

# 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 | 

"Everything good, everything magical happens between the months of June and August."  
— Jenny Han

## June Spotlight

### Shine and Thrive Summer Wellness Fair

Kick off summer feeling your best on June 10 from 10 am to 2 pm, at Shine and Thrive Summer Wellness Fair, at the Stephen P. Clark Center, held in the Lobby on the east side. Learn your numbers at the Biometric Screening and receive a massage. Connect with community partners and merchants, then enjoy other fun summer festivities, including a raffle and refreshing gelato.



### Healthy Beyond Summer Steps Challenge

With the change of the seasons comes a time to manifest a change in your health. Take action and tackle your fitness by joining the Healthy Beyond Summer Steps Challenge. Gear up for a healthy Fall and step into the season, an improved you.

**The Challenge:** Challenge Runs July 13– August 9 | 420,000 Steps Over 4 Weeks

Registration for the quarter 3 steps challenge is open for a limited period from June 25 to July 9. Be sure to enroll before the registration period ends to participate in this challenge.

Upon completion of the challenge, you will receive 1 completion toward your 3-completion goal for the quarter. For each quarter in which you earn 3 completions you will be entered to win \$250 drawings.

WellnessWorks rewards are subject to payroll taxes.

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

### Cool Summer Series: Beat the Heat

WellnessWorks invites you to join us at a county site nearest your for some favorite pastimes to help cool and stay healthy as we focus the attention on Heat Illness Prevention. Participate in wellness activities, sample our home-made gelato boosted with micro-nutrients, and learn ways to stay hydrated this summer! Come meet the WellnessWorks Coaches and learn about our program and services.

For more information or to view MDC site locations hosting an event visit:

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

## Manage Your Benefits Anywhere

With the Aetna Health<sup>SM</sup> app and Aetna<sup>®</sup> 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.

### 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

### Get Started

- Register at [MyAetnaWebsite.com](https://MyAetnaWebsite.com)
- Download the Aetna Health<sup>SM</sup> app
  - Text "AETNA" to 90156
  - Or scan the QR code

\*Cost estimates vary by market and service. Terms: [Aetna.com/Terms](https://Aetna.com/Terms). Privacy: [Aetna.com/legal-notice/privacy.html](https://Aetna.com/legal-notice/privacy.html)

## Explore Aetna Health Your Way<sup>TM</sup>

As part of Aetna Health Your Way<sup>TM</sup> 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](https://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](#).



## Lifestyle & Condition Coaching

If you want to eat better, be more active or take charge of your health — we can help. Our program offers clear, reliable health information to help you make healthy changes.

And once you're in the program, you can get help for whatever issues are affecting your health:

- |                              |                        |
|------------------------------|------------------------|
| • Asthma*                    | • Migraines            |
| • Chronic back and neck pain | • Nutrition management |
| • Chronic kidney disease     | • Osteoarthritis       |
| • COPD                       | • Pre-diabetes         |
| • Crohn's disease            | • Rheumatoid arthritis |
| • Diabetes*                  | • Seizures             |
| • End-stage renal disease    | • Sleep                |
| • Exercise management        | • Stress management    |
| • Heart failure              | • Ulcerative colitis   |
| • High blood pressure*       | • Weight management    |
| • High cholesterol           | • Women's health       |
| • Inflammatory bowel disease | • And more             |



24/7 web and mobile access



Live, group-coaching sessions online



One-on-one phone support

## Live well

Lifestyle and Condition Coaching



Sign in at [Aetna.com](https://Aetna.com) or download the MyActiveHealth<sup>SM</sup> Wellness app.

Helping you live healthier

## 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.

JUNE 2026

| 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 (on-site)
- Wellness Educational Workshops (virtual)
- Monthly Liaison Workshop

For more information, visit: <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page> or email [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)

