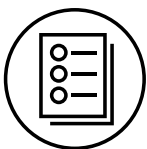


5 tips to work healthier from home



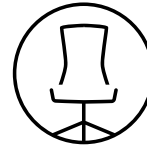
02. Adjust your technology

Make sure all digital tools are up-to-date and optimized for smooth, seamless operation.



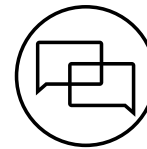
04. Commit to your outcomes

Establish work outcomes and arrange a schedule based on your personal preferences that helps you deliver them.



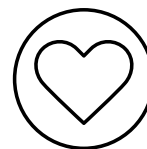
01. Adjust your workspace

Consider the quality of light, the ergonomics of your chair, and the placement and angle of your computer screen.



03. Communicate your needs

Let your family and/or housemates as well as your workmates know what you need to be productive.



05. Commit to your health

Take time throughout the day to recharge your mind, body, and spirit.