

Spring is here, bringing with it flowering plants—and allergies. The next time you are having an allergy attack, try these natural self-healing tips to get sinus relief.

Your human immune system is designed to identify and combat things that are foreign to your body. Most of the time, it performs this duty very well, protecting you from bacteria, viruses, and other potentially harmful substances. But during the last century, our immune systems have been overwhelmed with chemicals and pesticides, not to mention the stress of modern life. The result is that our immune systems have become oversensitive. When the immune system overreacts to allergens—pollen, dirt, pollution, animal hair, and mold to name a few—it mobilizes with full force, producing severe allergic symptoms: sinus congestion, itchy, watery eyes, running nose, and an aching head. Sound familiar?

- Keep an allergy-free home
- Reduce histamines with tea
- Bromelain: nature's inflammation fighter
- Clear your nasal passageways daily
- Bee free from allergies with herbs and supplements
- Self-massage for sinus support
- Allergy Eats: Do's and Don'ts



## Employee Wellness Newsletter

### Tobacco Cessation Benefits 2009

#### Counseling Benefits

- The Plan covers tobacco cessation counseling by your physician or behavioral health provider.
- The NC Quitline provides a comprehensive tobacco cessation support program. Quit Specialists are available from 8:00 a.m. to midnight, 7 days a week at 1-800-QUIT NOW (1-800-784-8669).
- NC HealthSmart Health Coaches\* are available to provide cessation support as well as answer questions about your health. Health Coaches are available 24 hours a day, 7 days a week at 1-800-817-7044

#### Nicotine Replacement Therapy Patches

Nicotine Replacement Therapy (NRT) patches are covered at the generic copayment tier (\$10), without annual quantity limits. You can receive **FREE** over-the-

counter (OTC) generic NRT patches for up to 10 weeks per year by following the steps outlined below:

- Ask your health care provider for a prescription for OTC generic NRT patches.
- Call the NC Quitline (1-800-QUIT-NOW) and provide your Plan ID number and participate in their free support program.

OR

Visit your physician for cessation counseling and print the counseling confirmation form found at



*Relax and Smell the Roses  
Life is too short*

[www.shpnc.org/pdf/NRT-provider-cert.pdf](http://www.shpnc.org/pdf/NRT-provider-cert.pdf). Have your health care provider complete the form and fax it to Medco at 319-896-5904.

You may pick up your free patches at a participating network pharmacy approximately two business days after the NC Quitline or your health care provider faxes your confirmation form. Call the State Health Plan pharmacy customer service at 1-800-336-5933 with questions regarding this process.

A few changes on your plate can really make or break your calorie and fat intake and could mean the difference between meeting your weight-loss goals this summer or breaking the bank altogether.

Enjoy the summer holidays and find out how tasty eating light can be!



#### SUMMER BBQ REDO

Oh boy—here come those grand summer barbecues, and all the tasty treats that go with them. But if you're a hard-core griller, are you doomed to put on weight during the summer months, or can you have your burger and eat it too?

At the usual barbecue, you're going to come face-to-face with a cornucopia of traditional favorites like burgers, hot dogs, chips, fried chicken, and corn on the cob.

All yummy, I know, but even at a BBQ I can't help switching into dietician mode and make some small, yet powerfully effective, menu changes that can save many a weight-loss plan.

A possible BBQ platter :

- 1 chicken drumstick, baked
- 1 turkey hot dog, without bun
- 1 lean (93-percent, fat-free) hamburger, w/ o bun
- 1 small bag of potato crisps, baked
- Watermelon, 1 8-ounce cup
- 8 ounces of lemonade, sweetened with no-cal sweetener

