

# EMBRACE Your Workplace

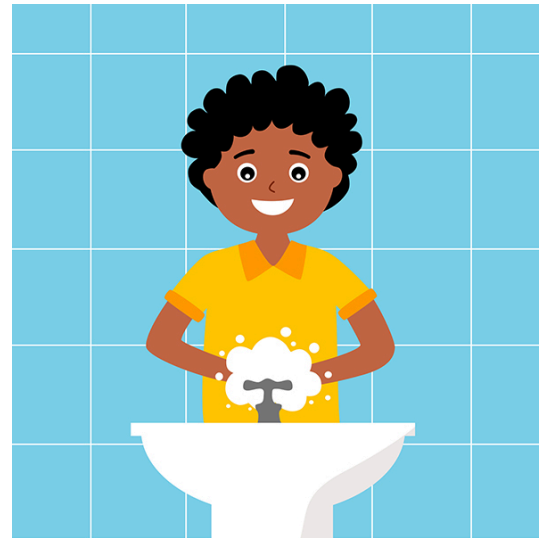
WELLfuent™ tips for a happy, healthy workplace



## Giving Back: Organizing a Blood Drive

Are you an employer looking to get involved in the community? Hosting a blood drive is one way you can show your support and encourage others to do their part. Learn how to get started with these tips from the American Red Cross.

[Organize a Blood Drive](#)



## Handwashing 101

Hand-washing: It's something we do every day that doesn't require much thought (beyond remembering to do it). But there's actually a right way and a wrong way to do it, and abiding by these simple guidelines will help minimize the spread of germs in the workplace.

[Hand Hygiene at Work](#)



## Embracing Change and Its Stress

If there is one constant in life, it is that change is always with us. Often, change can be accompanied by stress. Fortunately, there are established and effective strategies for handling whatever change comes our way.

[Read More](#)



## Sign Up To Receive Text Messages!

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



## Schedule Your Annual Wellness Visit This Summer

Summer is a great time to catch up on annual wellness visits, preventative screenings and immunizations for yourself and the whole family. 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](#)



## Hurricane Preparedness Tips

The Atlantic hurricane season lasts from June through November, with peak season from mid-August to late October. Learn about how to be prepared and what to expect before, during, and after a hurricane.

[Preparedness Tips](#)

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