

Wellness Watch

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



Healthy habits, local tips, and county resources for a strong start to the year | 

“Exercise is the key not only to physical health but to peace of mind.”

– Nelson Mandela

April Spotlight

Blossom into Healthy Steps Challenge April 20th-May 17th

WellnessWorks invites you to join the Blossom into Healthy Steps Challenge.

As the flowers bloom this spring, step outside and increase your physical fitness by dedicating more time, moving your body more and sitting less.

- Complete 144,000 Steps Over 4 Weeks.
- **Register between April 2 to 16**

To participate:

First time Users:

- Sign in at Aetna.com and scroll to Well-being resources and select “Aetna Health Your Way.” Or download the MyActiveHealth Wellness app from either the App Store or Google Play.

For more information: <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page>

Biggest Winner Challenge 2026

WellnessWorks challenges you to focus on improving your health and fitness in 12 weeks.

Choose your challenge to burn Fat or Gain Muscle in this 12-Week Challenge from April 27- July 31.

- The challenge includes both an individual and a team challenge. The individual challenge is designated by location and Countywide. The team challenge is only Countywide.

The individual that wins in each category (percent fat loss and percent muscle gain) for each location will win the \$300 incentive. The participant who wins Countywide for each category (percent fat loss and percent muscle gain) will win a \$600 prize (\$300 location winner and \$300 grand prize).

- The team that wins each category overall Countywide will be crowned the Biggest Winner Team and receive a team trophy. Each team member will receive a WellnessWorks mega swag bag.

Registration is open from March 30 to April 24. To register contact your department’s Wellness Liaison to join your department’s team.

For more information visit <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page> or email WellnessWorks@miamidade.gov.

Participants must complete mandatory Initial and final assessment to participate in this challenge.

Initial assessment week April 27-May 1 and final assessment week July 27 -July 31

For more information: <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page>

Manage Your Benefits Anywhere

With the Aetna HealthSM app and Aetna[®] member website, you can take control of your health benefits with easy, on-the-go tools. Whether you're at home or traveling, you can quickly access your plan details, find care, and manage costs—all in one place. Starting January 1, 2026, it's simpler than ever to stay informed and connected.

Stay on Top of Your Plan

- Review coverage and benefits
- Track spending & view claims
- Access your digital ID card
- Get cost estimates before care*

Connect to Care

- Find in-network providers & virtual care
- Locate walk-in clinics & urgent care
- Check provider reviews

Starting Jan 1, 2026

- Register at MyAetnaWebsite.com
- Download the Aetna HealthSM app
 - Text "AETNA" to 90156
 - Or scan the QR code

*Cost estimates vary by market and service. Terms: Aetna.com/Terms. Privacy: Aetna.com/legal-notice/privacy.html.

Explore Aetna Health Your Way[™]

As part of Aetna Health Your Way[™] you have access to a digital health platform that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help you earn rewards every year. So it makes it easier to stay on track and reach your goals.



Welcome to your health & well-being resource

Two simple steps:

1. Take your health assessment and get your MyHealth100 score.
2. Choose a personalized pathway that can help you achieve your health goals.

Plus, you can:

- Read, watch and listen to health content on a wide variety of topics
- See what's trending among other users in the platform
- Search by specific topic

Ready to explore Aetna Health Your Way today?

Just sign in at Aetna.com and scroll to Well-being resources and select "Aetna Health Your Way." Or download the MyActiveHealth Wellness app from either the [App Store](#) or [Google Play](#).



Explore Aetna Personal Health Solutions

Aetna Personal Health Solutions — Mental Well-Being

Your mental health matters. Get support that works for you.

Stress, anxiety, burnout and sleep struggles affect all of us. Aetna[®] Personal Health Solutions includes on-demand mental well-being and mindfulness programs. Each program is designed to meet you wherever you are, whenever you need it.

You can benefit from:

- **A spectrum of programs:** From guided meditation for anxiety, sleep and stress relief to structured coaching — we have programs across a range of need.
- **Support on your schedule:** It's easy to get started and find the program that's right for you. Just answer a few questions and you'll be matched to a program.
- **No extra cost:** Programs are no added cost to you for mental well-being. You'll have access to well recognized programs and apps.

Aetna Personal Health Solutions makes it easy. Take the first step to boosting your resilience and mental well-being. Get started at aetnapersonalhealthsolutions.com.

Upcoming Wellness Events

A Few Minutes Today—A Healthier You Tomorrow!

Biometric Screenings

Start off the new year right and boost your health by attending a WellnessWorks Biometric Screening. All Aetna eligible MDC employees may attend this free screening that includes:



- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Massage

Wellness Educational Workshops

Prioritize your health by attending a WellnessWorks Wellness Educational Workshop at an MDC Location nearest you.

