



WELLNESS WORKS FOR MIAMI-DADE COUNTY EMPLOYEES

The Power of ONE...

Wellness Works has partnered with AvMed to encourage members to be well. 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 to get you entered into a drawing for great prizes.
- Earn a \$40 reward per calendar year minus applicable payroll taxes
- Access On-site Health Coaches, a Nutritionist and Prenatal Advisor.
- Participate in wellness seminars and events.

Points will be credited to your Incentive Summary in the Wellness Works portal as you take part in activities.

FREQUENTLY ASKED QUESTIONS

WHAT STEPS DO I NEED TO TAKE TO BEGIN THE PROGRAM?

Step #1: Take a Personal Health Assessment

Step #2: Participate in a Biometric Health Screening or obtain completed form from your annual physical

Step #3: Engage in wellness activities and earn additional wellness points.

WHO CAN PARTICIPATE IN THE WELLNESS WORKS PROGRAM?

All active Miami-Dade County employees are eligible.

Spouses, dependents and retirees enrolled in an AvMed medical plan

can participate in the Wellness Works program but are not eligible to earn rewards.



FREQUENTLY ASKED QUESTIONS (CONT'D)

WHY SHOULD I PARTICIPATE IN THE WELLNESS WORKS PROGRAM?

It's fun and a great way to improve your health, plus you can earn rewards along the way.

HOW DO I EARN REWARDS?

Participants earn points each quarter by engaging with the Wellness Works program. When you have earned **75 points** you will be entered into a drawing to win a quarterly prize. Your points will count toward the 300 needed for the grand prize drawing at the end of the year.

Activity	Frequency	Explanation	Points
Tracked Activity	Quarterly	Upload Steps from Activity Tracker or compatible app	25 points
		200,000 Movement merits/ Steps (less than a mile each day over the course of the quarter)	
Personal Health Assessment	Once annually	Complete online	25 points
Biometric Screening	Annually	Complete Biometrics on-site or with PCP	25 points
Online Classes	Quarterly	Complete courses in Wellness Portal	25 points
Health Challenges	Quarterly	Participate in Challenge	25 points
Preventive Immunization	Once annually during Q3- Q4	Attest online in Incentive plan	25 points
Preventive Annual Well Visit	Once annually	Attest online in Incentive plan	25 points
On-site Activity	Available daily	Meet with Wellness Works On-site	25 points
	Available daily	Meet with On-site Nutritionist	25 points
	Available daily	Meet with Prenatal Coach	25 points
	Available daily	Attend Wellness Works Program/ Event	25 points

WHY SHOULD I COMPLETE THE PERSONAL HEALTH ASSESSMENT?

The personal health assessment is a lifestyle questionnaire with important questions about your overall health status. Upon completion you will receive a scorecard that provides a snapshot of your overall well-being. Completing your health assessment will earn you a reward in addition to the 25 points towards your quarterly point goal.

HOW DO I EARN \$40 PER CALENDAR YEAR*?

You earn \$20 for completing your Personal Health Assessment online, and \$20 for completing a biometric screening or obtain completed form from your annual physical. Both of these activities must be done by the end of the second quarter to qualify.

IF I PARTICIPATE IN THE WELLNESS WORKS PROGRAM ACTIVITIES, IS MY DATA CONFIDENTIAL?

Yes. Identifiable health data will not be shared with your employer. Names of participants who earn rewards will be shared with Payroll for tax purposes only.

For additional information contact the onsite Wellness Works Team at wellnessworks@miamidade.gov and start earning points to YOU, improved!

*Minus applicable payroll taxes.