

The power of unplugging: how a digital detox improves your wellbeing

How often do you unlock your phone “for a second,” only to realize 20 minutes have gone by? Or sit down to focus and find yourself scrolling without noticing? You’re not alone. Most adults spend seven or more hours a day on screens. Today’s digital world is designed to capture our attention through endless feeds and notifications which can increase stress, disrupt sleep, and drain focus.

At Excellus BlueCross BlueShield (BCBS), we’re committed to supporting our members’ health and wellbeing. That’s why this September, our **Excel Your Well webinar** will explore **“The power of unplugging: how a digital detox improves your wellbeing.”** Together, we’ll look at how stepping away from screens—even briefly—can improve mental clarity, sleep, mood, and overall wellbeing.



Join us for this 45 minute engaging webinar, hosted by Excellus BCBS Behavioral Health Medical Director, **Dr. Kate Cerio**. This session will cover:

- The impact of excessive screen time on stress, sleep and emotional wellbeing
- Common signs you may benefit from a digital detox
- The science behind why “unplugging” helps the brain recover
- Practical ways to create healthy boundaries with devices—at work and at home
- Tips for building a sustainable digital wellness routine
- Additional benefits and resources to support your wellbeing*

When our members have the resources and support to prioritize their health and wellbeing, everybody benefits.

Webinar date: Wednesday, September 30

Webinar time: Noon - 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).

Excellus 

Everybody Benefits

*Availability of benefits and coverage varies by contract.
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