

## The Power of One.

ONE step at a time.  
ONE day at a time.  
ONE great program.

### Everyone enrolled in a Miami-Dade County's health plan can take that one step with Wellness Works

With AvMed, you get the tools you need to get started with ONE program. Get on the road to **YOU**, improved.

### Onsite Health & Wellness Coaches can help YOU:

- **LISTEN:** Clarify what it is YOU want to do in order to get – and stay – healthy;
- **WORK WITH YOU** to design an individualized action plan based on your Personal Health Assessment (PHA);
- **CO-CREATE** realistic goals and then break them down into smaller, achievable action steps;
- **ASSIST** in getting you the necessary screenings, biometrics, fitness options, immunizations, resources and followup care from your health providers;
- **ENCOURAGE, MOTIVATE AND SUPPORT** you toward reaching your goals; and...
- **CELEBRATE** your victories with you!

Call **1-888-245-6676** or **305-375-1511**, or email [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov) to find out how to engage with the Wellness Works on-site coaches to help on your journey to YOU, improved. All County employees on the AvMed health plan are eligible. Visit [www.AvMed.org/MDC/WellnessWorks](http://www.AvMed.org/MDC/WellnessWorks) for more details.



**WELLNESSWORKS**  
MIAMI-DADE COUNTY



**Embrace better health.®**

**The Power of One.**

# AvMed gives you more

## **PLUS:**

- AvMed's Personal Health Assessment to help identify potential health risks and set improvement goals
- Telephonic care for chronic conditions and disease management such as: Asthma, Coronary Artery Disease, Diabetes, Chronic Obstructive Pulmonary Disease (COPD), and Congestive Heart Failure
- Discounts on fitness center membership
- Reduced fees for alternative medicine services such as massage therapy and acupuncture
- Newsletters, educational information and online courses on health, and prevention topics for all areas of life
- Prescriptions for Healthy Living, which may reduce your cost for certain diabetes Medications
- Onsite annual flu shots and wellness fairs throughout the year
- Weight Watchers® reimbursement to encourage healthier living



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Learn more about Miami-Dade County's Wellness Works and how you can earn incentives by visiting **[www.AvMed.org/MDC/WellnessWorks](http://www.AvMed.org/MDC/WellnessWorks)**.

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