#### Upcoming Wellness Events:

- June 2** Miami-Dade Aviation Department, Building 5A  
10 am- 2 pm
- June 3** WASD Treatment Plant  
10 am -2 pm
- June 3** Boost Your Brain and Body (Alzheimer's and Brain Awareness Month)  
MDCR HQ-3505 N.W. 107th Avenue, Doral, Florida 33178  
11 am- 12 pm Presentation, Health Coaching Appointment available 12:30- 3 pm
- June 4** Boost Your Brain and Body (Alzheimer's and Brain Awareness Month)  
SPCC-111 NW 1st Street Miami, Room 18-4  
12 pm – 1 pm
- June 9** Boost Your Brain and Body (Alzheimer's and Brain Awareness Month)  
Overtown Transit Village North  
701 NW 1st Ct, Miami, FL 33136, first floor, conference room 130  
Presentation- 11 am- noon  
Health Coaching Appointments available 12 pm – 2 pm
- June 11** Wellness Liaison Meeting  
2 pm-3pm  
Virtual:  
[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_YzE5ZGM5MjUtNzA1YyOQYTZhLWE3ODAtOTRjODUwZjRiMjhm%40threadd.v2/0?context=%7b%22id%22%3a%22fdde2c89-3838-45a3-b272-6cf08978701f%22%2c%22oid%22%3a%22ddb2ba6d-c7e1-41d3-aff9-d85f9e56cbb5%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YzE5ZGM5MjUtNzA1YyOQYTZhLWE3ODAtOTRjODUwZjRiMjhm%40threadd.v2/0?context=%7b%22id%22%3a%22fdde2c89-3838-45a3-b272-6cf08978701f%22%2c%22oid%22%3a%22ddb2ba6d-c7e1-41d3-aff9-d85f9e56cbb5%22%7d)
- June 16** Fall in Love with Vegetables  
Virtual via Zoom-  
<https://mdpls.zoom.us/j/81128614620?pwd=ZfZ6yVt9e7SiovyJfaS7793TnJFosl.1>
- June 16** Exercise to support the knee joint  
Central Garage Transit Bus Operations  
10 am – 2 pm
- June 17** Seaport  
10 am – 3 pm
- June 18** DSWM: Resource Recovery Disposal  
1 pm- 5 pm
- June 18** Boost Your Brain and Body (Alzheimer's and Brain Awareness Month)  
11 a.m. - noon  
Aviation- Virtual via Teams  
<https://events.teams.microsoft.com/event/ac294066-d583-4af0-9641-26622ceec122@fabb61b8-3afe-4e75-b934-a47f782b8cd7>
- June 26** Exercise Activity  
Overtown Transit Village North  
701 NW 1st Ct, Miami, FL 33136, first floor, conference room 130  
10:30 am- 11 am
- June 30** PROS - Hickman Building  
10 am – 3 pm

## June Health Observance

June is a great time to focus on hydration, outdoor activity, sun safety, and maintaining healthy routines as summer begins. Longer days and warmer weather create the perfect opportunity to stay active and prioritize overall wellness.

### *Health Observance Spotlight: Men's Health Month*

June is Men's Health Month, which focuses on encouraging preventive screenings, healthy lifestyle habits, and awareness of health conditions that commonly affect men.

#### **Key Reminders**

- Schedule annual wellness checkups
- Monitor blood pressure and cholesterol
- Prioritize physical activity and stress management
- Don't ignore mental health

Learn more here: <https://menshealthmonth.org>

### *Health Tip of the Month: Build Consistency Over Perfection*

Summer schedules can become busy, but consistency matters more than perfection.

Try focusing on:

- Daily movement
- Better hydration
- Balanced meals
- Regular sleep habits
- Small healthy choices repeated consistently create long-term results.

For healthy lifestyle tips and resources:

<https://www.cdc.gov/healthy-weight-growth/about/index.html>

### *Wellness Tips for June*

1. Hot weather increases fluid loss. Carry a water bottle and drink consistently throughout the day.
  - Hydration information: <https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html>
2. Practice Sun Safety: Protect your skin when outdoors
  - Wear sunscreen SPF 30+
  - Use hats and sunglasses
  - Seek shade during peak sun hours
  - Sun safety information: <https://www.cdc.gov/skin-cancer/sun-safety/index.html>
3. Move outdoors: take advantage of Summer weather
  - Walk during lunch breaks
  - Bike with family
  - Try outdoor workouts or stretching
  - Even short movement breaks help improve energy and focus.

## 30-Minute Workout: Summer Energy Circuit

### Warm-Up (5 minutes)

- Brisk walk or march in place
- Arm circles
- Hip openers
- Light bodyweight squats

### Circuit (20 minutes – repeat 2x)

- Work 40 seconds, rest 20 seconds for each exercise:
1. Squats
  2. Alternating reverse lunges
  3. Push-ups (wall, incline, or floor)
  4. Fast feet or jogging in place
  5. Plank hold

### Cool-Down (5 minutes)

- Hamstring stretch
- Quad stretch
- Shoulder stretch
- Deep breathing

For physical activity recommendations:  
<https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

## WellnessWorks Incentive Winners

Congratulations to the annual winners of \$500 for completing 75 points in all four quarters of 2025 and fourth quarter winners of \$250 for earning 75 points or more.

To enter for a chance at winning the quarterly or annual prize, accumulate 3 completions of WellnessWorks events or challenges each quarter (i.e. MyHealth 100 score/health assessment, biometric screenings, workshops, steps challenges, biggest winner challenge).

### 2025 Annual Winners:

- Stephanie Deleon: Dept Environmental Resources
- Teri Aking Dindial: Parks, Recreation & Open Spcs
- Damaris Pacheco: Water and Sewer
- Gwendolyn Marshall Bailey: Libraries
- Tiffany Gaskill: Corrections and Rehabilitation
- Shawn Mahoney: Aviation
- James Naegely: Aviation
- Monique Davis Bain: People and Internal Ops
- Miriam Aguiar: Water and Sewer
- Christina Naser: Aviation
- Marilu Castillo: Internal Compliance
- Darlene Rolle: Water and Sewer
- Celina Jordan: Transportation & Public Works
- Paulette Reid Meade: Aviation
- Jenny Rodriguez Lopez: Aviation
- Jamie Reilly: Cultural Affairs
- Veronica Gidron: Corrections and Rehabilitation
- Jennifer Cardenas: Water and Sewer
- Audrey Davis: Water and Sewer
- Karen Solms: Parks, Recreation & Open Spcs

