

Blue Cross® VIRTUAL WELL-BEING

Healthy Working at Home

In the latest State of the American Workplace survey conducted by Gallup, more than 40% of Americans surveyed said they spend at least some of the time working remotely. People who work remotely said they're more productive because they have:

- Fewer distractions
- Fewer interruptions from co-workers
- Less stress from commuting
- Limited exposure to office politics

Remote working, however, does have some drawbacks. You may sit more and have easier access to unhealthy food. And, remote working may make you feel lonely. If you work remotely, here are some things you can do to stay healthy and productive:



Remote working and your physical health

- Find ways to incorporate movement into your day.
- Take control of your food and avoid the temptation to eat unhealthy foods.
- Drink plenty of water so you don't get dehydrated.
- Take care of your eyes when you're in front of a computer screen all day.

Remote working and your mental health

- Take time to connect to other coworkers through video calls and personal interactions.
- Try to leave the house each day, even if it's just to get a coffee or pick up groceries.

Other tips to help you work well at home

- Create a routine to help you maintain a healthy lifestyle and differentiate between work and personal time.
- Protect your time. People who work remotely tend to work longer hours and have a harder time separating home time from work time than those who work in an office.
- Create a separate work space in your home.
- Get dressed every day in case you need to participate in a video call at a moment's notice.
- Use breaks to cross things off your to-do list.
- Reclaim your commuting time and use it for something productive.

Sources: [hcamag.com/ca](https://www.hcamag.com/ca)*, [thriveglobal.com](https://www.thriveglobal.com)*, hbr.org*, journals.sagepub.com*

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