

Road to **WELL**fluent™

Embrace better health.

Get back on track with routine vaccinations

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations.

As your children head back to school this fall, it's particularly important for you to work with your child's doctor or nurse to make sure they get caught up on missed well child visits at www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html

Well-child visits and recommended vaccinations are essential and help make sure children stay healthy. Children who are not protected by vaccines are more likely to get diseases like measles and whooping cough. These diseases are extremely contagious and can be very serious, especially for babies and young children. In recent years, there have been outbreaks of these diseases, especially in communities with low vaccination rates.

Well-child visits are essential for many reasons, including:

- Tracking growth and developmental milestones
- Discussing any concerns about your child's health
- Getting scheduled vaccinations to prevent illnesses like measles and whooping cough (pertussis) and other serious diseases

Remember to take care of yourself too! Make sure to receive any vaccines you need to stay healthy. Use CDC's adult vaccine assessment tool to see which vaccines might be right for you at www.2.cdc.gov/nip/adultimmsched/.



August is also a critical time for those who are eligible to get vaccinated against COVID-19. To learn more about COVID-19 vaccination, check out the following websites:

- www.dcc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html

Source: www.cdc.gov/vaccines/index.html

AvMed Wellness Tip:

This is the perfect time to improve your health. So why not get a jump-start to a healthier you by visiting AvMed's website to complete your Personal Health Assessment (PHA). This user-friendly online tool helps you understand your current health status, identify potential health risks and set realistic improvement goals based on your specific needs. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible risk and alleviate healthcare costs.

To get started **visit AvMed.org**. Scroll down and click on **Take your PHA** and log in to your account. Congratulations for taking this important step toward a healthier you!

Why Micronutrients Matter

Micronutrient deficiencies can have devastating consequences. Micronutrients, also called vitamins and minerals, are key to helping fetuses, infants, and children grow and thrive. Facts about six essential nutrients are outlined here.

Iron helps develop the brain of a fetus and child. Iron deficiency is a leading cause of anemia. Severe anemia during pregnancy can result in poor fetal growth, preterm birth, or low birth weight. Anemia during pregnancy also increases the risk of death for both the mother and baby. In addition, iron deficiency limits physical productivity and work capacity. See more.

Folate is a general term for many different forms of vitamin B9, which is essential in the earliest days of fetal growth. Folic acid, the form of folate found in supplements and fortified foods, is the only form shown to prevent serious birth defects of the brain, spinal cord, and skull. These birth defects are often preventable if women get enough folic acid before and during early pregnancy. See more.

Vitamin A supports healthy eyesight and immune system functions. Children who are deficient face an increased risk of blindness and death from infections such as measles and diarrhea. See more.

Iodine is also required during pregnancy and early infancy for brain and cognitive development. Iodine deficiency can lead to developmental delays and is the most common cause of preventable mental retardation. See more.



Zinc promotes immunity, resistance to infection, and proper growth and development of the nervous system. This mineral is also important for healthy pregnancies. See more.

Vitamin D is essential for bone health as well as muscle and nerve functions. Vitamin D also helps the immune system fight off bacteria and viruses.

Source: www.cdc.gov/nutrition/micronutrient-malnutrition/micronutrients/index.html#vitamind

Stay Safe During Extreme Heat



High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States. Those who are at highest risk include

people 65 and older, children younger than two, and people with chronic diseases or mental illness. To learn more, visit <https://www.cdc.gov/disasters/extremeheat/medical.html>.

Keep Your Cool in Hot Weather!

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

Source: <https://www.cdc.gov/nceh/features/extremeheat/index.html>

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Reminder: enter promo code SUMMERSAVINGS before August 31 to waive the \$25 enrollment fee.³

Get Started: Log in to your Member Portal at [AvMed.org/Login](https://www.avmed.org/Login) and click Health and Wellness.



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