

Digital wellness tips for better mental health with Rightway.

Help from real people to simplify mental health care.

Healthcare is hard enough without having to navigate digital wellness alone. From social media to constant notifications and screens everywhere, making the right choices about your digital habits matters for your mental health. Make these digital wellness practices a daily habit with support from your Rightway health guide:

1 TAKE A BREAK

Schedule regular phone-free times in your day - including at least 20 screen-free minutes outside. Recharge before you reconnect.

2 SET LIMITS

We'll help you analyze your daily screen time and find the right tools to limit access to certain features of your devices. Your health guide can recommend proven strategies that make this easier.

3 CREATE DEVICE-FREE ZONES

Create places or times in your day where your devices don't get to join you, like at dinner or in the bedroom. Limiting when and where you are accessible can give you time to find calm.



Rightway simplifies your healthcare.

Our simple, secure app connects you directly with health guides who understand your benefits and can help you:

- + Find and book appointments with mental health professionals.
- + Access digital wellness resources and programs.
- + Understand all of your available mental health benefits.

Let Rightway's experts handle the complicated parts of finding mental health resources:

