

EMBRACE Your Workplace

WELLfluent[™] tips for a happy, healthy workplace



Less Stress and Lower Prescription Costs this Holiday Season.

We know this time of year can be stressful. Let's simplify one part of your healthcare journey: managing your household's prescriptions. Learn about Rx Savings Solutions (RxSS) to help you find the lowest price options for prescription drugs.

[Rx Savings Solutions](#)



Thriving this Holiday Season with Diabetes

The holidays are supposed to be a time for fun, family and food. It's that last part that can prove tricky for people with diabetes. Read more about tips for thriving during the holidays with diabetes.

[Holiday Tips](#)



Sign Up To Receive Text Messages!

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



Key Points to Remember Following a Hospitalization

After being discharged from the hospital, you may not be sure what to do next for your health. Learn about the key points to remember following a hospitalization to keep you and your family healthy and prevent readmission.

[Read More](#)



Chef Patty's Holiday Party Caramelized Onion Dip

Make your holiday gatherings extra special with Chef Patty's rich and savory caramelized onion dip! This crowd-pleaser combines Greek yogurt, caramelized onions, and a blend of spices to create a creamy, delicious dip perfect with chips or veggies.

[Full Recipe Here](#)



Holiday Health Checklist

You're in the homestretch of 2024. Finish out the year strong with this helpful to-do list that will set you up for success this holiday season.

[Holiday Checklist](#)



Tips for Preventing the Spread of Flu at Work

Employees are a crucial resource at any business. There are steps you can take now, and during the flu season, to help protect against the flu in your workplace.

[Prevent the Flu](#)

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