

Disconnect to reconnect: digital detox for better health



How often do you pick up your phone “just for a moment,” only to look up and realize 20 minutes have passed? Or sit down intending to focus, and find yourself scrolling without even noticing?

You’re not alone. Most adults spend seven or more hours a day on screens. In today’s digital world, attention is constantly pulled in every direction—through endless feeds, alerts, and updates. Over time, that can leave us feeling overstimulated, less focused, and more fatigued—mentally and emotionally.

At Univera Healthcare, we are right here to support our members’ health and wellbeing. That’s why this September, our **Understanding Your Wellbeing webinar** will explore **“Disconnect to reconnect: digital detox for better health.”** Together, we’ll explore how taking intentional breaks from screens can support clearer thinking, better sleep, improved mood, and a greater sense of overall wellbeing.

Join us for this 45 minute engaging webinar, hosted by Univera Healthcare 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*

We are **[Right here. For you.]**

Webinar date: Thursday, September 24

Webinar time: Noon – 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click **here**.

We hope you can join us to learn more about ways to support your wellbeing.

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For you.**