



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.

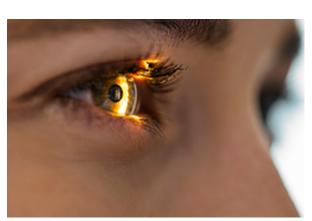
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March Is Colorectal Cancer Awareness Month

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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