Learn to draw
- Make a movie
- Sock puppets
- Slime
- Adult coloring books
Move with music

- Dance party
- Pots and pans band
- Rock Band/Guitar Hero
- Learn or practice an instrument
In the kitchen

- Breakfast for dinner
- Following a recipe
- Baking and decorating
- Around the world
Get outside

- Bike/walk
- Sports
- Sidewalk chalk
- Gardening/yard work
- Fly a kite
- Grill
Learn something new

- Try a new language
- Read
- Calligraphy
- DIY projects
- Hair and makeup
- Origami
For the kids

- Balloons
- Play school/house
- Sort/count coins
- Quiet challenge
Fight stress

- Create space
- Be flexible
- Provide reassurance
- Reach out
- Meditate
- Self-care
For you

- Make a charcuterie board
- Organize drawers and cabinets
- House/yard projects
- Photo albums
- Try new coffee/tea
At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that’s when it’s most important that we do what it takes to be your trusted partner.

[geha.com/COVID-19]

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