Workshops help you enhance your knowledge on healthy lifestyle subjects that include Goal setting, Heart health, Stress management, Physical activity and so much more.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Calendar Key

- On-site Biometric Screenings
- Wellness Educational Workshops (virtual)
- Wellness Educational Workshops (on-site)
- Monthly Liaison Workshop

For more information, visit:

<https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page>

or email WellnessWorks@miamidade.gov

Upcoming Wellness Events:

- **April 1:** DTPW- 360 NE 185th Street, Miami, FL 33179, Operator Room
10 am to 2 pm
- **April 1:** Think better, feel better and sleep better
Miami Dade County Corrections Headquarters, 3505 NW 107 Ave., Doral, FL 33178
Presentation 11 a.m. - noon
Free Health Coaching Appointments- 12:30 p.m. - 3 p.m.
- **April 2:** Think better, feel better and sleep better
Stephen P. Clark Center, 111 NW 1st Street Miami, 18th floor Room 18-4
12 pm- 1 pm
- **April 6:** DSWM - MLK 2525 NW 62nd Street, Miami, FL Conference Room, 2nd Floor
9 am-1 pm
- **April 7:** 311 Community and Information Technology Department 11500 NW 25th St, Sweetwater, FL 33172, Room: 311
10 am-2 pm
- **April 9th:** Monthly Liaison Workshop
- **April 10:** PIOD Trade and Fleet, Fleet Management Shop 2, 6100 SW 87th Avenue, Miami, Florida 33173, Room: Employee Lounge
10 a.m. to 1:30 p.m.
- **April 15:** Think better, feel better and sleep better | Aviation- Virtual [Click Here](#)
Fleet Management Shop 2, 6100 SW 87th Avenue, Miami, Florida 33173, Room: Employee Lounge
10 a.m. to 1:30 p.m.
11 a.m. - noon
- **April 15:** DTPW- Roads, Bridges, and Canals 9301 NW 58 Street Miami, FL 33178, room, Lunchroom
12:30 pm-4 pm
- **April 16:** MDSO Training Bureau, 9601 NW 58 ST Doral FL 33378, Room: 403
10 am-2 pm
- **April 21:** DTPW- Coral Way Garage, 2775 SW 74th Avenue, 1st Building 1st Floor | Room: Driver's Room
10 am to 2 pm
- **April 21:** Mental Health Benefits of Creativity Library - Virtual: [Click Here](#)
- **April 21:** Think better, feel better and sleep better
DTPW Coral Way- 2775 SW 74th Avenue Miami Florida 33155, Driver's Room
10 am - 2 pm
- **April 23:** Think better, feel better and sleep better
Overtown Transit Village North 701 NW 1st Ct, Miami, FL 33136, first floor, conference room 130
Presentation: 11 am - 11:45 am
Free Health Coaching Appointments- 12:30 pm -2 pm
For more information:
<https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page>

April Health Observance

Focus on Equity & Fresh Starts

April brings new growth, longer days, and a fresh chance to refocus on health. It's also National Minority Health Month, a time to highlight health equity and support the well-being of all communities.

National Minority Health Month

April is National Minority Health Month (NMHM) led nationally by National Institute on Minority Health and Health Disparities (NIMHD) and supported by Centers for Disease Control and Prevention (CDC) to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities.

Key themes you can highlight in the newsletter:

- Access: Encouraging regular checkups and screenings.
- Environment: Recognizing how neighborhoods, workplaces, and resources affect health.
- Community: Supporting wellness through family, culture, and community programs.

NIMHD – National Minority Health Month

<https://www.nimhd.nih.gov/resources/nimhd-education-and-outreach/national-minority-health-month>

CDC Feature – National Minority Health Month

<https://www.cdc.gov/minority-health/features/nmhm.html>

Health Tip of the Month: Know Your Community's Health Story

Building on National Minority Health Month, encourage staff to think about health beyond the individual:

- Learn more about how culture, community, and environment affect health.
- Talk with family about family health history (heart disease, diabetes, certain cancers).
- Ask your healthcare provider how your background and community factors may influence screening or prevention recommendations.

CDC National Minority Health Month Feature

<https://www.cdc.gov/minority-health/features/nmhm.html>

30-Minute Workout: "Spring Strength & Steps" Circuit

A quick routine to build strength and get closer to national activity guidelines.

