

EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace



EMBRACE Your Workplace offers tips to make healthy habits a part of your employees wellness routine.



A More Affordable Rx Solution

AvMed brings you **Rx Savings® Solutions**. A FREE, confidential medication service that helps you find the best deals on your prescriptions.

[Getting Started is Easy](#)



Pre-Holiday Health Checklist

You're in the homestretch of 2022. Finish out the year strong with this helpful to-do list that will set you up for success this holiday season.

[Holiday Checklist](#)



A Better Look at Pricing

AvMed Cost Calculator enables you to see the total costs of a procedure or service before you schedule an appointment. This unique tool helps AvMed Members evaluate Provider and Facility pricing in advance, to determine the best value.

[Learn More](#)



Sign Up to Receive Text Messages!

Don't miss important health information from us. Log in or Register to your [Member Portal](#).

Click on Self-Services > My Preferences.



Annual Wellness Visits Visit a Doctor Anytime, Anywhere!

Now is the time to schedule an appointment with your doctor in person or via telehealth for your annual wellness visit **at no cost to you**.

[Call Your Doctor Today](#)



Get Your Flu Shot Today

Flu viruses are constantly changing. Every year the vaccine is updated to protect against the flu viruses that are the most likely to cause the disease that season.

[Flu Myths Busted](#)

AvMed complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, disability, or age, in its programs and activities, including in admission or access to, or treatment or employment in, its programs and activities. The following person has been designated to handle inquiries regarding AvMed's nondiscrimination policies: AvMed's Regulatory Correspondence Coordinator, P.O. Box 569008, Miami, FL 33256, by phone 1-800-882-8633 (TTY 711), or by email to Regulatory.Correspondence@AvMed.org