

One Call Care Management's Wellness Series



Mind Your Posture



Every day **OVER 6 BILLION TEXTS** are sent in the US

The average person checks their device **85 TIMES A DAY**

**OVER HALF** of an average adult's daily internet usage is spent on mobile devices

## Is your phone hurting you?

Have you looked at your phone in the last 30 minutes? Odds are you have! On average we look at our devices an average of 85 times a day. There's no denying that technology has transformed the way we live, from how we communicate and share information to how we navigate through life. We're attached to our devices, and it might be taking a toll on our bodies.

0°  
10-12 lbs.

30°  
40 lbs.

60°  
60 lbs.

My neck is feeling worse today 😞

I wonder if it's from all the texting??

Did you know looking down at your phone puts 50 lbs of pressure on your spine???

No way!?! 😞 What am I supposed to do???

Posture is important even when you are not using your mobile device, [click here](#) for some tips on how to improve your posture.

Smart device **overuse** can lead to:

- Slouching
- Pain and damage to neck
- Early wear on cervical spine
- Degeneration
- Possible surgeries
- Nearsightedness
- Eye strain
- Dry eyes



Tips to **counteract** the **negative effects** of technology:

- Proper desk posture
- Hold phone eye-level away from face
- Buy a stand that sits on the table
- Stretches and exercises
- Adjust brightness and contrast
- Use large display text

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