Warm-Up (5 minutes)

- 1 min brisk walk or march in place
- 1 min arm circles
- 1 min bodyweight good mornings (hip hinge + stand)
- 1 min side lunges (alternating)
- 1 min light jog or brisk march

Circuit (20 minutes – repeat 2x)

Work 40 seconds, rest 20 seconds for each exercise:

1. Chair or box squats
2. Alternating forward lunges (or step-backs if knees are sensitive)
3. Incline push-ups (hands on wall/bench)
4. Glute bridges on the floor
5. Power walk or light jog in place

Cool-Down (5 minutes)

- Seated or standing hamstring stretch
- Quad stretch using wall or chair for balance
- Chest/shoulder stretch against a doorway or wall
- 4–5 slow, deep breaths

Recipe of the Month

Eat Smart: WellnessWorks Health Coach Nutritionist Corner

Peanut Butter Protein Power Balls Recipe



Ingredients:

- 1 cup drippy all-natural peanut butter
- 1/3 cup vanilla protein powder
- 1/2 cup rolled oats
- 1 tablespoon chia seeds
- 2 tablespoons honey
- 1/4 cup mini chocolate chips
- 1-4 teaspoons water

Preparation:

1. Place peanut butter, protein powder, rolled oats, chia seeds, honey, and mini chocolate chips into a medium bowl.
2. Use a wooden spoon or your hands to mix the dough together. At this point, begin to add water by the teaspoon.
3. Depending on how drippy your peanut butter is, you'll need to add water. The water not only helps moisten things so your balls hold shape, but they help your protein balls become less chalky.
4. Use a 1 tablespoon cookie scoop to scoop dough into your palms. Roll into balls until all dough is gone. You should get somewhere between 14-16 balls.

<https://fitfoodiefinds.com/peanut-butter-protein-balls-recipe/#wprm-recipe-container-94693>

Health Tips for April

Wellness Tips for April

1. Schedule One Preventive Visit

- If you haven't had a yearly checkup, use April as a reminder to schedule one. Preventive care helps catch issues early, especially for blood pressure, cholesterol, and diabetes.

2. Add a 10-Minute Walk After Lunch

- Even if you're not meeting the full 150 minutes/week yet, a short daily walk can help you build the habit and improve mood and energy.
- Activity overview for adults: <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

3. "Half Plate Produce" Challenge

- At one meal per day, aim for half your plate to be fruits and/or vegetables. This helps increase fiber, vitamins, and minerals.

4. Refresh Your Stress Routine

- As schedules change in spring, stress can sneak up. Try one new stress-management tool this month (breathing exercises, journaling, or a 5-minute stretch break).
- CDC tips to support emotional well-being: <https://www.cdc.gov/howrightnow/wellbeing/index.html>

April Healthy Selfies



MDC employees and their families enjoyed an evening of glow fun and fitness at the Glow to Thrive After Dark Wellness Festival hosted in March at Tropical Park.

What makes a selfie healthy? Activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning new skills, etc. To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to wellnessworks@miamidade.gov.

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter!

Wellness Benefits Spotlight

Employee Assistance Program

24/7 confidential support for stress, grief, family or financial concerns.



Focus on your Emotional Wellness and Resilience:

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. This month we are going to give you a tip to improve your emotional wellness and resilience. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. The ever-changing reality of our world today challenges our sense of control and forces us to focus and develop coping skills to increase our emotional resilience. Emotional resilience refers to one's ability to adapt to stressful situations or crises.

Here is a Mental Wellness Tip to reflect on this month:

- **Foster optimism:** Looking on the bright side can keep us going, but that doesn't mean we are in denial that there are challenges. Truly resilient people who acknowledge difficulties and still accomplish goals, balance a positive outlook with a realistic view of the view of the world. Realistic and resilient optimist pay close attention to negative information that is relevant to the problems they face. However, they do not remain focused on the negative. They tend to disengage from problems that are not in their sphere of influence. So, take some time this week to look at your challenges. Ask yourself what is within your control and put your time and focus into these areas. By doing this you will have a better outlook and outcome in whatever challenges you need to tackle.
- If you, a family member, or a team member are struggling with feelings or emotions that interfere with your/their ability to engage in daily life, please feel free to reach out to our team at Miami-Dade Employee Assistance Program (EAP). Our EAP counselors focus on supporting employees with internal and external resources that assist in setting the foundation for restoration or enhancement of emotional and mental wellness. The EAP is providing virtual and on-site assessments for all employees that are in need of assistance. To set up an assessment with an EAP counselor, please call 305-375-3293 or email Jessica.Hughes-Fillette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

SAVE THE DATE:

May is Mental Health Awareness Month... Join us on May 12th at SPCC, 18th Floor from 10 am- 2 pm for our Build Emotional Wellness and Thrive Event. More information to come.

If you or a loved one are struggling, you are not alone and we are here to support. Miami-Dade's Employee Assistance Program (EAP) is a confidential service which focuses on assisting those who are struggling with thoughts or feelings that may be affecting their ability to function at home, work or in the community. Our licensed clinical team is providing on-site and virtual assessments and support sessions for all employees that are in need of assistance. To set up services with an EAP counselor at no cost please call 305-375-3293 or email Jessica.Hughes-Fillette@miamidade.gov. To learn more about our EAP program please click here: www.miamidade.gov/employee-support. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.