



# 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.



## AvMed's Cost Calculator Tool Enhancements

Starting in 2023 **AvMed's Cost Calculator** enables you to determine costs on approximately 500 services.

[Learn More](#)



## Colon Cancer Screening: The Tests that Could Help Save Your Life

If it's time for your routine colon cancer screening, you probably have questions. Here's a look at what you can expect.

[Screening Options](#)



## Simple Choices to a Healthy Heart and Life

A healthy diet and lifestyle are the keys to preventing and managing cardiovascular disease. Make these simple steps a part of your life for long-term benefits to your health and your heart.

[Healthy Heart Tips](#)



## 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.

[Vision Health](#)

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