



November 2016



Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

Powered by **AvMed**

MDC JACKSON FIRST 1-YR PILOT PROGRAM



Are you sure last year's plans are still saving you money? It pays to double check. We encourage you to think of MDC Jackson First, an HMO under the County's AvMed health plan. It gives eligible employees and their dependents a more affordable healthcare option. The plan option also offers you access to a concierge appointment scheduling telephone line for a quicker and more convenient service. The Jackson First concierge can be reached at **305-585-2727** or **JacksonFirstConcierge@jhsmiami.org**.

This year we're offering a new "Jackson First Zero Copay Pilot" plan option — a one-year pilot program for participating unions with benefits that include no copayments and/or deductibles, with the exception of emergency room services, urgent care visits, and/or prescriptions.

So before you make your elections, we'd strongly encourage you to first visit **www.miamidade.gov/openenrollment** and walk through your options. The site is engaging (trust us), it only takes a few minutes, and it will give you peace of mind knowing you made the right choice. If you have any questions, please get in touch with your Department Personnel Representative or attend one of the upcoming regional meetings for more information.

OPEN ENROLLMENT

The annual open enrollment period begins November 1 and runs through November 22.

Open enrollment is a great time to assess all of your options and explore new programs

like the fully reimagined **MDC Wellness Works**, which will get you moving and reward you with every step. You'll also learn about new features such as **AvMed SmartShopper™**, a cost-saving transparency tool, and **AvMed Virtual Visits**, which delivers 24/7 physician support to the comfort of your home. Be sure to take full advantage by checking out all the available tools and information to help you make the right choices. Visit the brand new open enrollment website **<http://www.miamidade.gov/openenrollment/>**, or speak with a Benefits Representative in person at one of the regional open enrollment meetings held in most departments. See the full list of meetings so you don't miss out! **<http://www.miamidade.gov/humanresources/regional-meetings.asp>**

Let's Go Shopping!



• Check out this year's options to better meet your needs
• Attend regional benefits meetings for more information
www.miamidade.gov/OpenEnrollment

Choose the right
bene**FITS** for you!

Don't miss your chance!

MOVEMBER

Growing out one's facial hair for 30 days commemorates "Movember" or "No-Shave November," and it's meant to raise awareness for prostate cancer. It's also a chance for guys to show off their 'staches, goatees, Fu Manchus, mutton chops and other furry face-warmers. Learn more about how to get involved at **<http://abcnews.go.com/Health/wanted-movember-shave-november/story?id=26654042>**

NATIONAL DIABETES MONTH: Resources on Managing your Diabetes Every Day

It's not easy to hear you have diabetes. But for millions of Americans, learning about their diabetes is the first step toward feeling better and living a longer, healthier life.

Diabetes is a common disease, yet every individual needs unique care. We encourage people with diabetes and their families to learn as much as possible about the latest medical therapies and approaches, as well as healthy lifestyle choices. Get started toward improved health and well-being by:

- *Choosing What, How Much, and When to Eat* – You have the flexibility in deciding what's on the menu, so take a look at healthy eating habits and recipes for diabetics. You'd be surprised at how many choices you have. Check out the top ten diabetic cookbooks by visiting Healthline.com.
- *Getting and Being Active* – You can live healthy and manage your diabetes. Check out your local communities for fun events to help keep you active.
- *Weight Loss* – Losing weight can improve your blood glucose, your blood pressure, and lower your cholesterol.
- *Taking Medications* – Follow your doctors instructions by taking medications as prescribed to get and keep your blood sugar in target range.

To learn more, visit www.diabetes.org/living-with-diabetes/

TIPS FOR A THINNER THANKSGIVING

Thanksgiving only comes around once a year, so why not go ahead and splurge? Because gaining weight during the holiday season is a national pastime. Year after year, most of us pack on at least a pound or more during the holidays – and keep the extra weight permanently.



1) Get Active - Create a calorie deficit by exercising to burn off extra calories before you ever indulge in your favorite foods.

2) Eat Breakfast - While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite.

3) Lighten Up - Whether you are hosting Thanksgiving dinner or

bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories.

4) Police your Portions - Before you fill your plate, survey the buffet table and decide what you're going to choose. Then select reasonable-sized portions of foods you cannot live without.

Read more at: <http://www.webmd.com/diet/features/10-tips-for-a-thinner-thanksgiving#3>

HERB-ROASTED TURKEY BREAST



- 1 whole bone-in turkey breast, 6 1/2 to 7 pounds
- 1 tablespoon minced garlic (3 cloves)
- 2 teaspoons dry mustard
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon chopped fresh sage leaves
- 1 teaspoon chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 cup dry white wine

Instructions

1. Preheat the oven to 325°F. Place the turkey breast, skin side up, on a rack in a roasting pan.
2. In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the meat. Spread the remaining paste evenly on the skin. Pour the wine into the bottom of the roasting pan.
3. Roast the turkey for 1 3/4 to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165 degrees F when inserted into the thickest and meatiest areas of the breast. (I test in several places.)
4. If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.

Read more at: <http://www.foodnetwork.com/recipes/ina-garten/herb-roasted-turkey-breast-recipe.html?oc=linkback>



HEALTHY SELFIE

**Joe Chao and students
Communications Department**

Have you made fitness part of your lifestyle? Send us a picture of you participating in your favorite type of exercise and you will be entered to win a prize. Email photos to wellnessworks@miamidade.gov.