



Are you too attached to your technology?

Do you spend too much time using a phone, tablet or computer? If you cannot control how often or intensely you use your device – even when you know the negative consequences – you might need to make some adjustments.

Unfortunately, you can be addicted to your device. Here are some signs:

- You feel guilty about how often you use your device.
- You feel withdrawal or discomfort when you are separated from it.
- Your loved ones complain about how much time you spend using it.

Overuse of technology doesn't just zap your time, it also can lead to:

- Auto accidents
- Chronic diseases associated with a sedentary lifestyle
- Psychological problems stemming from a lack of social interactions
- Sleep deprivation
- Vision problems

If you need to distance yourself from technology to focus on more personal human connections, you can:

- **Create screen-free zones:** The car, kitchen table and even your bedroom are good choices for this designation.
- **Set aside tech-free time:** Go for a walk, play a board game or read a hard copy of a book or magazine. Use your phone's "do not disturb" feature during these times so you're not tempted by interruptions.
- **Streamline your apps:** Delete apps you don't need. Keep the ones you use the most or get the most enjoyment from.
- **Turn off alerts:** It's easier to ignore your phone if it doesn't buzz every few seconds with texts, emails and social media updates.

Horizon Blue Cross Blue Shield of New Jersey can help you get the care you need when you need it. Visit HorizonBlue.com/doctorfinder if you need help finding in-network care.

Sources: Centers for Disease Control and Prevention, WebMD®, World Health Organization

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