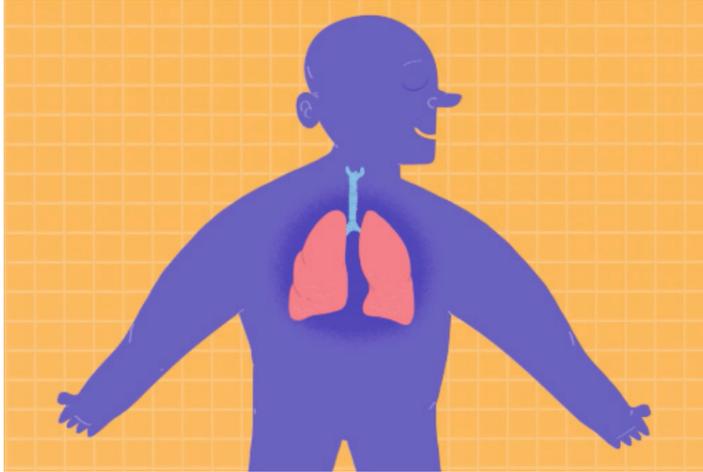


Respiratory Health - Email Series

Below you'll find pre-drafted content and images that can be used in an email campaign to help educate employees about Respiratory Health. Please feel free to share this with your employees; you may also wish to include information on any telehealth services (if available) and other health plan features.



email 1



Respiratory Health

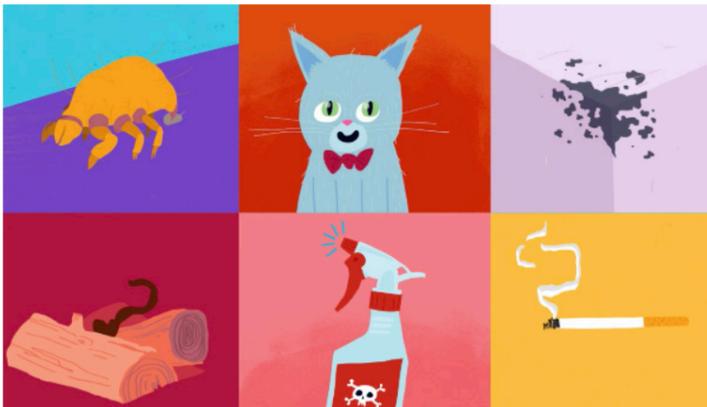
Breathing comes so naturally that it's easy to take the lungs for granted; we shouldn't because the lungs are the center of the respiratory system. Their number one job is respiration. Respiration involves taking oxygen into the bloodstream to help the body stay alive and healthy, while removing carbon dioxide, a waste product of respiration.

Over the next few days, we'll provide you with information via email on how to identify and manage symptoms of Respiratory illness. In the meantime, we invite you to watch this video to learn about causes, risk factors and prevention: geb.com/respiratory-illness

This campaign is brought to you by the Generali Employee Benefits Network geb.com

The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

email 2



Respiratory Illness: factors that impact your ability to breathe easily

Many different factors can impact your ability to breathe easily, including environmental irritants like dust and dust mites, pet dander, mold and mildew, wood smoke, chemicals and chemical smells or perfumes, smoking and second hand smoke. Also, medical conditions like allergies, respiratory infections and genetic factors can make you more susceptible to respiratory illness.

Stay tuned to learn more about protecting yourself from Respiratory Illness.

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email 3



Respiratory Illness: how to protect yourself

Here are a few suggestions to help you breathe more easily:

When at home:

- Make it a smoke free space
- Test for the presence of radon and implement a radon mitigation system (radon is a known cause of lung cancer)
- Use a dehumidifier or air conditioner to keep humidity levels under 50% to discourage the growth of mold and mildew
- Keep pests and rodents away by cleaning surfaces, covering trash bins and storing food in closed containers
- Use natural cleaning products to avoid exposure to chemicals and chemical smells;
- Reduce your own carbon footprint to help reduce pollution overall

And when you're going out:

- Check the daily advisory on pollution
- Avoid exercising outside on days when pollution is severe, and always avoid exercising near busy roadways
- Wear a mask when you are unable to social distance to protect yourself and others

Stay vigilant to keep your lungs healthy and you'll breathe easy.

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