

# WELLNESS CONNECT



## Breathe Easy

Author: Katie Russell, Registered Dietitian with One to One Health

### Greetings HCS Employees,

Asthma is a chronic lung condition that makes it harder to breathe and can be life-threatening. Managing asthma symptoms will help those affected by asthma lead a normal, healthy life. The first thing in decreasing symptoms is to know your triggers and how to avoid them. Some common triggers include:

- **Air pollution and weather**
- **Pollen**
- **Mold**
- **Smoke**
- **Medicines**
- **Physical Activity**
- **Emotions**

To learn more about asthma triggers and how to manage them, click [here](#) or you can always book an appointment with a Health Coach! To schedule an appointment, email [healthcoach@121.health](mailto:healthcoach@121.health). To read the full Breathe Easy article, click [here](#).

**Reminder:** The webinar for April is all about stress management. Please join your HCS Health Coaches on Thursday, April 7th from 4-5 pm. Register via [this link](#) today!

### HCS EDHEALTH & WELLNESS

Clinic services are available to Hamilton County Schools employees, spouses, dependents, and retirees enrolled on an HCS insurance plan. Clinic services are provided to you at no cost!

#### HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229  
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours: Mon & Thurs: 9am-11am

Sat: 8am-12pm

#### HCS Hixson

4206 North Access Road  
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday; Closed

Walk-in Hours: Wed & Fri: 1pm-3pm

#### HCS Riverfront

1067 Riverfront Parkway, Suite 201  
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours: Tues: 9am-11am

**HCS EdHealth & Wellness  
clinics are now offering FREE  
diabetic meters and strips!  
Supplies are available to all  
clinic-eligible members.**

Contact us today to learn more!

P: 423-558-3111

E: [patientserviceshcdc@121.health](mailto:patientserviceshcdc@121.health)

[www.hcsedhealth.com](http://www.hcsedhealth.com)