

# Health Post



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## Make Managing Eczema Easier

*(Family Features) More than 30 million Americans, including nearly 10 million children, have eczema, the umbrella term for a group of noncontagious, inflammatory and painful skin conditions marked by an itchy, rash-like appearance. Because one of the most challenging aspects of eczema can be its unpredictability, the National Eczema Association (NEA), designed an app to help people and parents easily track what's important and make sense of it.*

The app, called EczemaWise, aims to revolutionize how people living with the condition manage it with a faster, more efficient tracking system that helps uncover trends and makes preparing for doctors' appointments easier.

People with eczema tend to have an overreactive immune system that produces inflammation on the skin when triggered by a substance outside or inside the body, such as food or pollen, along with factors like stress and sleep. Experts say tracking and recording symptoms and possible triggers is key to managing the condition, but it can be time-consuming, and many people struggle to keep thorough notes in journals or on their smartphones.

"One of the best things out there to help keep track of your child's eczema is EczemaWise because it's so easy to use," said Aisha Bryant, mother of a 3-year-old with eczema. "Within a few days of using it, I was able to identify that tomato sauce was causing my daughter to flare."

The app can help track nine different disease and care factors, including:

- Itch intensity on a scale of 0-10
- Pain on a scale of 0-10

- Skin symptoms using a body map to note affected areas
- Stress on a scale of 0-10
- Sleep problems on a scale of 0-10
- Weather, which auto-populates using your location
- Triggers, which track exposure to materials such as metals, chemicals, irritants and environmental allergies
- Diet with tracking of water intake and foods
- Treatments logged by time of day

The free app, which is available for Android and iOS as well as a web app, is designed to identify trends and patterns so people and their doctors can better determine the most effective treatments. NEA recommends tracking a minimum of three times each week – and ideally daily – though people can log as many or as few factors as they like. App users can also print their health data to share at doctors’ appointments.

“Using EczemaWise will empower patients with eczema,” said dermatologist Eric L. Simpson, MD. “The app allows them to communicate a much broader story about their disease than we can typically capture in a 15-minute visit.”

For more information, visit [EczemaWise.org](http://EczemaWise.org).

# TrueCar®

## How it Works

1. Price Your Car - See the upfront price and compare it to what others paid. TrueCar prearranged pricing with their network of Certified Dealers ensures a hassle-free buying experience - at home and at the dealer.
2. Locate Your Dealer - Once you have decided on a vehicle, you can connect with local Certified Dealers to schedule a test drive and confirm availability.
3. Test Drive and Buy - Print your exclusive Price Protection Certificate and bring it to the dealer for a hassle-free purchase.



Visit [www.peoplesbenefitalliance.com](http://www.peoplesbenefitalliance.com) today for full benefit details.

# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Peoples Benefit Alliance will be held at 1630 Des Peres Road, Suite 140, St. Louis, Missouri, on Thursday, May 13, 2021 at 11:00 a.m. for election of Directors and for the transaction of such other business as may properly come before the meeting or any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

**PROXY**  
**Peoples Benefit Alliance**  
May 13, 2021 Annual Meeting of Members  
THIS PROXY IS SOLICITED ON BEHALF OF  
PEOPLES BENEFIT ALLIANCE

The undersigned member of Peoples Benefit Alliance does hereby constitute and appoint the President of Peoples Benefit Alliance, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Peoples Benefit Alliance and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [    ], or to [    ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:  
Jay Delsing, John Perles and Ron Kotowski
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2021

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 1630 Des Peres Road, Suite 140, St. Louis, Missouri, 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri  
April 10, 2021

# Travel Assistance Plan

## Why Travel Assistance?

As a member, you receive the following benefits through the Travel Assistance Program when traveling more than one hundred (100) miles from your permanent place of Residence, and the trip duration is ninety (90) consecutive days or less if an accidental injury or sickness commences during the course of the covered trip.

