

Wellness Webinar: Too Attached to Technology?



Are you glued to your cell phone or tablet? Do you feel withdrawal when you spend too much time away from it?

If so, you're not alone. During this webinar, **new for 2019**, we'll discuss how to recognize if you or a loved one is addicted to a device and the problems associated with excessive use. We'll also give you practical tips to change habits and reduce screen time.

Register now for this webinar.

This webinar series is specifically designed for our corporate group members, so we require that participants register with a corporate email address. Once we receive your registration, you will receive a confirmation email with instructions on how to join the webinar. Space is limited.

If you are not able to access the registration link above, please copy and paste this address into your browser:
<https://horizon.webex.com/horizon/onstage/g.php?MTID=efc326e237cc75db161b51a00ba9e480f>

**Horizon BCBSNJ
Wellness Webinar**

**Too Attached
to Technology?**

**January 9, 2019
12 p.m., Eastern Time**

Our Wellness Webinars are for general informational purposes. Horizon Blue Cross Blue Shield of New Jersey wants to help you get the information you need to manage your health. Talk with your doctor about specific questions you may have about your health and before starting any new diet or exercise program.

Once you register for this session, you may receive future emails from Horizon Blue Cross Blue Shield of New Jersey. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey.

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