



Well onTarget®

Health Kit | February 2020

# Hello!

## Here is your Health Kit for February 2020.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

Technology is a huge part of our daily lives. But how much is too much? In this month's Health Kit, you'll find information and tools to help you detox from your digital devices and enable you to focus on enjoying life in real-time.

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### Poster

Learn how to take a detox from your digital device with tips in this month's poster.

[Download Poster](#)

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### Brain Game

Complete this word scramble to find words associated with unplugging.

[Download Game](#)

Continued on Page 2

## Recipe

Check out this month's recipe for a great source of omega-3 fatty acids, an essential type of fat that we need to survive, and they're good for your brain.

[Download Recipe](#)

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## Coaching Moment: Unplug to Recharge

This month, Clinical Specialist Lindsay challenges you to unplug from your digital device.

[Watch Video](#)

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## 90-Second Video: Limiting Your Smartphone Use

Watch this short video to learn how you can limit your smartphone use.

[Watch Video](#)

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## Podcast: The Importance of Taking a Device Break

Listen to this podcast to learn the importance of taking a break from your devices.

[Listen](#)

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### Additional Information:

[For More Information on How to Take a Break From Your Phone!](#)

### Coming up...

Tune in next month for information and tips on brain health.

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