

# 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.



### Key Points to Remember Following a Hospitalization

After being discharged from the hospital, you may not be sure what to do next for your health. Learn about key points to remember following a hospitalization to keep you and your family healthy and prevent readmission.

[Read More](#)



### Holiday Health Checklist

You're in the homestretch of 2023. Finish out the year strong with this helpful to-do list that will set you up for success this holiday season.

[Holiday Checklist](#)



### Tips for Preventing the Spread of Flu at Work

Employees are a crucial resource at any business. There are steps you can take now, and during the flu season, to help protect against the flu in your workplace.

[Prevent the Flu Tips](#)



### Sign Up To Receive Text Messages!

Don't Miss important health information. Log In or Register to your [Member Portal](#).



### Less Stress and Lower Prescription Costs this Holiday Season

We know this time of year can be stressful. Let's simplify one part of your healthcare journey: managing your household's prescriptions. Learn about Rx Savings Solution (RxSS) to help you find the lowest price options for prescription drugs.

[Learn More](#)



### Express Scripts and Our New Find-a-Pharmacy Tool

We're partnering with ESI to ensure that you can get more from your pharmacy benefits and access the clinical expertise you need to improve and maintain your health and wellbeing.

All Members will receive a new Member ID card before January 1, 2024. AvMed just launched our new [Find-a-Pharmacy](#) tool. On this webpage, you can review a benefits overview and find information about in-network pharmacies and medication pricing. If you need any additional information or have questions, contact the Members Engagement Team by calling the number listed on your Member ID Card.

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