



A Wellness Newsletter for AvMed Members

# Road to **WELLNESS**

Embrace better health.®

## ONLY THIS YEAR'S FLU SHOT WILL PROTECT YOU FROM THIS YEAR'S FLU.

Flu viruses are constantly changing, so the annual vaccine has to change as well. If you count on last year's flu shot – or take a “wait and see” approach, you will likely not get the proper protection.

For more than 50 years, hundreds of millions of flu vaccines – and millions more H1N1 vaccines – have been closely monitored by the Food and Drug Administration and the Centers for Disease Control and Prevention (CDC). As a result, the CDC recommends the flu vaccine for everyone over the age of six (6) months.

Talk to your doctor or pharmacist about which vaccine is right for you. It's important to get an updated flu shot – earlier rather than later – every single year.

It's easy to get your free flu shot. Just go to your physician's office or participating pharmacies -- and be sure to show your AvMed Member ID Card.

Get vaccinated today!

For a video about the flu vaccine, visit <https://bit.ly/AvMedFluShot>

For more information and CDC flu recommendations, visit [www.cdc.gov](http://www.cdc.gov)



## VACCINATIONS ARE VITAL TO YOUR CHILD'S GOOD HEALTH

Preteens and teens are at risk for diseases and need the protection of vaccines to stay healthy. As kids get older, protection from some childhood vaccines begins to wear off while other vaccines work better when given during adolescence. It's important to keep up with vaccination schedules.

The vaccine for Human Papillomavirus (HPV) to protect against cancer is recommended for preteen boys and girls before potential exposure to the virus. Adolescent boys and girls should get vaccinated by age 11 or 12. Tdap vaccine can protect from tetanus, diphtheria, and pertussis. The meningococcal vaccination

can prevent serious illness that can lead to death in as little as a few hours. These vaccinations, along with the flu shot go a long way to keep your adolescent child healthy. Talk with your teen's practitioner about vaccinations to help protect your child's health and visit the [www.cdc.gov](http://www.cdc.gov) for more information.

## BACK-TO-SCHOOL STRESS-RELIEF TIPS

Back-to-school can be a stressful time for parents. Between homework, routine changes and the difficulty of parting with your child for the day, it's not easy dealing with the back-to-school bustle. Check out these stress-relief tips to help you calm down and get your school year off to the right start.

### 1. Prepare the night before.

Planning ahead is the best way to avoid the morning time crunch. Packing your child a lunch or snack the night before can save some early-morning headaches.

### 2. Get a massage.

Don't think of a massage as an indulgence—think of it as something that'll help you manage your stress so you'll have more time, energy and smiles for your little ones.

### 3. Do stress-relief exercises and stretches.

Modern parents are particularly susceptible to shoulder and neck pain because so many of us work in front of a computer for most of the day. Try stress-busting yoga poses perfect for busy parents, even if you have no yoga experience.

For more tips, visit <https://www.littlepim.com/back-to-school-stress-relief-tips-busy-parents/>

## Kick Start Your Health

This is the perfect time to improve your health. So why not get a jump-start to a healthier you by visiting AvMed's website to complete your Personal Health Assessment (PHA). This user-friendly online tool helps you understand your current health status, identify potential health risks and set realistic improvement goals based on your specific needs. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible risk and alleviate healthcare costs. To get started visit [AvMed.org](http://AvMed.org). Scroll down and click on Take your PHA and log in to your account. Congratulations for taking this important step toward a healthier you!

## AUGUST EVENTS

Date	Time	Event	Location	Description
<b>Saturday, August 6, 2016</b>	6 am	Jacksonville Triathlon Series Race #3	Fernandina Beach 99 N. Fletcher Ave., Fernandina Beach, Fla. 32034	<a href="https://runsignup.com/Race/FL/FernandinaBeach/JacksonvilleTriathlonSeriesRace3">https://runsignup.com/Race/FL/FernandinaBeach/JacksonvilleTriathlonSeriesRace3</a>
<b>Saturday, August 6, 2016</b>	8:45 pm	"Meet Me In The Dark" 5K & Music Festival	North Miami Athletic Stadium 2555 NE 151st St., North Miami, Fla. 33181	<a href="http://www.active.com/north-miami-beach-fl/running/distance-running-races/meet-me-in-the-dark-5k-and-music-festival-2016">http://www.active.com/north-miami-beach-fl/running/distance-running-races/meet-me-in-the-dark-5k-and-music-festival-2016</a>
<b>Saturday August 13, 2016</b>	1-Mile Fun Run at 6:45 pm 5K Waves at 7 pm	Jaguars 5K Stadium Challenge	EverBank Field Jacksonville, Fla.	<a href="https://www.signmeup.com/site/online-event-registration/114998">https://www.signmeup.com/site/online-event-registration/114998</a>
<b>Friday, August 19, 2016</b>	5K walk at 6:45 pm 5K run at 7 pm	Beach to Beach 5K	Jensen Sea Turtle Public Beach 4191 NE Ocean Blvd., Jensen Beach, Fla. 34957	<a href="https://endurancecui.active.com/new/events/35305052/select-race?lcmp=254301&amp;ltclid=07_1909023_6592750a-3215-4b9e-8073-2ef-44686f6ca&amp;p=395805292948301">https://endurancecui.active.com/new/events/35305052/select-race?lcmp=254301&amp;ltclid=07_1909023_6592750a-3215-4b9e-8073-2ef-44686f6ca&amp;p=395805292948301</a>
<b>Sunday, August 28, 2016</b>	6 am	down2earth 5k & 10K Trail Run	Oleta River State Park, 3400 NE 163rd Street, North Miami Beach, Fla. 33160	<a href="http://www.active.com/north-miami-beach-fl/running/trail-run-races/down2earth-5k-10k-trail-run-2016-19065195">http://www.active.com/north-miami-beach-fl/running/trail-run-races/down2earth-5k-10k-trail-run-2016-19065195</a>

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