

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

May is Clean Air Month



Clean Air Month

Clean air is vital to the health of every living organism on the planet, but unfortunately, our air is polluted more and more every day. Try these tips from the American Lung Association to protect yourself and your loved ones from the dangers of air pollution:

[Read More](#)



SOI Benefit Choice Period

As a SOI member, you're not average, and neither is your HealthLink health plan! Here are some things to remember for FY2020 open enrollment:

If you are retiring or relocating – you can search for in-network providers outside of MO and IL using our [Find a Doctor](#) tool. Select **HealthLink** as your health plan in the drop down menu, and **HealthLink Open Access III** as the network.

If you have questions during open enrollment, visit the [State of Illinois page](#) on HealthLink.com or call 800-624-2356. We look forward to serving you again this year.



7 Signs You Have Allergies, Not A Cold

Are you constantly sneezing, sniffing and stuffed up? Watch this video to find out if you have the signs associated with allergies.

[Watch the Video](#)

