

# EMBRACE



## Emergency Rooms Can Be Busy — Here Are Alternative Sites for Prompt Medical Care

Did you know that nearly one-third of emergency room visits could be handled at other care locations? AvMed can help you find the right alternative care location to solve your medical concerns.

[Alternative Care Locations](#)



## Annual Wellness Visits: The Best Way to Stay Healthy

Spring into wellness by focusing on prevention with an annual wellness visit with your Primary Care Physician (PCP). AvMed offers comprehensive preventive care services as part of your coverage options. By connecting with your PCP for a routine exam, you both can review the preventive care services you need this year. Need a new PCP? Use our provider directory at the link below to find a doctor.

[Find a Doctor](#)



## Get the AvMed Mobile App

Get access to your important health plan information - and virtual care - where and when you need it. [Member Portal](#).



## Identifying Risk Factors in Depression

We all get a little down some days. But when those feelings start to linger, it's worth getting checked out.

[Signs & Symptoms](#)



## Calm Health: A Behavioral Health App Solution

In partnership with Optum, we bring you Calm Health. Calm Health offers mental health guidance and compassionate support for a wide range of health and wellbeing goals. And it's available to you at no cost through your behavioral health benefits. Use the link below and when prompted, enter access code: avmed. Then enter your Member ID, name, and date of birth. Download the app today to explore all that Calm Health has to offer.

[Calm Health](#)

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