

2021
MAY

Asthma & Allergy Awareness Month



CRETEX RESOURCES

EXTERNAL RESOURCES



Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops. Check out these workshops when it works for **YOU**:

- **Asthma**

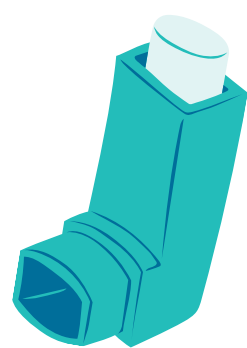
This 5 week program helps you to take control of your asthma by learning about triggers and symptom management.

- **Allergies**

This 3 week program helps you to take control of your allergies by learning about triggers and symptom management.

Log in to my.marathon-health.com, click **Wellness**, click **Programs & Tools**, and then click the workshop.

*Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.*



HealthPartners

Work with your doctor to get the best care for you & those you love. If you want to see an allergy or asthma specialist, ask your doctor for a referral. You can also call the phone number on the back of your medical ID card and ask what is in network and ask if you need a doctor's referral.

Marathon Health Education Session

Asthma Awareness

Do you know someone with asthma? A recent survey showed that nearly four out of five Americans either have asthma or know someone who does. More than 31 million Americans have been diagnosed with asthma in their lifetime. In this session, you will learn about asthma, how to recognize symptoms, identify possible triggers for asthma attacks, and develop an asthma action plan.

**** Don't forget to log in to my.marathon-health.com & mark a Marathon Health education session as complete to earn 5 points!****

Please scan this QR Code using a smartphone or tablet to easily view this education session.

You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.



May 5: World Asthma Day

This year's World Asthma Day theme is "Uncovering Asthma Misconceptions". Learn more at ginasthma.org/wad



May 9-15: Food Allergy Awareness Week

✓ Provides a unique opportunity to help raise awareness of food allergies and anaphylaxis.



foodallergyawareness.org

Whether you are newly diagnosed or a long-term member of the allergy community, the Food Allergy & Anaphylaxis Connection Team (FAACT) is your home for education, advocacy, and connections with other parents and adults affected by food allergies and life-threatening anaphylaxis.



www.AAFA.org

Looking for resources or support? Asthma & Allergy Foundation of America (AAFA) can help you and others!

- Find community support & connect with others who manage the same conditions.
- Read blogs and articles
- Learn about how you can improve the air quality of your home and reduce allergy and asthma triggers



go.cretex.com/asthmacontrol

Is Your Asthma Under Control?

The American Lung Association offers a free, online assessment. Answer 7 short questions to determine your overall asthma control. Once you complete the questions, you will be asked to enter your name and email address. Use the downloadable summary as a guide to talk with your healthcare provider about asthma treatment options and how to improve control.

