

# EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace



## Slips, Trips, and Falls: Avoid Common Workplace Injuries

Employers need to keep a watchful eye on workplace hazards that could cause employees to slip, trip, or fall. According to the United States Department of Labor, these office mishaps are among the most common and most costly.

[Read More](#)



## March Is Colorectal Cancer Awareness Month

If it's time for your routine colon cancer screening, you and your employees probably have questions. Below is a link to look at your screening options and what you can expect. Don't forget, when using a home kit for screening, be sure to work with AvMed's lab partner, Quest Diagnostics.

[Screening Options](#)



## Workplace Eye Wellness

March is Workplace Eye Wellness Month. It's a great time to encourage your employees to keep an eye on their vision health and schedule their regular exams as well as diabetic retinal exams. Learn more about recommendations to keep your employees' vision healthy.

[Learn More](#)



## Sign Up To Receive Text Messages!

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



## Annual Wellness Visits: The Best Way to Stay Healthy

Spring into wellness by focusing on prevention with an annual wellness visit with your Primary Care Physician (PCP). 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](#)



## Simple Choices to a Healthy Heart and Life

A healthy diet and lifestyle are the keys to preventing and managing cardiovascular disease. Additionally, understanding your blood pressure can help prevent major health problems. Make these simple steps a part of your life for long-term benefits to your health and your heart.

[Healthy Heart Tips](#)

[Understand Your Blood Pressure](#)

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