



## More Than Just an Annoying Itch?

Most people consider mosquito-borne illnesses a problem for long distance travelers journeying to faraway jungles or swamps. And for the most part, this is true. But there are a few mosquito-borne illnesses that we need to watch out for in the United States this summer: [Chikungunya](#), [Dengue](#), and [West Nile virus](#).

Fortunately, most people who contract [Dengue](#) or [West Nile](#) have no symptoms at all, and the illnesses are rarely fatal. [Chikungunya](#), on the other hand, results in severe muscle and joint pain, which [can continue for months](#) after the infected person begins to feel better. There are a few ways to stay safe from mosquito bites this summer season:

- Wear insect repellent that contains DEET
- Stay inside after dusk
- Empty flowerpots and buckets that contain standing water
- Wear long-sleeved, light-colored clothes

Despite our best efforts, sometimes we still get the occasional, annoying mosquito bite. Antihistamines like Zyrtec, Claritin, and Benadryl help to ease the itch by blocking your immune system's reaction to the bite. There are also a few things you can apply directly to the bite, including an [oatmeal paste](#) (equal parts oatmeal and water), [ice](#), and [alcohol wipes](#).



## Brain Healthy Snacks

Bags of chips, handfuls of candy, and cans of diet soda may taste good, but they certainly don't offer a lot of health benefits. Instead, why not try brain foods? These healthy snacks contain the necessary nutrients you need to improve your [memory](#), [mood](#), and [concentration](#).

Nuts are great for cognitive health:

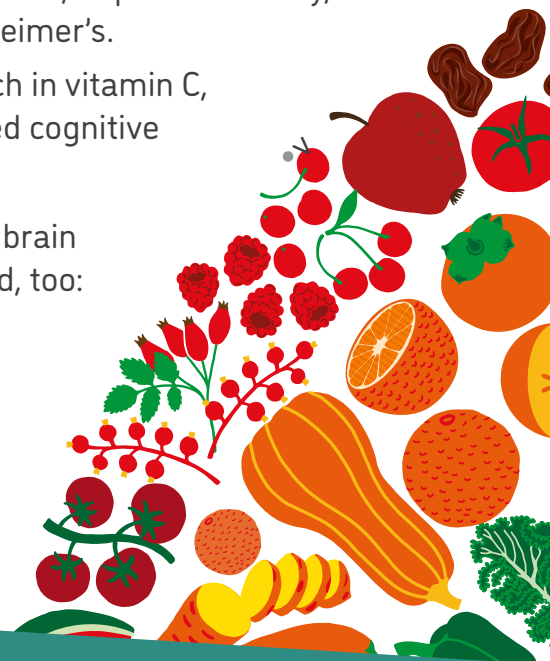
- [Walnuts](#) help you think faster while reducing the risk of heart disease, depression, type 2 diabetes, and dementia.
- [Pumpkin seeds](#) regulate your moods and aid in memory formation.

Fruit is another wonderful way to feed your body and brain:

- [Blueberries](#) speed up reaction time, improve memory, and protect your brain against Alzheimer's.
- [Oranges and grapefruits](#) are rich in vitamin C, which helps prevent age-related cognitive decline.

Coffee and tea can help get your brain (and body) the nutrients they need, too:

- [Coffee](#) improves your mood, wellbeing, concentration, and alertness.
- [Green tea](#) is a good source of amino acids, which help protect your brain health.



## Prescription Drug Programs

Prescription costs can vary widely, even for the same medication, which is why many people look beyond their insurance plan for additional savings. Prescription discount programs have become a popular option for comparing prices and lowering out-of-pocket costs, especially for generic medications.

How do prescription discount programs work? These discounts can't be combined with your benefit plan's coverage, so make sure to check the price against the cost of using your insurance's prescription drug benefit. Something else to consider: If you choose to use a discount card and are therefore not tapping into your insurance's prescription drug benefit, the cash amount you pay for the prescription may not count toward your deductible or out-of-pocket maximum under the benefit plan.

- [GoodRx](#) is a web- and app-based platform that allows you to search for prescription drug coupons and compare pharmacy prices and claims a savings of up to 80% on generics.
- [Optum Perks](#) provides coupons for medications and a searchable database for drug cost comparison at participating pharmacies near you. The Optum Perks member card, which can be used at more than 64,000 pharmacies, is free to use and requires no personal data.
- [Amazon Prime Rx Savings](#) is a discount card, which is included with an Amazon Prime membership and is administered by Inside Rx. It provides discounts of up to 80% for generics and up to 40% for brand-name medication at participating pharmacies.

As prescription prices continue to vary across pharmacies and providers, using discount tools alongside your health plan can help you make more informed financial decisions. Evaluating both your insurance benefit and available discount options ensures you choose the most cost-effective solution for your medication needs.



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