**Mission: HEALTH Hacks – Screen Time**

**Date / Time:** July 16, 1:00 – 1:45 PM ET

**Speakers:** Dr. John Torous, MD, MBI (Director of the Division of Digital Psychiatry at Beth Israel Deaconess Medical Center – a Harvard Medical School-affiliated teaching hospital) and Alisa Ross (Research Associate)

**POC:** Hanna Bogner ([Hanna.l.bogner@nasa.gov](mailto:Hanna.l.bogner@nasa.gov))

**Host:** The Office of The Chief Health and Medical Officer (OCHMO) Mission: HEALTH Team

Join us for a year of transformative tips and practical advice with our ***Mission: HEALTH Hacks Series***. Each month, we’ll explore a key area of well-being – from stress and anxiety to sleep, activity, finances, and more. Each session is packed with actionable strategies you can start using immediately to boost your health and make lasting improvements in your life. Let’s make 2025 your healthiest year yet!

In this session, we’ll focus on managing screen time for better health and well-being. Learn how digital habits impact focus, sleep, stress, and overall health and discover practical strategies to set healthy boundaries, use technology more mindfully, and create a balanced daily routine. Whether you want to reduce device time or build healthier digital habits, this session offers tools to support your wellness journey!

If you have questions you'd like to ask anonymously, please visit our [Ask-Ahead Questions page](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flogin.microsoftonline.com%2Forganizations%2Foauth2%2Fv2.0%2Fauthorize%3Fclient_id%3Dc9a559d2-7aab-4f13-a6ed-e7e9c52aec87%26redirect_uri%3Dhttps%253A%252F%252Fforms.office.com%252Flanding%26state%3DeyJ2ZXJzaW9uIjoxLCJkYXRhIjp7IklkZW50aXR5UHJvdmlkZXIiOiJBUWJoLUp2SFJjWHcyRWJibXlzU2pnZnZhNGQwQzg5ellBYzVxbmNPSkU1Y2ZvZDkxbDVpLWE4Mkc5MGFsQWFaclV6Nk13cW83azJKLXplZkJSWXU5TDQiLCIucmVkaXJlY3QiOiJodHRwczovL2Zvcm1zLm9mZmljZS5jb20vcGFnZXMvcmVzcG9uc2VwYWdlLmFzcHg_%26response_type%3Dcode%2520id_token%26scope%3Dopenid%2520profile%26response_mode%3Dform_post%26nonce%3D638875009333124369.ZWJmN2VmMGItMjk5Yy00YmYxLThhMmYtY2YwZDEyMzcwMmVmN2E5MDg3ZjYtNGFhOC00ODFiLThjOTQtYWFkZWNmZGM5ZGYy%26msafed%3D0%26x-client-SKU%3DID_NET9_0%26x-client-ver%3D8.9.0.0&data=05%7C02%7Cporter.j.pryor%40nasa.gov%7C0cda3f0422cb4c1d6bc408ddbd70cd50%7C7005d45845be48ae8140d43da96dd17b%7C0%7C0%7C638875014507677478%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=3p7UdD78iL%2BrGbPdd14lXnJE0xpAbKF%2FfKNQeKqJxGQ%3D&reserved=0) on the Health4Life website. Questions submitted anonymously will be addressed during the presentation.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Microsoft Teams** [Need help?](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Faka.ms%2FJoinTeamsMeeting%3Fomkt%3Den-US&data=05%7C02%7Cporter.j.pryor%40nasa.gov%7C0cda3f0422cb4c1d6bc408ddbd70cd50%7C7005d45845be48ae8140d43da96dd17b%7C0%7C0%7C638875014507698795%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=GTwPQZoYrs269nqC%2FmwTVfxKlL4D3eSPbRjf5LlG3Yg%3D&reserved=0)

[**Join the meeting now**](https://gcc02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_NzA0OWY2YzMtOGVlZi00MTIxLWE4OTMtYjBmZjM2NmNhYjA4%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25227005d458-45be-48ae-8140-d43da96dd17b%2522%252c%2522Oid%2522%253a%252209b82878-5c5a-469a-82b1-c7de89745562%2522%257d&data=05%7C02%7Cporter.j.pryor%40nasa.gov%7C0cda3f0422cb4c1d6bc408ddbd70cd50%7C7005d45845be48ae8140d43da96dd17b%7C0%7C0%7C638875014507712588%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ZkqIJe2V%2BDwziy5V1PPm%2BN8PvlrJPaZyWoC0hCkuIaM%3D&reserved=0)

Meeting ID: 277 495 318 415 0

Passcode: Va9ut7jY

**Dial in by phone**

[+1 256-715-9946,,23306433#](tel:+12567159946,,23306433) United States, Huntsville

[Find a local number](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdialin.teams.microsoft.com%2F19c0a492-90c6-4dcc-b305-a553fc69dc5b%3Fid%3D23306433&data=05%7C02%7Cporter.j.pryor%40nasa.gov%7C0cda3f0422cb4c1d6bc408ddbd70cd50%7C7005d45845be48ae8140d43da96dd17b%7C0%7C0%7C638875014507725989%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2FhRMwezvM7bjBEbw0pI8hULm0%2Bq9%2FtkZo8jeoMqH0dQ%3D&reserved=0)

Phone conference ID: 233 064 33#

For organizers: [Meeting options](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.microsoft.com%2FmeetingOptions%2F%3ForganizerId%3D09b82878-5c5a-469a-82b1-c7de89745562%26tenantId%3D7005d458-45be-48ae-8140-d43da96dd17b%26threadId%3D19_meeting_NzA0OWY2YzMtOGVlZi00MTIxLWE4OTMtYjBmZjM2NmNhYjA4%40thread.v2%26messageId%3D0%26language%3Den-US&data=05%7C02%7Cporter.j.pryor%40nasa.gov%7C0cda3f0422cb4c1d6bc408ddbd70cd50%7C7005d45845be48ae8140d43da96dd17b%7C0%7C0%7C638875014507739309%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=mse80qs2c4ki1RaFj3FmlCIg9pEhmrlD%2FNjbbyVRS90%3D&reserved=0) | [Reset dial-in PIN](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdialin.teams.microsoft.com%2Fusp%2Fpstnconferencing&data=05%7C02%7Cporter.j.pryor%40nasa.gov%7C0cda3f0422cb4c1d6bc408ddbd70cd50%7C7005d45845be48ae8140d43da96dd17b%7C0%7C0%7C638875014507752796%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=QIIG07oxffgq2RZi2hNBOV%2Ft1w%2FnTT0CdykwHehjbPY%3D&reserved=0)

ALERT: All meeting participants consent to, and will abide by, the terms and conditions viewable at the LEGAL link below. No ITAR/EAR content display or sharing without consent from Export Control.

[Org help](https://nasa.sharepoint.com/sites/TeamsSupport) | [Privacy and security](https://www.nasa.gov/content/microsoft-teams-disclaimer)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_