



SPRING IS HERE AND ALLERGENS ARE IN THE AIR!

As the seasons change, so will your allergy symptoms. You can combat your allergic reactions with these tips. You can also utilize your telehealth benefits for help with treating allergies.

SPRING ALLERGY TIPS:

Mold growth blooms indoors and outdoors with spring rains. As flowers, trees, weeds and grasses begin to blossom, allergies will follow. Spring-cleaning activities can stir up dust mites, so be sure to:

- Not use window or attic fans
- Wash your bedding weekly in hot water
- Wash your hair regularly as pollen can accumulate in your hair
- Vacuum 1-2 times a week
- Make sure the rugs you have are washable
- Change air conditioning and heating air filters often
- Keep windows and doors closed
- Pollen levels are highest during afternoons and evenings so stay indoors during those times

AMWELL TELEHEALTH:

Virtual care is a convenient way to get care for many common conditions. Connect with a provider from your computer or mobile device to get a diagnosis, treatment plan, and prescription (if needed). [Click here to learn more about this benefit.](#)

Mobile – download the Amwell app

Web – visit patients.amwell.com

Phone – call 1-844-733-3627

Product Key: BCBSND



**ADDITIONAL TOPICS TO CONSIDER
RESEARCHING IN APRIL:**
National Autism Awareness Month
National Distracted Driving Month
National Minority Health Month

Visit our mobile app by visiting: wahpetonpublicschools.mybenefitsapp.com or scanning the QR code to the side to learn more about allergy tips and your telehealth benefits.

