



January 2017

# Wellness Watch

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

Powered by 

## NEW BENEFITS FOR THE NEW YEAR



### Wellness Works

The journey to a healthy lifestyle begins with ONE step. Change starts with ONE decision. Get started with ONE program. Get on the road to YOU, improved.

This is an engaging and motivational program that aims to continually improve employees' health. Wellness Works

provides a comprehensive suite of personalized tools and support, including fun challenges, activities, social connections, a personal health assessment, and more!

Through Wellness Works, you can:

- Participate in activities to help improve your health and earn points which get you entered into a drawing for great prizes.
- Earn a \$40 reward per year minus applicable payroll taxes
- Access On-site Health Coaches, Nutritionist, and Prenatal Advisor.
- Participate in wellness seminars and events.

To learn more about the program visit [AvMed.org/MDC/WellnessWorks](http://AvMed.org/MDC/WellnessWorks)



### SmartShopper

AvMed is offering SmartShopper, powered by Vitals, giving you a chance to earn cash back while saving on healthcare costs. Once your doctor recommends a qualifying procedure call SmartShopper and a Health Cost Adviser will provide information on cost-effective locations in your area

for the service your doctor has recommended. You will need to have your Member ID for verification or you can also shop online at [AvMed.org/SmartShopper-MDC](http://AvMed.org/SmartShopper-MDC).

Then contact the recommended doctor to schedule the service. Please note: In order to qualify for incentives, you must contact AvMed SmartShopper AT LEAST 24 HOURS before the procedure. If you choose to use a cost-effective location, as identified by AvMed SmartShopper, you will receive an incentive check in the mail no later than 60 days after your claim has been paid. Medical procedures or diagnostic tests can qualify you or your dependents for \$25 - \$500 CASH BACK when you shop with SmartShopper!



### Virtual Visits

AvMed Virtual Visits, powered by MDLIVE, provide anytime remote access to board-certified doctors from your home, your office, or on the go. Just 15 minutes after a simple sign-up, Members can speak with a doctor about non-emergency medical issues by phone or secure video using a computer, tablet, or smartphone, for the cost of a physician visit. It's healthcare that works for AvMed Members, wherever and whenever they need it. Register, in advance, one of three ways:

- online: [bit.ly/avmedvirtualvisits](http://bit.ly/avmedvirtualvisits)
- phone: 1-888-632-2738
- download the "MDLIVE" app in the app store on your smart phone, Group Code: AvMed

## CERVICAL HEALTH AWARENESS MONTH

Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer.

About 79 million Americans currently have HPV. Many people with HPV don't know they are infected. And each year, more than 11,000 women in the United States get cervical cancer.

The good news?

- The HPV vaccine (shots) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

Cervical cancer screenings can help detect abnormal (changed) cells early, **before** they turn into cancer. Most deaths from cervical cancer could be prevented by regular Pap tests and follow-up care.

## JANUARY EVENTS

Date	Event	Location
<b>Saturday Jan. 14, 2017</b>	<b>Zo's Health &amp; Wellness Groove 5K Run/Walk</b>	Ronald L. Book Stadium/FIU North Campus, 2555 NE 151st St., North Miami Beach, Fla. 33160
<b>Saturday Jan. 14, 2017</b>	<b>2017 5k4kids</b>	Saint Anthony Catholic School, 820 NE 3rd St., Fort Lauderdale, Fla. 33301
<b>Monday Jan. 16, 2017</b>	<b>34th Annual Dr. Martin Luther King Jr. 5k Run and Fitness Walk</b>	www.progressiveofficersclub.org Questions: 786-285-7002 or 305-321-0388 info@splitsecondtiming.com
<b>Sunday Jan. 22, 2017</b>	<b>5th Annual Davie Road Race Dash for Cash &amp; Mayor's Mile Challenge</b>	For more information on how to register, visit our website <a href="https://www.daviepal.org/portal/davie-road-race1">https://www.daviepal.org/portal/davie-road-race1</a>
<b>Sunday Jan. 22, 2017</b>	<b>Swim Fort Lauderdale Beach 2017</b>	Fort Lauderdale Beach Park, 1100, Seabreeze Blvd., Ft. Lauderdale, Fla. 33316

## MUSTARD-MAPLE PORK TENDERLOIN



Pork tenderloin is about as lean as meat comes so it's a great healthy option, but it shouldn't be overcooked as it can dry out.

### Ingredients

- 3 tablespoons Dijon mustard, divided
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 pound pork tenderloin, trimmed
- 2 teaspoons canola oil
- 1/4 cup apple cider vinegar
- 2 tablespoons maple syrup
- 1 1/2 teaspoons chopped fresh sage

### Preparation

1. Preheat oven to 425°F.
2. Combine 1 tablespoon mustard, salt and pepper in a small bowl; rub all over pork. Heat oil in a large ovenproof skillet over medium-high heat. Add pork and brown on all sides, 3 to 5 minutes. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center registers 145°F, about 15 minutes. Transfer to a cutting board and let rest for 5 minutes.
3. Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar, and boil, scraping up any browned bits with a wooden spoon, about 30 seconds. Whisk in maple syrup and the remaining 2 tablespoons mustard; bring to a boil, reduce heat to a simmer and cook until the sauce is thickened, about 5 minutes.
4. Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.



## HEALTHY SELFIE

How about a big round of applause for all of the employees who submitted Healthy Selfies in 2016? We appreciate your participation! One lucky employee will receive an awesome wellness gift basket.

Email photos to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).