

AvMed Network NEWS BULLETIN

Provider News You Need to Know



March 2016

AVMED'S WELLNESS PORTAL

Powered by Healthroads®

AvMed's engaging wellness portal, powered by Healthroads, provides population health management tools for all of our Members. It features the Personal Health Assessment, an integral part of our Members' journey to wellness, which provides individualized measures of everyday health choices and their effect on overall wellbeing.

Also available on the wellness portal is Healthroads Connected!® designed to simplify fitness tracking while using wearable fitness devices, fitness apps, or even the proprietary fitness center Healthroads CheckIn!™ app.

The Healthroads wellness program offers both personalized Lifestyle Coaching and e-coaching and Members can utilize the Health Resources to research hundreds of subjects. Search for information on timely topics, such as Colorectal Cancer and conveniently link to additional online resources as well.

For more information, Members can log on to AvMed.org/Wellness and click on the **Healthroads** tab.📱