### Quarter 4 Winners for 2025:

- Camelitha Hall: Corrections and Rehabilitation
- Jonathan Merlo: Comm, Information & Technology
- Roberto Martinez: Comm, Information & Technology
- Kelly Quiroz: Aviation
- Victor Robles: Parks, Recreation & Open Spcs
- Brandon Stroman: Solid Waste Management
- Diomina Moya Almenarez: Aviation
- Giusel Florido Padron: Aviation
- Michelle Muniz: Tax Collector
- Olive Oddman Hamilton: Transportation & Public Works
- Nadeige Laleau: Community Action & Human Svcs
- Magalie Gelin: Dept Environmental Resources
- Joan Alonso: Regulatory & Economic Resource
- Mirelys Aguilera: People and Internal Ops
- Christina Dalumpines: Economic Advocacy Trust
- Natalia Neira Gutierrez: Parks, Recreation & Open Spcs
- Giovanni Martinez: Water and Sewer
- Maylin Torres: Strategic Procurement
- Juan Aragon: Tax Collector
- Maria Capote: Water and Sewer

## Recipe of the Month

### ***Eat Smart: WellnessWorks Coach Nutrition Corner*** Spinach & Feta Egg Bites



#### Preparation:

1. Preheat your oven to 350 degrees.
2. In a bowl, whisk together eggs, milk, salt, and pepper.
3. Divide chopped spinach and feta crumbles evenly into 12 silicone muffin cups.
4. Use a small measuring scoop to pour egg mixture into each muffin cup (fill each cup about  $\frac{3}{4}$  full.)
5. Bake for 25 minutes or until the tops are firm and lightly golden.
6. Let cool slightly before removing it from cups. Serve warm or store for later.

#### Ingredients:

- 7 large eggs
- 1/4 cup milk
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup chopped spinach
- 1/2 cup feta cheese, crumbled

<https://diabetesfoodhub.org/recipes/mediterranean-spinach-feta-egg-bites#recipe-steps-section>

## June Healthy Selfies



MDC Employees at the North Dade Justice Center received support from Health Coach, Zoey Jackson, of the WellnessWorks team, as they completed their Health assessment to receive their Health My 100 score after completing their Biometric Screening event

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](mailto:wellnessworks@miamidade.gov).

## Wellness Reminder

### **June is Men's Mental Health Awareness Month**

Men's mental health is an often overlooked yet critical aspect of overall well-being. Mental health challenges don't discriminate, and men are just as susceptible to anxiety, depression, and stress as anyone else. Despite this, men are statistically less likely to seek help, with societal stigma often standing in the way.

According to the National Institute of Mental Health, millions of men experience mental health issues each year, yet many suffer in silence. Prioritizing men's mental health is not just important for individuals—it's essential for our communities, workplaces, and families. Breaking the stigma around mental health and fostering open conversations can be life-changing.

**What Does it Mean to Support Men's Mental Health?**

It starts with creating environments where men feel comfortable discussing their feelings without fear of judgment. It also involves learning to recognize the signs of mental health struggles, such as changes in behavior, mood, or energy levels. Supporting men in seeking professional help when needed, or simply lending an empathetic ear, can make a tremendous difference.

**Research Backed Strategies to Support Men's Mental Health:**

1. Encourage Physical Activity:
  - a. Exercise is a proven way to boost mental health by reducing stress, releasing endorphins, and improving mood. Studies show that even moderate activity can lower symptoms of anxiety and depression. Encourage male colleagues or loved ones to participate in activities like sports, walking, or fitness challenges.
2. Foster Peer Support Groups:
  - a. Creating or promoting peer-led groups for men allows for safe spaces where they can share their struggles without judgment. Research indicates that men benefit significantly from camaraderie and mutual support.
3. Normalize Seeking Professional Help:
  - a. Highlight stories and resources that emphasize how professional counseling can improve mental well-being. Studies show that when men feel that seeking help is normalized, they are more likely to engage with therapy and mental health services.
4. Promote Mindfulness Practices:
  - a. Techniques such as mindfulness meditation and deep breathing have been shown to reduce stress and improve focus and emotional regulation. Simple tools like guided meditations or apps can be introduced for personal use.

**Practice Active Listening and Connection:**

Engage with male colleagues, friends, or family members by encouraging conversations about mental health. Here are some ways to start:

- Be present: Create a nonjudgmental space for dialogue, ensuring the person feels heard and supported.
- Challenge stereotypes: Remind men in your life that asking for help is a sign of strength, not weakness.
- Offer practical support: Whether it is suggesting resources, taking a walk, or simply sharing your own experiences, small actions can break down barriers to help.

## Wellness Benefits Spotlight

### Employee Assistance Program

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



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](mailto:Jessica.Hughes-Fillette@miamidade.gov). To learn more about our EAP program please click here: [www.miamidade.gov/employee-support](https://www.miamidade.gov/employee-support). The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.