



EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace



EMBRACE Your Workplace offers tips to make healthy habits a part of your employees wellness routine.



Dietary Recommendations for Prevention of Cardiovascular Disease

The American College of Cardiology (ACC) and the European Society of Cardiology (ESC) have recently published recommendations for optimal dietary intake to reduce the incidence and impact of cardiovascular diseases for individuals. To reduce your risk of a cardiac event (heart attack, stroke, hypertension, etc.) follow these recommendations.

[Recommendations](#)

Rx Savings Solutions



Do something about high prescription drug prices

AvMed is committed to giving you the information you need to make informed healthcare decisions. That's why we're working with Rx Savings Solutions to help you find the lowest price on your prescription drugs.

[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, visit [AvMed.org](https://www.avmed.org).

[Read More](#)

Get a Free Flu Shot, COVID-19 Vaccine or Booster – All in One Place

Scheduled appointments for the whole family at [CVS.com](https://www.cvs.com) today.

[CVS](#)



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