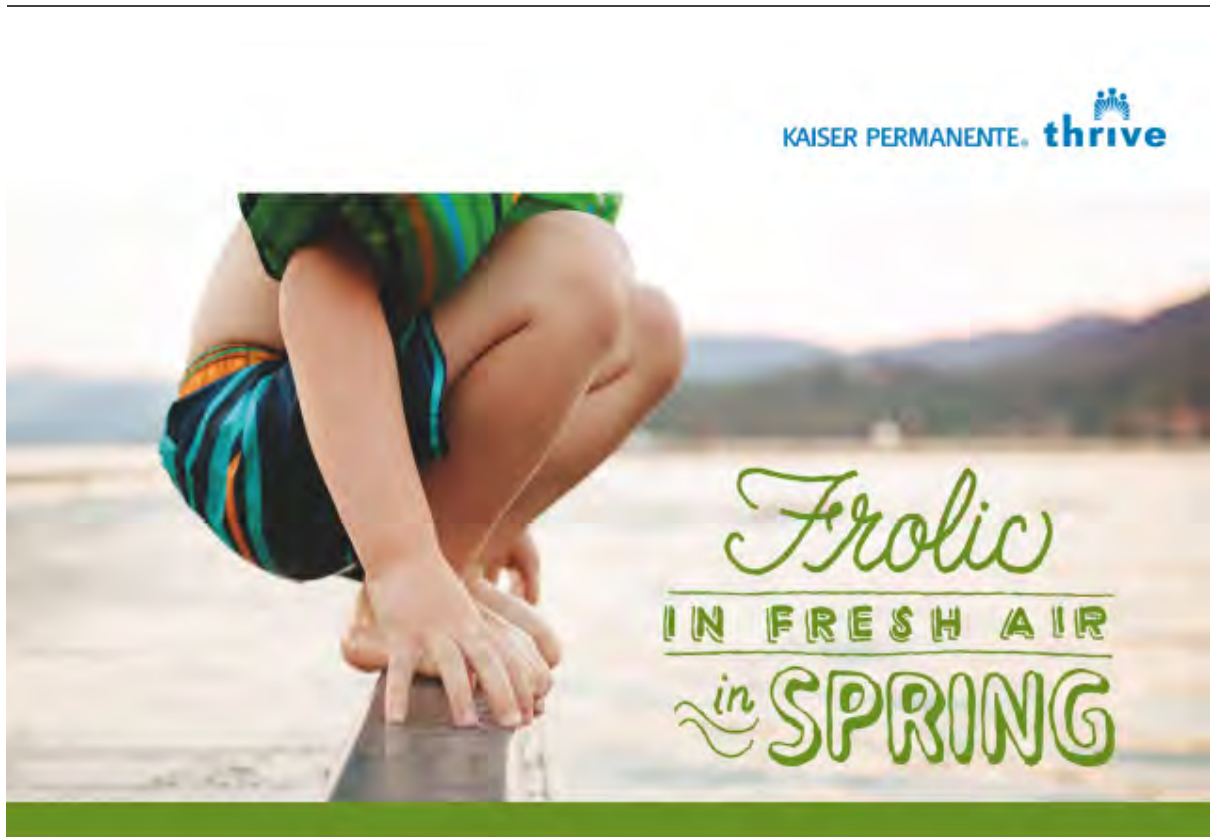


Health & Welfare E-Newsletter

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Don't let allergies or asthma keep you from enjoying the great outdoors. When the flowers are blooming and allergy season is looming, try these tactics to beat the sneeze.

Seize the days and breathe easy

Watch the clock

Pollen levels are at their peak between 5-9 a.m. Sorry, morning people ...

Rain? Check!

Spring showers clear the air, so to speak. After it rains, the outdoors is your oyster.

Salt cure

Saline nasal spray or wash can flush out allergens and minimize symptoms. Even better? It's all natural.

OUTSMART ALLERGY SEASON

Enjoy your Spring Break Without Bringing Home Extra Pounds.



Keep your healthy habits during spring break and beyond.

It can be tempting to indulge on vacation and fall out of your usual nutrition and exercise routine. However, with a little advance planning and commitment, it is possible to stick to your weight control goals while you're traveling.

[Get Tips and Trick Here](#)

A person's hands typing on a laptop keyboard, with a doctor's face visible on the screen.

Virtual Visits
Get access to care online.
Any where. Any time.

When you don't feel well, or your child is sick, the last thing you want to do is leave the comfort of home to sit in a waiting room. Now, you don't have to.

A virtual visit lets you see and talk to a doctor from your mobile device or computer without an appointment. Most visits take about 10-15 minutes and doctors can write a prescription*, if needed, that you can pick up at your local pharmacy. And, it's part of your health benefits.

Conditions commonly treated through a virtual visit

Doctors can diagnose and treat a wide range of non-emergency medical conditions, including:

- Bladder infection/ Urinary tract infection
- Diarrhea
- Rash
- Bronchitis
- Fever
- Sinus problems
- Cold/flu
- Migraine/headaches
- Sore throat
- Pink eye
- Stomach ache

Access virtual visits

Log in to myuhc.com® and choose from provider sites where you can register for a virtual visit. After registering and requesting a visit you will pay your portion of the service costs according to your medical plan, and then you will enter a virtual waiting room. During your visit you will be able to talk to a doctor about your health concerns, symptoms and treatment options.



To learn more, [login to myuhc.com](https://myuhc.com)



Use virtual visits when:

- Your doctor is not available
- You become ill while traveling
- You are considering visiting a hospital emergency room for a non-emergency health condition

Not good for:

- Anything requiring an exam or test
- Complex or chronic conditions
- Injuries requiring bandaging or sprains/ broken bones



Keep Your Breath Fresh



Halitosis. Dragon breath. Stomatodysodia. Whatever you call it, bad breath is not pleasant. Here's how to avoid this condition affecting 80 million Americans.¹

[Click Here to Learn More](#)

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