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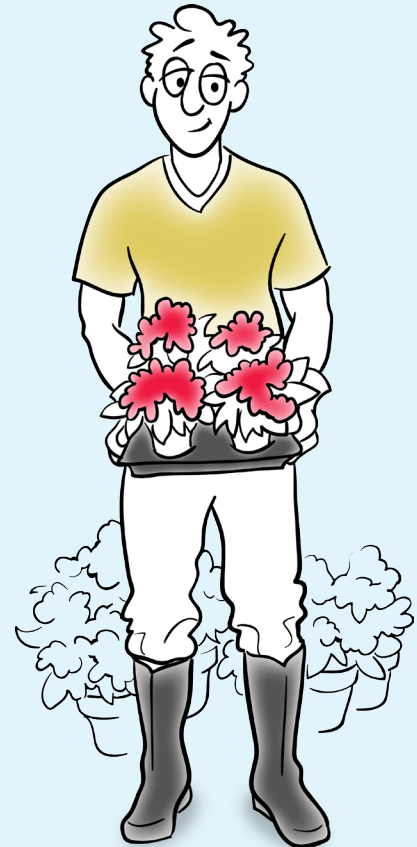
Don't Let Allergies Spoil Your Spring

This time of year, most of us look forward to spending time outside, or opening the windows to enjoy spring breezes. But for individuals who suffer from allergies, communing with nature often comes at a cost.

When the human immune system overreacts to a foreign protein substance – be it through breathing, eating, or touching – the body may display such symptoms as coughing, sneezing, itchy eyes, runny nose and scratchy throat. Severe allergic reactions can also result in rashes, hives, lower blood pressure, asthma attacks, and even death.

Allergies come in a variety of types, including indoor and outdoor, skin, latex, and food and drug. A family history of allergies increases the odds that you'll have them as well, and it's not uncommon to suffer from several types. If you're exhibiting allergy symptoms, consult your family doctor about running tests to pinpoint the cause and treatment.

Many prescription and over-the-counter medicines are available to counter allergy symptoms – and frequently at little cost to the patient. Most MedBen Worksite Wellness plan members can compare allergy drug prices through the **MedBen Access** website. Simply visit MedBen.com and select the "MedBen Access" link. Once you've logged in, click on "My Rx Claims" to enter the medication portal.



Keep Common Allergy Symptoms in Check

While there are no cures for allergies, you can take steps to manage their symptoms:

- Keep your house free of dust and mold.
- Wash your bed linens and other laundry in hot water.
- Bathe or shower before bedtime to wash off pollen.
- Dust mites thrive in heat, so keep your home temperature below 75 degrees.
- Don't dry your laundry outside, as pollen can deposit in it.
- Bathe your pets weekly to reduce dander accumulation.
- Use an air purifier with a clean filter in your home.
- Change your clothing after a long day outdoors.
- Limit the use of window fans that can draw pollen into your home.

SOURCES: Asthma and Allergy Foundation of America, all-allergies.com

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1975 Tamarack Rd. • Newark, OH 43055 • (800) 423-3151 • www.medben.com