

# EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace



## Good Body Mechanics in the Workplace

Good body mechanics are extremely important at your workplace. You likely spend 8+ hours a day at work. Over time poor body mechanics can lead to fatigue, soreness, chronic imbalances, pain, and discomfort. What can you do about it? There are several things within your control that can help you improve your fitness in the workplace.

[Read More](#)

## Hurricane Season: How Can You Be Prepared?

The Atlantic hurricane season lasts from June through November, with peak season from mid-August to late October. Find out tips on how to best be prepared before, during, and after a hurricane.



[Hurricane Tips](#)



## Embracing Change and Its Stress

If there is one constant in life, it is that change is always with us. Often, change can be accompanied by stress. Fortunately, there are established and effective strategies for handling whatever change comes our way.

[Stress Strategies](#)



## Sign Up To Receive Text Messages!

Don't miss important health information. Log In or Register to your [Member Portal](#).

## May is Women's Health Month

Women's Health Month serves as a reminder for women to make their health a priority and take care of themselves. Celebrate by scheduling an annual wellness visit and discussing all your preventive care needs with your doctor.



[Learn More](#)



## 7 Reasons Men Should See a Doctor (Even if Feeling Fine)

There are many health conditions that don't show symptoms right away but can easily be found during an annual checkup. Next month is Men's Health Month and serves as a reminder to take care of your health. Read about the seven reasons men should see a doctor, even if they are feeling fine.

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