Seasonal Allergies

Unfortunately for some, the arrival of spring or fall is accompanied by seasonal allergies. Seasonal allergies are primarily triggered by pollen from trees, grasses, and weeds that cause the body's immune system to identify them as harmful invaders, leading to an allergic reaction.

The symptoms of seasonal allergies can vary in severity and may include:

- Sneezing
- Itchy or Watery Eyes
- Coughing
- Runny or Stuffy Nose
- Fatigue
- Sore Throat

Here's how to manage and alleviate allergy symptoms:

Monitor Pollen Levels: If the pollen forecast in your area is high, consider limiting outdoor activities.

Keep Windows Closed: Close windows to keep the bulk of pollen out, and use air purifiers with HEPA filters to trap airborne allergens.

Practice Allergy Hygiene: After spending time outdoors, shower and change your clothes to remove pollen from your body and clothing. Don't forget to wipe down your pets, too.

Use Nasal Irrigation: Saline nasal sprays and irrigation systems canhelp clear nasal passages and reduce congestion.

Over-the-Counter Medications: Over-the-counter antihistamines, decongestants, and nasal corticosteroids can provide relief from allergy symptoms. However, it's essential to consult with a healthcare professional before starting any new medication.

Allergy Shots (Immunotherapy): For those with severe or persistent allergies, shots may be recommended. This involves gradually exposing the individual to increasing amounts of allergens to desensitize the immune system.

THE COST OF TREATING NASAL ALLERGIES IS BETWEEN $3 BILLION AND $4 BILLION EACH YEAR.

BENEFIT SPOTLIGHT

Benefits Lifecycle

Employee benefits, including health insurance, retirement plans, and wellness programs, often run on a yearly cycle. Some may auto-renew while others require you to physically reenroll each year. Failing to utilize or renew these benefits within the specified timeframe may result in loss of coverage or access to services. Importantly, if you leave the company or retire, some benefits terminate immediately, while you might have access to others through the end of the month. Employers typically communicate such deadlines annually to ensure that employees can make informed decisions about their benefits and take necessary actions before expiration, promoting employee well-being and satisfaction.

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