

# Healthy Living with BHT

Your Business Health Trust

April 2017



## Is it Allergies or a Cold?

When spring buds finally emerge after their dormant winter months, many Pacific Northwesterners rejoice in the beauty but dread the accompanying sniffles, sneezes and stuffy heads.

Even the annual allergy sufferer doesn't always know whether their symptoms are a sign of seasonal allergies or a cold. The sun might be shining for longer every day, but your immune system still needs your support as cold and flu season tapers off.

This month the [Business Health Trust](#) (BHT) looks to our partners in wellness to help you maintain your health during this season of change:

### 5 Tips to Determine Colds v. Allergies

Wondering whether your sore throat, sniffing and sneezing are caused by seasonal allergies or a cold? Kaiser Permanente shares [tips to tell the difference and find relief](#).

### Boost Your Immune System with Superfoods

Have you heard about research linking healthy gut bacteria with improved immunity and digestion? Learn what superfoods can do for you in a short [article from Premera Blue Cross](#).

## Do You Get the Most Out of Your Doctor's Visits?

It's easy to feel rushed at the doctor's office, but arriving prepared can help keep the focus on meeting your health needs. Learn more tips on [Getting the Most Out of Your Doctor Visit](#) from the Washington Health Alliance.

## Find Allergy Relief with Help From RokketMed

Too busy to seek relief for your seasonal allergies? Help is nearby if you use the free mobile app [RokketMed](#) to identify nearby treatment services.

## Care Too Much? Reduce Your Stress with Resiliency

Caregivers spend so much time seeing to the needs of others that they have a tendency to neglect their own physical, spiritual and emotional health. Wellspring offers tools and resources for caregivers in the free webinar "[Compassion Fatigue: Increasing Resiliency](#)" (website login is "BHT").

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