

# TAKE THE WELLNESS CHALLENGE



It's Back! The second annual Countywide Employee Wellness PHA Challenge. Last year was a great success with MPDP taking the top honors and enjoying a day of relaxation!

What is the **PHA Challenge**? Employees who complete an online Personal Health Assessment (PHA) by **July 29th, 2016** will help their department win a day of relaxing wellness activities held onsite.

## How to join this Challenge:

Simply visit [www.avmed.org/mdc](http://www.avmed.org/mdc) and log in to your AvMed account.\*

Select **Health and Wellness** and under **Tools for a Healthier You** select **Wellness Portal powered by Healthyroads®**, click "agree" on the consent form, then select the **Take PHA** button.

- All PHA participants will be entered into a drawing for additional wellness prizes!
- If you have already completed your PHA it will count towards your departments total.
- For questions email [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)

\* If you do not have an AvMed account, click the Register button in the Account Login section and follow the steps to register. Be aware that the user ID and password are case sensitive