*\*Log in at [www.peoplesbenefitalliance.com](http://www.peoplesbenefitalliance.com) for complete benefit details.*

## Key Features:

- Emergency evacuation.
- Medically necessary repatriation.
- Transportation of mortal remains. In the event of the death of an insured, the assistance company will provide for the return of mortal remains.
- Transportation of Traveling Companion. In the event an insured requires emergency medical evacuation by air ambulance or repatriation by commercial air.
- Family Visitation. When a member is traveling alone and is hospitalized for more than seven (7) consecutive days, the Assistance company will arrange transportation to the place of hospitalization for a chosen person by the insured, provided repatriation is not imminent.
- Vehicle return.
- 24-hour Information Service.
- Medical Monitoring.
- Medical Referral. Should the Participant need help locating a Physician or Hospital, the Assistance Provider will provide referrals to a local prequalified Physician and/or Hospital.
- Guarantee of Medical Expenses.
- Insurance Coordination.
- Lost Documentation Service.
- Legal Assistance.
- Emergency Delivery of Prescription Items.
- Emergency Cash Transfer and Advances.
- Language Assistance.





## Patchy Skin Vitiligo Explained

(NIH - News in Health) Your skin is often the first thing other people see. You may have noticed that some people have patches of white skin. This discoloring is called vitiligo.

Vitiligo isn't contagious. It's an autoimmune disease. That's a condition in which the body's immune system mistakenly attacks and destroys the body's own cells.

Normally, your immune system defends your body from germs. But in vitiligo, immune cells kill the cells that produce the skin's color. These pigment cells are called melanocytes.

Sometimes, vitiligo causes areas of hair to go white as well. People with vitiligo may also develop inflammation in the eyes or ears. These parts of the body also contain melanocytes.

To diagnose vitiligo, your doctor will look closely at your skin. They may use a special type of light that makes spots of vitiligo look chalky. You might also have a skin sample taken to look for pigment cells.

The condition isn't painful. But some people experience itching while the skin is losing color, explains Dr. John Harris, a skin expert at the University of Massachusetts.

Some people feel distressed at the loss of their skin's color. They may develop low self-esteem or a poor self-image from concerns about their appearance.

"Vitiligo can cause a reduction in quality of life, because it tends to involve parts of the body that can't be hidden," says Harris. But treatments are available. And special makeup can help hide the discoloring.

Some treatments aim to slow or stop the disease from getting worse. Others may restore the skin's color. But

these can take time to work. And some areas of the body are easier to treat than others.

A type of light therapy called UVB phototherapy is commonly used to treat the disorder. It uses special lamps that encourage the pigment cells in your skin to regrow.

Light therapy works better on some parts of the body than others. For example, it rarely works well on the hands, Harris says, "but the face is the easiest to treat."

Some people may need medications that suppress the immune system. These can be given as skin creams or pills.

If someone stops treatment, vitiligo comes back, Harris explains. His team is looking for ways to make the immune system "forget" the melanocytes. That would prevent it from attacking them.

Drugs that suppress the immune system "are like cutting the power to the house to turn off the light in your bedroom," says Harris. "We want to create more targeted therapies."

In severe cases of vitiligo, surgery or bleaching larger areas of the skin to match the white patches may be options. Talk with your health care provider about what steps you can take to help with the condition.

## Living With Vitiligo

- **Protect your skin from the sun.** Use sunscreen and wear protective clothes.
- **Avoid touching harsh chemicals** and other things that can irritate your skin.
- **Try cosmetics to cover white areas.** Talk with your health care provider about which products are safe to use.
- **See an expert.** Ask your doctor for a referral to a skin specialist who has experience treating people with vitiligo.
- **Join a support group.** Talking with other people with vitiligo can help you learn new ways to cope with the condition.

The Health Post Newsletter is published by:

### Peoples Benefit Alliance

For information regarding your membership and association services, call or write:

#### Membership Services Office

#### Peoples Benefit Alliance

1630 Des Peres Road

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St. Louis, MO 63131

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.

