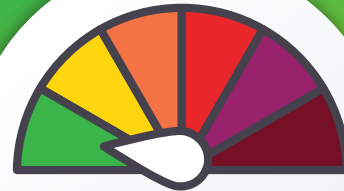


Air Quality Report: **CLEAN!**

Take action to breathe better air.



Humidity levels over 60 percent can quickly cause mold problems inside.



An air quality index of 0 – 50 is good.



Scented products can cause indoor air pollution. Sources include candles, potpourri, perfumes, wax warmers and cleaning supplies.



Indoor air quality can actually be worse than outdoor air thanks to allergens, VOCs, chemicals and mold.



Particulate matter in the air can be as large as 10 micrometers in diameter, and as small as 100 nanometers or smaller.



Most Americans spend 21 of 24 hours indoors each day.

For additional resources or to find a doctor in your area, log in to your health plan's website.

