



National 911 Education Month

## Get 911 Ready

You play a key part in making sure emergency responses are quick and effective when a crisis hits. This April, we encourage you and your family to take steps to be 911 ready. Reviewing these tips can make all the difference when it counts!

- **If You Accidentally Call 911:** Stay on the line. The dispatcher must call you back if you hang up, which wastes resources for real emergencies.
- **Know Where You Are:** If you need to call 911, one of the first things you'll need to know is your location in order to provide the quickest response time.
- **Be Ready to Listen:** The dispatcher will tell you what to do until help arrives. Be prepared to follow instructions and don't hang up.
- **If You Can't Talk:** Still call 911. Leave your phone on so help can be sent to your location.
- **Teach Your Kids:** Teach your children how and when to call 911. Make sure your children know their name and address for when they are asked.



Better Living

## Kickstart Spring Cleaning

Welcome warm weather with spring cleaning. While there are many tasks you could tackle, we recommend starting with these once-a-year chores.

- **Wash Windows:** Grab a damp microfiber cloth and wash away. If you use a cleaner, pick a cloudy day, because the sun can cause streaking.
- **Power Wash:** Wash away winter grime and prevent mold and mildew by power washing your house siding and patios.
- **Clean Gutters:** Get ready for spring showers by removing clogs and making sure gutters and downspouts are undamaged.
- **Prepare Furniture:** Clean all outdoor furniture, cushions, and umbrellas.



## Get Allergy Relief with Virtual Visits



Virtual visits offer a fast, cost-effective way to consult with a doctor using your phone or tablet. If you are struggling with seasonal allergies, including itchy eyes or nasal congestion, a virtual visit may be just what you need to fast-track your medical care and get the relief you need. Review your medical plan details to see if virtual visits are available to you.

Explore Benefits