



A PAIN IN THE NECK

Most Americans spend close to four hours a day on their smartphone, usually with their head tilted forward. The result may be a repetitive injury known as “text neck.”

Try these strategies to avoid text neck:

- Raise your device to eye level so your head doesn't tilt forward.
- Reduce the time you spend on your phone and take frequent breaks.
- Exercise and stretch. These activities can ease muscle tightness and pain. Yoga may be particularly helpful.

The average human head weighs between 10 and 12 pounds.¹ As you tilt your head forward, the stress on your neck increases. Even a small tilt can dramatically increase stress on your neck muscles.¹ This sustained forward head posture causes wear and tear, which can result in pain. Some people even need surgery to correct the damage.

Enroll in a health coaching program to become more physically active or to make other lifestyle changes. To sign up with a health coach, call **1-866-778-6073 (TTY: 711)**.

This information is not a substitute for the routine care provided by your primary care provider. Talk with your doctor before making any changes in your diet, exercise, or medication management.

¹He A. US Adults Are Spending More Time on Mobile Than They Do Watching TV. eMarketer. <https://www.emarketer.com/content/average-us-time-spent-with-mobile-in-2019-has-increased>. Published 2014. Accessed September 2019.

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Translation services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

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