



Your Employee Assistance Program

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Learn about tips for **healthy digital habits**

Think about the last time you browsed the news, scrolled through social media or played a game online. Was it a quick, refreshing break in your day? Or did it quickly turn into an hour-long distraction?

If you find yourself spending more time online than you'd like — or your online fun is leading to offline challenges — try these tips.

- 1 Turn off alerts.** Constantly distracted by chimes or pop-up messages? Try turning off all notifications that aren't essential.
- 2 Set your phone aside.** Find yourself pulling out your phone when you should be giving others your attention? Put it away during meals and other times you're hanging out.
- 3 Go screen-free before bed.** Using electronics before bed can interrupt your sleep. Plan for at least 30 minutes screen free, and keep your phone and other devices out of your bedroom.

Want support improving your digital habits?
Contact Mass4YOU Employee Assistance Program



Call
1-844-263-1982



Visit
liveandworkwell.com
Use (access code **mass4you**)



Download the
Optum Assist
mobile app
Use (access code **mass4you**)



If you or someone you know has thoughts about suicide, seek help right away. To talk with a trained counselor, you can call the National Suicide Prevention Lifeline anytime at 1-800-273-TALK (1-800-273-8255). **If you or someone you know is in immediate danger, call 911 — or go to the closest emergency room.**

This service is provided at no additional cost as part of your benefits. All records are kept confidential in accordance with federal and state laws.

Information provided by this service is for informational purposes only. All information and ideas should be discussed in detail with your individual advisor prior to implementation to determine if it is applicable to you.

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