

# Road to **WELL**fluent™

Embrace better health.

## Heart Healthy Living

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and also improve your overall health and well-being.

Research suggests that an emotionally upsetting event, particularly one involving anger, can serve as a trigger for a heart attack or angina in some people. Stress can contribute to high blood pressure and other heart disease risk factors. Some of the ways people cope with stress—drinking alcohol, using other substances, smoking, or overeating—are not healthy ways to manage stress.

Learning how to manage stress and cope with problems can improve your mental and physical health. Consider healthy stress-reducing activities such as:

- Talking to a professional counselor
- Participating in a stress management program



- Practicing meditation
- Being physically active
- Trying relaxation techniques
- Talking with friends, family, and community or religious support systems

Learn more about living a heart-healthy lifestyle at <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>

## GO RED on February 7, 2021

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today. <https://www.goredforwomen.org/>

## The flu vaccine is the first and most important thing you can do to protect yourself against flu

The flu shot is the best way to protect yourself from getting the flu. So if you've already had your flu shot, we applaud you for embracing better health. If you haven't, it's not too late and it only takes a few minutes! Ask your doctor or visit an AvMed Participating Pharmacy for your flu shot now. Please show your AvMed Member ID Card.

If you do get the flu, antiviral medications are a treatment option that might lessen symptoms and shorten the time you are sick by one or two days. They might also prevent serious flu complications like pneumonia.

Remember to answer "yes" to receiving your flu shot in any survey you may receive. Stay healthy and happy with a little help from your friends at AvMed. For more information, visit: [AvMed.org](https://www.avmed.org).

## Random Acts of Kindness Week 2021

Celebrated February 14 – 20, 2021 National Random Acts of Kindness week has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness. When you see someone almost every day, it can be easy to get caught in the motions of familiar conversation. Make an effort to learn something new about a coworker. Send an encouraging email, a sweet and simple way to boost someone's spirits is by sending good vibes to someone's inbox. For ideas and a calendar to help you start visit: <https://www.randomactsofkindness.org>

## PREVENTIVE CARE WE'VE GOT YOU COVERED

Did you know that AvMed Members are 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? Services include, but are not limited to:

- Well-woman exam, including pap smears
- Annual physical examinations
- Well-child care and immunizations
- Colorectal cancer screening, including colonoscopies as preventive screenings
- Screening Mammograms
- Blood pressure, diabetes and cholesterol testing
- Obesity screenings
- Counseling on quitting smoking
- Osteoporosis screening
- Depression screening
- Tests to screen for HIV and other sexually transmitted disease



For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit [AvMed.org](https://www.avmed.org).

For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.

AvMed complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-882-8633 (TTY 711). ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-882-8633 (TTY 711).

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Log in to [www.AvMed.org](http://www.AvMed.org), then click *Health and Wellness* to learn more.



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\*Plus applicable taxes.