

## ALLERGY DROP IMMUNOTHERAPY NOW AVAILABLE



Are allergies impacting your life? Do you suffer from seasonal sniffing, sneezing and itchy eyes? Or battle chronic asthma, eczema, sinusitis, or chronic headaches? Taking most prescription and over-the-counter medication can reduce symptoms temporarily, and trying to avoid triggers is frustrating. Neither approach addresses the root cause.

### There's good news!

We now offer a way to treat the cause of allergic issues – giving you the chance to reduce or stop symptoms long term and change the course of the disease.

### Staywell offers Allergy Control Program to established patients

Staywell has included a new option for allergy testing and treatment. Sublingual immunotherapy drops using the La Crosse Method™ Protocol treat environmental allergies using drops taken under the tongue. It's a safe, effective way to help your body build long-term tolerance to the things that cause symptoms, helping you reduce medication needs, related clinic visits, missed work and school days, and enabling you to enjoy a better quality of life.

### How do allergy drops work?

Like allergy shots, allergy drops work with your immune system to gradually build tolerance to things that previously caused symptoms. But instead of getting shots, you take these drops using FDA-approved antigens three times a day in a drop under your tongue, where your body's largest concentration of tolerance-building cells are located. You can safely take the drops at home, work, or wherever you need to be.

### What kind of allergies can be treated?

Allergy drops are formulated based on testing results, specific to you, to treat all of your unique allergies simultaneously. This includes those caused by:

- seasonal pollen allergies such as
  - grass
  - trees
  - ragweed
  - mountain cedar
- dust mites
- mold
- animal dander



### Who benefits from allergy drops?

Most any allergy sufferer can benefit from allergy drops, but they're especially ideal for people who can't tolerate or don't respond to allergy shots, those who can't commit to allergy shots, and other allergy sufferers such as:

- Infants and children\*
- Those with chronic conditions including asthma, sinusitis, atopic dermatitis/eczema
- Those with mold allergies
- Those who fear needles
- People whose medical conditions prevent them from pursuing other allergy treatment
  - asthma, eczema, sinusitis, chronic headaches, gastrointestinal issues, and more

\* Allergy drops have proven especially helpful for children with eczema and recurrent ear infections, which often have underlying allergic causes. Research shows that many children with untreated eczema and allergies often develop asthma and other chronic conditions later in life, so treating them early can have life-long benefits and may prevent development of other allergies and asthma.

## How does the treatment process work?

You begin the treatment process by completing a patient/family medical history questionnaire.

At your first visit, your provider reviews your medical history, performs a physical exam, and orders allergy testing. This process helps identify your unique “allergy fingerprint.”

Providers take into account factors: nutrition, vitamin deficiencies, and prior infections/antibiotic use, even activity level – which can make allergies more intense and contribute to other health conditions mentioned above.

Your “total load” of conditions and test results are used to understand your unique allergy fingerprint, answering questions including:

- What are you allergic to?
- How allergic are you?
- How does your overall health and lifestyle contribute to your allergies?

This fingerprint determines which allergens are included in your drops and at what precise dose.

Your provider can combine your tailored allergy drop treatment with lifestyle recommendations and other medications which are typically reduced over time.

Once treatment is underway, you'll return to your provider a few times a year to verify your progress and to safely

adjust your treatment doses based on your progress. This process typically continues for 3-5 years\* for most patients, until we determine your problem allergens no longer cause reactions.

\*Treatment length can vary based on disease complexity and adherence to treatment.

## With this treatment, you can become increasingly less allergic, and for some – no longer allergic

For many patients, that means no more medications, related medical costs and visits, or symptoms – just a better quality of life that you can enjoy.

## What does allergy testing and treatment cost?

Staywell is offering a low cost program\* to evaluate and treat allergies. Treatment involves patient visits, testing, and custom allergy drop treatment. Treatment cost is reimbursable and subject to your plan co-pay once you've met your deductible. The average out-of-pocket cost for a 90-day prescription for environmental allergies is \$60. Once you have paid for and received your prescription, you can submit your receipt to WellDyne for applicable reimbursement.

\*Contact [LucentHealth.com/Mendocino](http://LucentHealth.com/Mendocino) for coverage details.

It's important to remember that the goal of treatment is to help you build your allergy tolerance until treatment, and related allergy medications, are no longer needed.

**For information about your health plan,  
visit [LucentHealth.com/Mendocino](http://LucentHealth.com/Mendocino)**

## Next steps

To find a provider trained in the protocol near you,  
contact Allergychoices at 866.793.1680 and let them know you're part of the Staywell plan.