



Healthy Aging: AvMed

AvMed deploys a variety of programs aimed at helping seniors stay healthy in mind, body and spirit.

CLUB ASPIRE

Club ASPIRE helps senior members stay healthy in mind, body and spirit and is part of AvMed’s WELLfluent movement, which encourages members to lead a life rich in the things that matter most, such as health and happiness. Club ASPIRE fosters member connections through a variety of activities including new member receptions, cooking classes and movie screenings – as well as social and learning events including gardening, volunteering and entertainment. And AvMed encourages public participation, bringing together people with common interests. In addition, a partnership with the YMCA gives Club ASPIRE members additional opportunities to try new activities.



A recent AvMed CONNECT event featured the Abundant Love Project, where guests had the chance to relax in a healing ceramics class.

AVMED CONNECT

AvMed CONNECT is open to the public and connects people with common interests. At senior living communities, AvMed hosts CONNECT activities aimed at staying well and giving back to the community. Particularly for older adults experiencing social isolation, AvMed CONNECT offers opportunities to interact with others. A recent CONNECT event featured the Abundant Love Project, where participants painted a stone with the message “you are loved” written on the back. The decorated rocks with words of

inspiration were then placed in public places for others to find.

AVMED ACCESS

AvMed Access is a comprehensive care management program where trained medical professionals offer support for chronic and acute conditions to help members get well and get the most out of their health plan. The WELLfluent Living Program offers a “WELLth” of resources ranging from personal health assessments to medication savings to an online library to help members stay well. And AvMed Virtual Visits provide non-emergency telehealth care anywhere at any time.

PARTNERSHIPS

AvMed is strategic when choosing its partners, seeking groups with clear purposes and similar mindsets.

Through a partnership with Feeding South Florida, the AvMed Mobile Pantry delivers fruits, vegetables, bread and dairy products to neighborhoods where healthy foods are hard to come by. Between August 2016 and January 2017, AvMed distributed 137,309 pounds of healthy food to 3,090 South Florida families. The partnership with Feeding South Florida also includes a kitchen, where community members can learn cooking skills.

OUTCOMES

AvMed’s programs for seniors address many underlying factors that impact a person’s health, including diet, health literacy, mental health and education. 🍊

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