

Miami-Dade County Employee Wellness It Pays to Participate...



Miami-Dade County in collaboration with AvMed are making enhancements to every aspect of the member experience. We are constantly exploring ways to encourage MDC Employees to “embrace better health” by giving them the resources and tools to make it easy to stay healthy all year long.

Together we have committed to better health through providing multiple educational seminars, onsite health screenings, preventive vaccinations and various other wellness events throughout 2014.

In appreciation to those who have actively participated in wellness health screenings and flu vaccine events during 2014, they have been entered into a countywide drawing as a reward for their participation.*

***2014 Wellness Program winners have been drawn at random and will be contacted by their respective Department Personnel Representative (DPR) to collect their prize. Refer to list of winners on the next page.**

Stay tuned for upcoming wellness events and reward opportunities as you continue on the journey to Embracing Better Health in 2015!



2014 WELLNESS PROGRAM PARTICIPANTS -- EOY DRAWING WINNERS

Participant Winner	Prize	Department
Abdul, Zareefa	FitBit One	RER
Albizu, Wilson	Publix GC	Transit
Alcorta, Marta	Sports Authority GC	COC
Alleyne, Kendolyn	Publix GC	Transit
Andreu, Girsí	FitBit Flex	Finance
Angelova, Antoaneta	Sports Authority GC	RER
Arenas, Estrella	Publix GC	ITD
Ayers, Joy	FitBit One	Transit
Barzaga, Amador	Publix GC	RER
Benjamin-Gray, Marlyce	Sports Authority GC	WASAD
Blackshire, Jackie	FitBit One	Police HQ
Blanco, Jose	Publix GC	ITD
Botero, Juan	Sports Authority GC	WASAD
Bowens, Annie	Publix GC	HR
Brown, Karra	FitBit Flex	WASAD
Brown, Keith	FitBit One	ITD
Caffey, Connie	FitBit One	Finance
Caraballo, Miguel	FitBit One	ITD
Cardoso, Mirta	FitBit Flex	ITD
Carrero, Susana	Publix GC	RER
Castillo, Jesus	FitBit Flex	Transit
Colon, Donna	Publix GC	Police HQ
Cook, Courtney	Publix GC	Police HQ
Cortina, Nicolas	Publix GC	PWWM
Cotto, Anthony	FitBit One	Transit
Couret, Marlene	FitBit One	WASAD
Denson, Samuel	FitBit Flex	PWWM
Evans, Yolanda	Publix GC	WASAD
Fields, Cheryl	Publix GC	Fire HQ
Flynn, Charles	FitBit Flex	Transit
Ford, Quencia	FitBit One	Transit
Galvis, Maria	Sports Authority GC	Police HQ
Garcia, John	Sports Authority GC	Transit
Garcia, Josefa	Publix GC	Fire HQ
Garza, Orlia	Sports Authority GC	Fire HQ
Gist II, Emmanuel	Publix GC	Transit
Hampton, Roland	FitBit One	RER
Harris, Jennifer	Sports Authority GC	RER
Humphries, Karen	FitBit Flex	Transit
Jackson IV, Steve	Sports Authority GC	PWWM
Joiner, Dawn	FitBit One	Aviation
Jones, Chrisandra	FitBit One	Seaport
Kelsey, Terrence	FitBit Flex	Seaport
Kemp, Donnita	FitBit One	PWWM
King, Herbert	Publix GC	PWWM
Lau, Kelly	Publix GC	RER

2014 WELLNESS PROGRAM PARTICIPANTS -- EOY DRAWING WINNERS

Participant Winner	Prize	Department
Lobato, Jorge	FitBit Flex	Police HQ
Martinez, Aida	Sports Authority GC	RER
Martinez, Cynthia	Sports Authority GC	COC
Mathews, Judy	FitBit One	Transit
McMillan, Dwight	FitBit Flex	PWWM
Michel, Aude	Publix GC	Police HQ
Mihaic, Jorge	Sports Authority GC	Aviation
Millet, Matty	FitBit Flex	Finance
Mitchner, Michael	Sports Authority GC	Transit
Moorman, Jemika	FitBit Flex	Transit
Morales, Gisela	FitBit One	Fire HQ
Najera-Matos, Maria	Publix GC	Aviation
Napoles, Jessica	FitBit One	Legal Aid
Oliva, Glicelia	FitBit Flex	RER
Paulk, Vivian	Sports Authority GC	PWWM
Perez, Jeanette	FitBit Flex	CIAO
Perez, Norma	Sports Authority GC	HR
Pierre-Charles, Roody	FitBit Flex	WASAD
Pyles, Joan	Publix GC	Library
Reese, Joann	Sports Authority GC	ITD
Revuelta, Eduardo	FitBit Flex	Seaport
Riaz, Ammad	FitBit Flex	Aviation
Riley, Duane	FitBit One	Aviation
Rivero, Maria	FitBit One	Finance
Rodriguez, Alejandro	Publix GC	ISD
Roman, Lucy	FitBit Flex	Police HQ
Rosales, Lisandra	FitBit Flex	Police HQ
Saint-Louis, Regine	FitBit Flex	Property Appraiser
Salazar, Mariaelena	Sports Authority GC	ITD
Scott, Jason	Sports Authority GC	Transit
Segura, Americo	FitBit Flex	RER
Simons, Angela	FitBit One	Seaport
Smith, Peter	Sports Authority GC	Aviation
Snedaker, Jane	FitBit One	WASAD
Stein, Henry	Publix GC	Seaport
Stevens, Brenda	FitBit One	CIAO
Stubbs, Kevin	FitBit Flex	Aviation
Suarez, Sonia	FitBit One	RER
Suarez, Wanda	FitBit Flex	ITD
Timmons, Rose L.	Sports Authority GC	Seaport
Valdes, Doris	Sports Authority GC	Fire HQ
Vasserman, Sam	FitBit One	ITD
Vega, Lilliam	FitBit One	Fire HQ
Walden, Phillip	Publix GC	Transit
Webb, Timothy	Sports Authority GC	RER
Wilcox, Lisa	Publix GC	Aviation

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Participant Winner	Prize	Department
Williams, Freddie	Sports Authority GC	Transit
Williams, Lynn	FitBit One	PWWM
Williams, Ray	FitBit Flex	Fire HQ
Wilson, Erin	Sports Authority GC	Police HQ
Yong, Estrella	Publix GC	WASAD
Zubieta, Helen	FitBit Flex	Fire HQ