

**JUNE 2021  
REVITALIZE:  
YOUR DEFENSES**

**OVERCOMING ANXIETY**

Could you be suffering from an anxiety disorder?

**Generalized Anxiety Disorder (GAD)**

Generalized Anxiety Disorder (GAD) causes excessive anxiety and worry. Other symptoms include restless, fatigue, irritability, and sleep problems. If you're feeling anxious most days for at least six months, you may have GAD.

**Panic Disorder**

Panic Disorder manifests in recurring unexpected panic attacks, sudden periods of intense fear that last a few minutes. During a panic attack, you might experience a pounding heart, sweating, shaking, shortness of breath, and feelings of dread, brought on by triggers such as feared objects and situations.

**Social anxiety disorder**

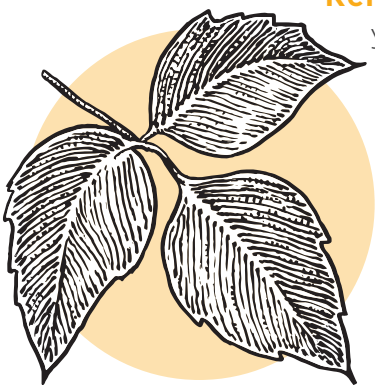
Social anxiety disorder involves intense fear of social or performance situations. Social anxiety is typically focused on fear by being judged by others. This can cause sufferers to avoid social situations.

Anxiety disorders can be treated with medication and psychotherapy. If you are struggling, reach out to a doctor for help.

**WEEDING OUT POISON IVY**

The rash caused by poison ivy is an allergic skin reaction to an oily resin found in the plant. The rash is often red, causing itching, swelling, blisters, and occasionally difficulty breathing.

Learning to identify the poison ivy plant is the first step in prevention. Poison ivy is a green plant with three leaves per stalk.



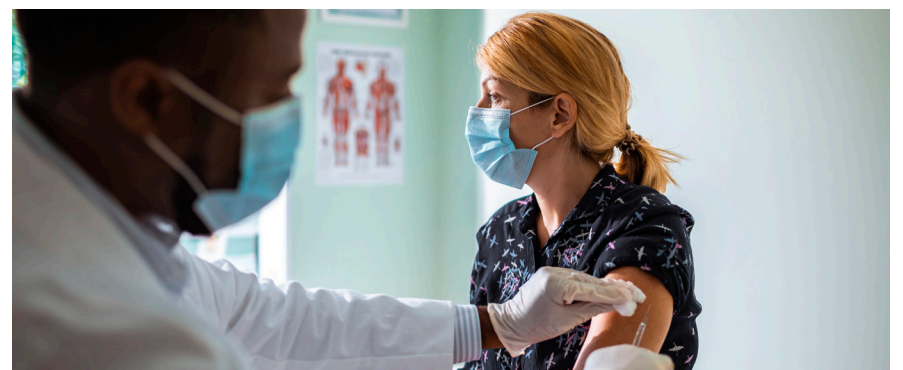
**Remember: Leaves of three, leave it be!** If you know you will be outdoors in an area where poison ivy is likely present, wear protective clothing like long sleeves, pants, boots, and gloves. If you have found poison ivy growing in your garden or on your land, you can always try to remove the plant—but be sure to wear protective clothing and immediately clean your skin as well as any objects that came into contact with the plant afterward.

**If you come into contact with the plant, try to wash the contact area immediately.** However, direct contact with the plant is not the only way to contract the rash. It can be spread by touching an object, person, pet, or other part of the body that has contacted the plant, as well as inhaling smoke from a burning plant.

The best way to treat the rash is with soothing lotions or baths. If your rash has pus or you have serious difficulty breathing, consult a doctor. Learn to prevent contact with the plant to avoid the pain of poison ivy.

**Never burn poison ivy!** The oily resin urushiol that causes the allergic reactions can be released into the air through smoke.

**BENEFIT SPOTLIGHT**



**WHAT'S SPECIAL ABOUT SPECIALTY DRUGS?**

Specialty drugs are medications used to treat complex illnesses such as cancer or multiple sclerosis. **Because these drugs often need careful monitoring when administered or special handling, they are often more expensive.**

Coverage of specialty drugs often depends on the circumstances around administering the drug. For example, if the drug is given to a patient at a doctor's office, it is more likely to be covered through medical benefits, whereas if it is administered via pill or injection at home, it's more likely to be covered by the prescription drug benefits. There are often separate tiers for specialty drugs within prescription drug plans in which the individual is either required to pay a percentage of the drug or—in rare cases—a copay.

Due to the cost of specialty drugs—which is often \$1,000 or more a month—if there is a copay, it can be several hundred dollars. However, there are other avenues of assistance when faced with needing a specialty drug. Oftentimes manufacturers will provide programs to help assist individuals afford the drugs. Contact your Human Resources department or benefits provider learn more about what specialty drug coverage is available to you.



**BONUS ARTICLE  
OF THE MONTH:  
PROTECTION FROM  
PROSTATE CANCER**

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