

EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace



Slips, Trips, and Falls: Avoid Common Workplace Injuries

Employers need to keep a watchful eye on workplace hazards that could cause employees to slip, trip, or fall. According to the United States Department of Labor, these office mishaps are among the most common and most costly.

[Read More](#)



March Is Colorectal Cancer Awareness Month

If it's time for your routine colon cancer screening, you and your employees probably have questions. Here's a look at your screening options and what you can expect:

[Screening Options](#)



Workplace Eye Wellness

March is Workplace Eye Wellness Month. It's a great time to encourage your employees to keep an eye on their vision health and schedule their regular exams. Learn more about the Centers for Disease Control and Prevention's (CDC) recommendations to keep your employees' vision healthy.

[Learn More](#)



Sign Up To Receive Text Messages!

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



10 Helpful Tips to Help You Manage Daily Stress!

Everyone gets stressed. You can't escape it. But how you deal with it is mainly up to you. Here are some tips to help you and your employees reduce stress in your life.

[Stress Management Tips](#)



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

As you know, we're partnering with Express Scripts® (ESI) to ensure you and your employees can get more from your pharmacy benefits and access the clinical expertise to improve and maintain your health and well-being. Check out our new [Find-a-Pharmacy](#) tool to explore your benefits overview and find information about in-network pharmacies and medication pricing. If you or your employees have any questions, contact the Member Engagement Team by calling the number listed on your Member ID card.



Annual Wellness Visits: The Best Way to Stay Healthy

Spring into wellness by focusing on prevention with an annual wellness visit with your Primary Care Physician (PCP). AvMed offers comprehensive preventive care services to employers and employees as part of your coverage options. By connecting with your PCP for a routine exam, you both can review the preventive care services you need this year.

[Annual Wellness Visits](#)

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