

EMBRACE



Reminder – It's Not Too Late to Get Your Flu Shot

The flu shot is the best way to protect yourself in peak flu season. Talk to your doctor or find a participating AvMed pharmacy to receive your flu shot today.

[Find a Pharmacy](#)



Start Your Year with Annual Wellness Visits

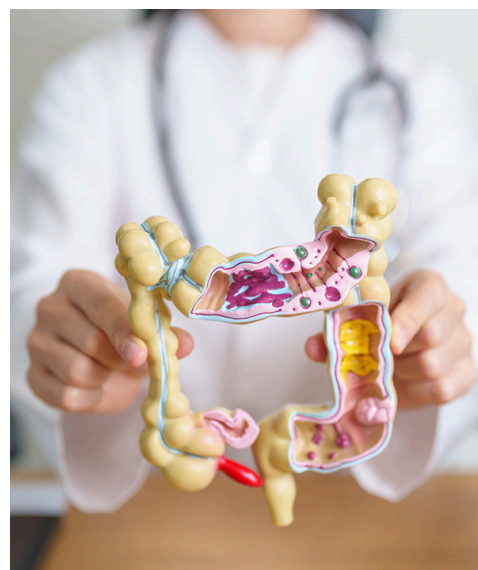
Making your health a top priority is crucial to your overall health. Why not start with an annual wellness visit to your doctor? Learn more at the link below.

[Annual Wellness Visits](#)



Sign Up To Receive Text Messages!

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



Next Month is Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month and a great reminder to embrace better health and schedule your screening for this type of cancer. You may have questions about what to expect at your screening; learn more about routine colorectal cancer screenings below:

[Colon Cancer Screening](#)



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[Rx Savings Solutions](#)

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