

## Steps you can take if you need a break

It's important to keep your health and happiness in mind. If you have concerns about the amount of time spent on our games, mobile apps or internet sites, we encourage you to contact our <u>Customer Support team for Big Fish Games</u> or our <u>Customer Support team for Product Madness</u>.

## **Monitoring the Time You Spend Playing Games**

Monitoring the amount of time you spend playing video games is a good first step to better understanding how gameplay may be affecting your life and wellbeing. Many mobile devices come with built-in functionality to track the time you spend interacting with that device. For example:

- For instructions on tracking the time you spend on your Apple device, please see this link: <a href="https://support.apple.com/en-us/HT208982">https://support.apple.com/en-us/HT208982</a>
- For instructions on tracking the time you spend on your Android device, please see this link: <a href="https://support.google.com/android/answer/9346420?hl=en">https://support.google.com/android/answer/9346420?hl=en</a>

If your device isn't listed above, please contact our <u>Customer Support team for Big Fish Games</u> or our <u>Customer Support team for Product Madness</u> for further assistance.

