

EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace

THE IMPORTANCE OF PREVENTIVE CARE

As AvMed Members, you and your employees can take advantage of many preventive screenings at no cost. These screenings can catch health problems early on and reduce the risk of health problems in the future. This is especially true about common conditions like colon cancer and breast cancer.

Encourage your employees to talk to their doctors about preventive care and any appropriate screenings.

Screening Recommendations

Breast cancer: The United States Preventive Services Task Force recommends biennial screening mammography for women 50-74 years. Individuals at a higher risk may require more frequent screening.

Colon cancer: Colonoscopy is the gold standard for cancer screening. The United States Preventive Services Task Force recommends colorectal cancer screening starting at age 50. People who are in good health and at a low risk should get a colonoscopy every 10 years.

[Click here](#) for convenient screening recommendation charts you can share with your employees.



WORKPLACE EYE WELLNESS

March is Workplace Eye Wellness Month, so it's a great time to educate your employees on ways to protect their vision. Too much screen time can cause eyestrain, dry eye and many other eye-related concerns. Here are some ways you and your employees can maintain good eye health:

1. **Take breaks.** Staring at a computer screen for too long can make eyes feel irritated and fatigued. Employees should take a break from the screen at regular intervals.
2. **Assess office lighting.** If office lighting is too dim, your eyes have to work extra hard to focus on the screen. Make sure there's sufficient lighting throughout the workplace to minimize eyestrain.
3. **Adjust the screen.** Changing a monitor's default settings to one's liking can have a positive effect on eyestrain. Even something as simple as tilting a monitor's position may be enough to improve visibility and reduce fatigue.

[Encourage employees to use AvMed Nurse On Call for any health questions, including eye wellness. AvMed's Nurse On Call can be reached at 1-888-866-5432. Learn more about the service \[here\]\(#\).](#)



INTERNATIONAL DAY OF HAPPINESS 2020

On March 20, millions of people across the globe will celebrate the United Nations International Day of Happiness. As part of this day, all 193 United Nations member states have committed to making happiness a greater priority.

At AvMed, we share that mission. A WELLfluent™ life is one that's rich in what matters most: health and

happiness. We provide our Members with the resources they need to lead a richer life. Health and happiness start with identifying the things that really matter and changing attitudes and behaviors to earn these riches, which money can't buy.

We invite you to "Join the WELLfluent" and celebrate the wonderful moments, big and small, that are the rewards of this life.

[To learn more about how we're making happiness a priority, visit \[AvMed.org/WELLfluent\]\(https://www.avmed.org/WELLfluent\).](#)

