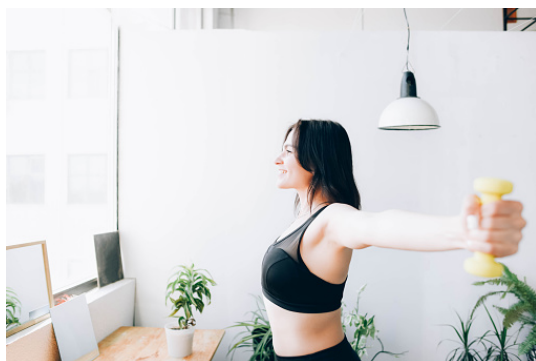


Healing Bodies

AvMed's musculoskeletal program



Getting Back to Exercise Safely After Pandemic Lockdown

The COVID-19 pandemic forced many people to delay participation in sports and other physical activities. As you return to public spaces, here are a few infection prevention guidelines to protect yourself and others.

[Guidelines](#)

Catch-Up on Well-Child Visits and Recommended Vaccinations

Families have been doing their part by staying at home as much as possible to help stop the spread of COVID-19. As a result, many children missed check-ups and recommended childhood vaccinations. Getting caught up is the best way to protect you and your loved ones from a variety of preventable diseases. Check out the recommended vaccination schedule for each age group.

[Vaccination Schedule](#)



Be Safe in the Sun – 4 Ways to Prevent UV Damage

Too much UV exposure can have a damaging effect on the skin. Here are some tips to help protect you and your family from getting too much sun.

[Sun Safety Tips](#)

AvMed Wellness Tip

Summer is the perfect time to focus on your health. Jumpstart your health by completing your Personal Health Assessment (PHA). You will receive a personalized scorecard to help you target possible health opportunities.

[Take Your PHA](#)



Home or Gym? We'll keep you active either way.

Join Active&Fit® Direct for a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!

[Get Started](#)

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