

Healing Bodies

AvMed's musculoskeletal program



Exercise is Key to Your Health

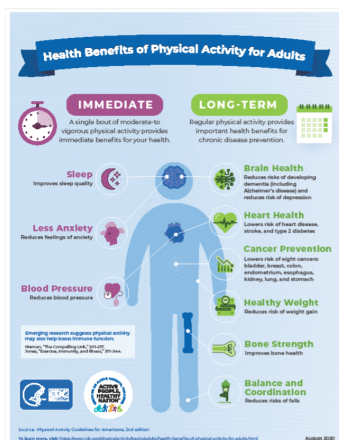
AvMed Medical Director Joby Kolsun shares his expertise on various Musculoskeletal Medicine (MSK) topics. Click the button below to read more.

[Muscles and Metabolism](#)

Health Benefits of Physical Activity for Adults

Check out the immediate and long-term health benefits of physical activity for adults..

[Read More](#)



10 Healthy Meals for Your Work Week

Make informed food choices and develop healthy eating habits. Take the guesswork out of what to eat this week.

[Learn More](#)

Preventive Care: We've Got You Covered

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? For a complete list of covered preventive care services or questions about what screenings you are due to receive, please click below. For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.

[Learn More](#)



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](#)

If you would like more information on certain musculoskeletal conditions, please email us at MSK@AvMed.org

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