

Continentale Betriebskrankenkasse

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Recommendations for the daily use of wireless technologies by a health insurance

Cell phones

- The worse the reception, the higher the RF radiation exposure. Keep the cell phone away from your body when the connection is being established because the cell phone emits the highest amount of RF radiation at this time. Reception is usually better in the open air than inside a home or car.
- Use a wired headset or a speakerphone. Especially in the car, use a hands-free kit.
- Keep your calls short.
- When sending a text message, keep the cell phone also away from your body.
- When purchasing wireless devices such as smartphones, tablets, or cell phones (incl. cordless phones or wireless printers), look for the lowest SAR value possible.
- When at home, use a corded phone.

Corded phones

- Replace cordless phones with corded phones, if possible.
- Keep the base stations of cordless phones as far away from areas where you spend most of your time.
- The RF transmissions of the base station should automatically shut off when in standby.

Wi-Fi

- Connect your computer to the Internet with a wired connection.
- Again, place a wireless router in a room that is rarely occupied.

Computer workplace

- If you are using a wireless mouse, keyboard, headphone, or webcam, be sure to use the lowest power setting.

Children's bedroom / baby monitor

- Keep as few electric devices in a children's bedroom as possible. Use devices that can be operated with a (rechargeable) battery.
- Do away with compact fluorescent lamps, fluorescent tubes, and dimmable lamps.
- The distance between the child's bed and the baby monitor should be as large as possible. The same goes for outlets.

Translator's note: The German health insurance plan *Continentale Betriebskrankenkasse* has about 55,000 members. This health insurance is big on prevention. You can receive a bonus of up to €120.00 for a healthy lifestyle.