

April 2024



Health & Life

the Eder Way



Springtime on the Farm

Spring on a dairy farm is full of new life and hope. Greening grass, budding flowers, the smell of fresh dirt as the garden and field crops are planted, the peaceful serenade of frogs singing in the pond at night. The busyness of spring calving season is soon followed by the day when the grass is tall enough to turn the cows out on pasture. What a jubilant scene when the gate finally opens, and the cows jump and frolic down the lane to bury their noses in the fresh grass. But how I wish this pleasant, blooming time didn't come with the unpleasantness of allergies!

As we embrace the beauty of spring on the farm, let's also turn our attention to nurturing our own health and well-being. Let's make the most of this season of renewal together!

Lynnae Rodeffer
Vice President
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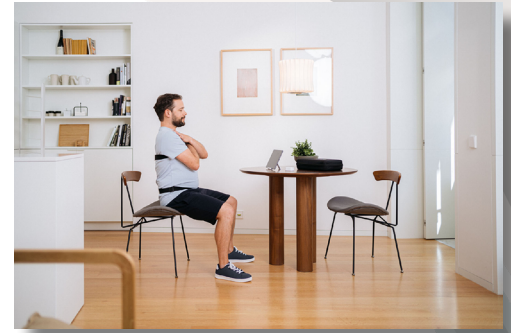


Physical Therapy at your convenience

So, you don't you have the time for several in-person physical therapy sessions per week? The solution - virtual physical therapy.

This is one of a suite of virtual options offered at no cost to members of the Eder Medical Plan, and perhaps other medical plans as well.

An Eder Medical Plan member can sign up through an app called SWORD, and soon the member will receive a package with physical therapy tools and an electronic tablet. A physical therapist assigned to the member loads exercises onto the tablet. The tablet's software records the movement of the person's skeletal structure, which enables the physical therapist to evaluate the session. Sessions take about 15 minutes, with opportunities to chat with the therapist. This is a great option for those who need the treatment but on their own schedule.



ALLERGIES

abloom

Spring is glorious, bursting with life and color. It's also notorious, giving rise to itchy, watery eyes, runny noses, tickly throats, sneezes, and clogged sinuses. The season that brings flowers also produces allergies.

When you breathe in an allergen, like pollen, your immune system treats it as an intruder and releases chemicals that result in unpleasant symptoms.

Over the counter or prescription antihistamines provide some relief along with decongestants. Most steroid nasal sprays are available over the counter as well. Although these medications are effective in relieving symptoms, they must build-up in your system for maximum effectiveness, so it's best to start a daily routine two to three weeks before your symptoms typically begin.

Seasonal allergens can also trigger asthma. Symptoms include shortness of breath, coughing, and wheezing. An inhaler, taken daily, may be your best option stopping flare-ups before they begin. There are multiple OTC and prescription treatments available for seasonal asthma, so check with your provider to see which option is best for you.

Once you know which allergens trigger your reactions, you can try to avoid them. Stay indoors if you can on windy days. If you mow the lawn, wear a mask and shower when you come in from outside. Stay aware of the daily pollen level. When the count is high, take allergy medicine before the symptoms start.

Through careful thought and prevention, sniffly ways don't have to overshadow Spring's sunny days!



Talk to your organization's benefits contact or Debbie Butcher at 847-622-3391 or insurance@eder.org.