

SCREEN TIME

The amount of time spent using digital devices like smartphones, computers, and tablets, has become an integral part of modern life. While it offers numerous benefits like education, entertainment, and connection, excessive screen time can also have negative impacts on various aspects of our lives.



Physical Health

Eye strain and headaches: Staring at screens for extended periods can lead to eye fatigue, dryness, and headaches. Blue light emitted from screens can further disrupt sleep patterns and contribute to insomnia.

Obesity and inactivity: Increased screen time often translates to less physical activity, which can contribute to weight gain, obesity, and related health problems like diabetes and heart disease.

Musculoskeletal issues: Poor posture while using devices can lead to neck pain, backaches, and even chronic conditions like carpal tunnel syndrome.

Mental Health

Addiction and attention problems: Excessive screen use can trigger dopamine release, creating a rewarding loop that can lead to dependence and difficulty focusing on other tasks.

Anxiety and depression: Studies have linked excessive screen time to increased anxiety and depression, especially among children and adolescents.

Social isolation and loneliness: Overreliance on virtual interactions can lead to decreased face-to-face communication and feelings of social isolation and loneliness.

Tips for Healthy Screen Time

- **Set screen time limits:** Establish boundaries for yourself and your children, using timers or apps to track usage.
- **Prioritize physical activity:** Make time for regular exercise and outdoor play to counteract the sedentary nature of screen time.
- **Choose quality content:** Focus on educational, enriching content and limit exposure to harmful or addictive material.
- **Create screen-free zones:** Designate certain areas or times in your day where screens are off-limits, like bedrooms or mealtimes.
- **Prioritize real-world interactions:** Make time for face-to-face social interaction, hobbies, and activities that engage you beyond the digital world.

Remember, screen time is not inherently bad, and it can be a valuable tool for learning, communication, and entertainment. However, mindful usage and creating a healthy balance between the digital and real world is crucial for maintaining physical and mental well-being.

TELADOC






GENERAL MEDICINE

A virtual healthcare service that allows you to connect with a board-certified doctor 24/7 via phone or video call, for non-emergency medical issues. Think of it as having a doctor's office at your fingertips, accessible from anywhere, anytime. Is a convenient and affordable way to get quality healthcare for non-emergency medical conditions. If you are looking for a fast, easy, and reliable way to see a doctor, Teladoc is a great option to consider.

Teladoc General Medicine can treat a wide range of non-emergency medical conditions, such as:

- Colds and flu
- Sinus infections
- Allergies
- Pink eye
- Stomachache
- UTIs
- Skin conditions
- Minor injuries
- And more

Benefits of using Teladoc General Medicine

-  **Convenience:** No need to travel to a doctor's office or wait in a waiting room.
-  **Accessibility:** Get care 24/7, even outside of regular business hours.
-  **Affordability:** Teladoc is often more affordable than a traditional doctor's visit.
-  **Privacy:** Your virtual visits are confidential and secure.
-  **Quality care:** Teladoc doctors are board-certified and experienced in providing telehealth care.

REMEMBER

Teladoc is not a substitute for emergency care. If you are experiencing a medical emergency, please call 911 or go to your nearest emergency room.