



Allergy season is in full bloom.

Don't let sneezing or itchy, watery eyes hold you down. Your wellness center can help you come up with a plan to manage your seasonal allergies and get you back to smelling the roses.

Nip these common seasonal allergy symptoms in the bud:

- Sneezing
- Itchy nose, throat and/or ears
- Nasal congestion
- Clear, runny nose
- Coughing
- Watery and itchy eyes

Talk to your provider today.
Call your Wellness Center to schedule an appointment.

Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.



The Wellness Center
Operated by Premise Health