

# 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, you can:

- **Create screen-free zones:** Consider the car and kitchen table.
- **Set aside tech-free time:** Go for a walk, play a board game or read a hard copy of a book or magazine.
- **Streamline your apps:** Delete apps you don't need.
- **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](http://HorizonBlue.com/doctorfinder) if you need help finding in-network care.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

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

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