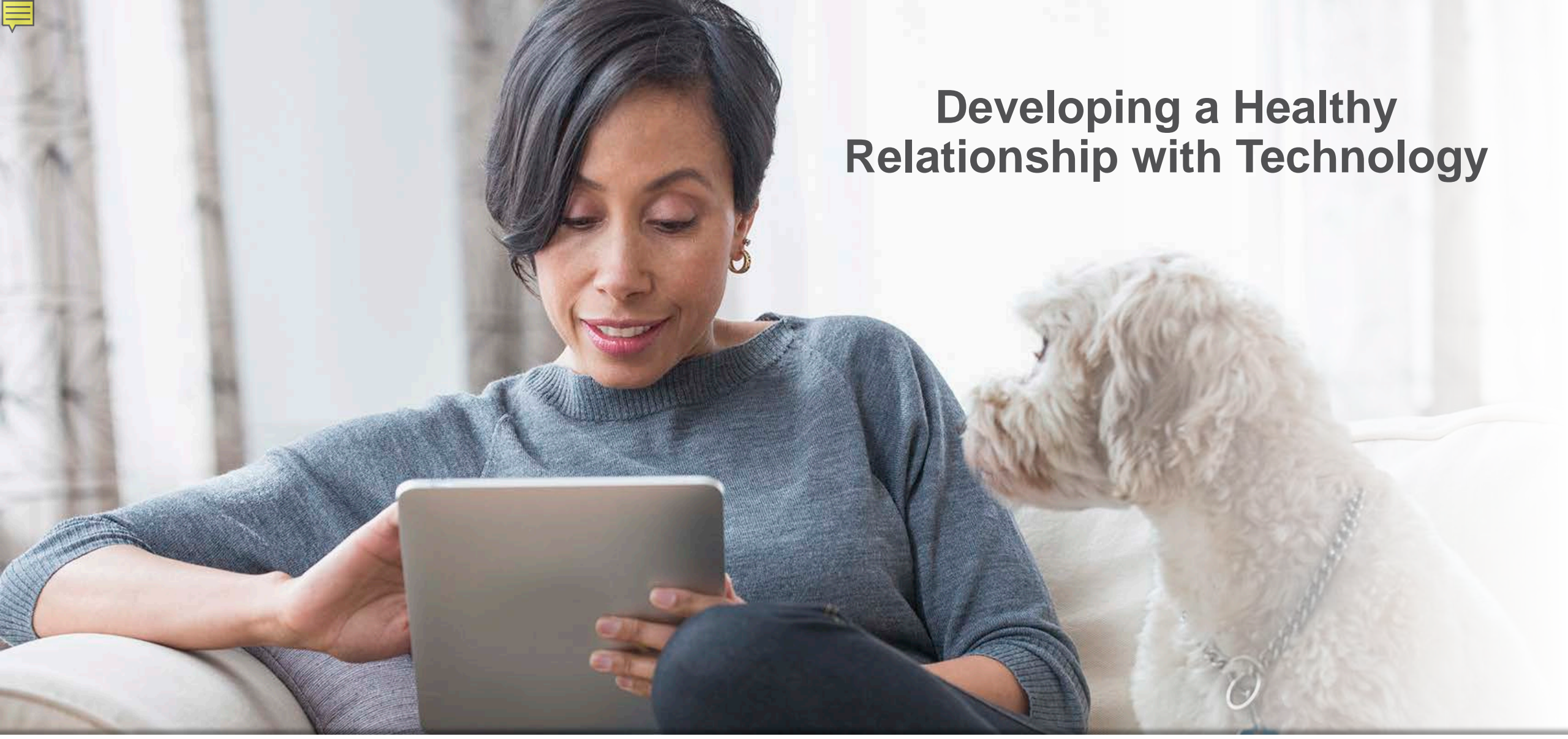




Developing a Healthy Relationship with Technology



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Digital Technology

- Computers
- Tablets
- Smartphones
- Websites
- Apps
- Email
- Text messaging
- Games





Technology can be healthy

- Connection
- Skill Building
- Organization
- Inspiration
- Decision Making





Technology can be unhealthy

- Social pressure
- Worry
- Disappointment
- Disruption to health





Find a healthy relationship with technology

- Set a schedule
- Limit email checks
- Turn off unnecessary notifications
- Set guidelines
- Take regular breaks
- Take a 'digital vacation'





Find a healthy relationship with technology

- Reduce screen time
- Do off-screen activities
- Reduce distractions
- Set an example
- Don't compare yourself





BCBSTX Resources – Well onTarget®

- Video: Sleep Problems: Getting Past Barriers to Powering Down
- Health Assessment
- Self-Management Program
- Personalized Coaching

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/well-ontarget>



BCBSTX Resources – Fitness Program

You can call the Fitness Program toll-free at **(888) 762-BLUE (2583)**, Monday through Friday, 8 a.m. – 9 p.m., in any U.S. time zone.

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/fitness-program>





Thank You



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