WELLNESSWORKS MIAMI-DADE COUNTY

May 2026

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 | aetna

"You are worthy of a life filled with joy and happiness."
-Unknown

April Spotlight

Mind and Mood – "Practice Stress Management" Wellbeing Challenge

Mind your mood and check in on yourself daily with the Mind and Mood – "Practice Stress Management" Wellbeing Challenge. Get in tuned with your emotions in the month of May. Decrease your stress levels and set out on a quest to seek out your inner peace and calmness.

To complete the challenge please attest weekly in the Aetna Health Your Way platform/app that you have completed the required daily activities. The challenge runs May 4 – May 31.

To participate:

First time Users:

- First time users must sign in at Aetna.com and scroll to Wellbeing Resources, then select "Aetna Health Your Way." You may also download the MyActiveHealth Wellness app from the App Store or Google Play.



Build Emotional Wellness

May is Mental Health Awareness Month

Please join us to recharge and destress by take a moment in your day to relax and engage in learning more about caring for your emotional health and Well-Being by stopping by the Emotional Wellness table to learn more about the support available for county employees and their families. Celebrate and learn how we thrive here at the County at the IThrive table. Then, support your mind/body connection with WellnessWorks and on Tuesday, May 12, 2026, on the 18th Floor of the Stephen P Clark Center from 10 am – 2 pm.

For More Information www.miamidade.gov/support-services

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

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Manage Your Benefits Anywhere

With the Aetna Health℠ 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 Health℠ app
  - Text "AETNA" to 90156
  - Or scan the QR code

*Cost estimates vary by market and service. Terms: Aet.na/Terms. Privacy: Aetna.com/legal-notices/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**.

Fitness & Virtual Physical Therapy

Musculoskeletal health & virtual physical therapy

Pain and mobility issues — in your back, knees, shoulders or neck — can affect your work, your sleep and your quality of life. Get access to virtual physical therapy and musculoskeletal care programs through Aetna® Personal Health Solutions, covering everything from chronic pain management to post-surgical recovery.

The program gives you access to:

- **Virtual PT, no commute.** Work directly with licensed physical therapists via a secure app —receivingreal-timefeedback, tailored exercise plans and progress tracking from home.
- **Motion analysis technology.** Advanced programs use your device's camera to analyze your movement, identify compensation patterns and guide you through exercises with precision.
- **The full continuum of care.** Whether you need general fitness and injury prevention, help managing chronic pain or rehabilitation from surgery, there's a program matched to your stage of recovery.

80% of adults will experience significant musculoskeletal pain at some point. Your MSK benefit is active. Start moving better today — no referral needed.

Visit 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.

MAY 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
31						

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

Upcoming Wellness Events:

May 5 PIOD Trade Shop Facility
3501 N.W. 46th St., Miami, FL 33142
10 a.m. – 1 p.m.

May 6 COC District Courthouse (Hialeah)
11 E. 6th St., Hialeah, FL 33010
10:30 a.m. – 1:30 p.m.

May 6 DTPW Lehman Center
6601 N.W. 72nd Ave., Miami, FL 33166
Noon- 4 p.m.

May 12 Aviation (Concourse D)
2100 N.W. 42nd Ave., Miami, FL 33142
10 a.m. – 2 p.m.

May 12 Reduce Stress and Increase Calm
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

May 12 Reduce Stress and Increase Calm
Stephen P. Clark Center, 111 NW 1st Street
Miami, 18th floor Room 18-4
Noon- 1 p.m.

May 13 MDCR Maya Building
1351 N.W. 78th Ave., Doral, FL 33125
Noon- 4 p.m.

May 14 Reduce Stress and Increase Calm
3071 SW 38 Avenue, Miami, FL 33133 - Training Room 156A
10 a.m.- 11 a.m. presentation,
Health coaching table 11 a.m. -2 p.m.

May 14 Wellness Liaison meeting
Thursday 5/14, 2:00pm-3:00pm
https://teams.microsoft.com/l/meetup-join/19%3ameeting_YzE5ZGM5MjUtNzA1YyO0YTZhLWE3ODAtOTRjODUwZjRiMjhm%40thread.v2/0?context=%7b%22Tid%22%3a%22fdde2c89-3838-45a3-b272-6cf089787O1f%22%2c%22Oid%22%3a%22ddb2ba6d-c7e1-41d3-aff9-d85f9e56cbb5%22%7d

May 14 MDCR Doral Office Plaza
3505 N.W. 107th Ave., Miami, FL 33178
10 a.m.- 2 p.m.

May 19
Mental Health Resources to Care for your Mental Health & Emotional Well-being
Library – Virtual
https://mdpls.zoom.us/j/89790251867?pwd=wWni6q621W9TaEX80LjvbDi40CX2Ya.1
2 pm- 3 pm

May 20 Reduce Stress and Increase Calm
5680 SW 87th Ave., Miami, FL. 33173, 2nd Floor I Breakroom
10 am – 11 am Presentation and Health Coaching 11 am – 2 pm

May 20 COC District Courthouse (North Dade)
15555 Biscayne Blvd., Miami, FL 33160
10:30 a.m. - 2:30 p.m.

May 21 Reduce Stress and Increase Calm
Aviation- Virtual
11 a.m. - noon
https://events.teams.microsoft.com/event/afd291de-02ca-4968-9cd6-59b4baae2f4b@fabb61b8-3afe-4e75-b934-a47f782b8cd7

May 27 Reduce Stress and Increase Calm
Northeast Transit Bus Operations, 360 N.E. 185th Street
Miami, FL 33179,
10 am – 2 pm

May 28 PROS Zoo Miami- 12400 S.W. 152nd St., Miami, FL 33177
Florida Room A, B & C (Bldg. next to ticketing)
10 a.m.- 2 p.m.

May 28 Zumba Exercise Class
Miami Dade County Corrections Headquarters,
3505 NW 107 Ave., Doral, FL 33178
4:00 pm - 5:00 pm, Free Health Coaching
2:00 pm- 4:00 pm

May 29 DSWM Mosquito Control
8901 N.W. 58th St., Miami, FL 33178
8 a.m. – 11 a.m.

May Health Observance

Move More, Feel Better!

May is all about movement, energy, and mental well-being as we head into summer. It's also National Physical Fitness and Sports Month, making it the perfect time to focus on staying active and building healthy habits.

National Physical Fitness & Sports Month

May is National Physical Fitness & Sports Month, which encourages everyone to be active every day and build lifelong fitness habits.
Learn more:
Walk. Run. Dance. Play. What's your move? - Move Your Way | odphp.health.gov

Health Tip of the Month: Build a Weekly Workout Routine

Consistency is key to long-term success. Try this simple structure:

- 3 days strength training
- 2–3 days cardio
- 1–2 rest or recovery days

Even short workouts add up over time. The goal is to stay consistent, not perfect.
For more ways to stay active: https://health.gov/moveyourway

Wellness Tips for May

1. Get Outside More
   - Take advantage of longer days with walks, workouts, or sports outdoors.
2. Stay Consistent
   - Aim for at least 150 minutes of moderate activity per week.
   - https://www.cdc.gov/physical-activity-basics/guidelines/adults.html
3. Hydrate as Temperatures Rise
   - Drink water consistently throughout the day, especially during workouts.
   - https://www.cdc.gov/nutrition/php/data-research/fast-facts-water-consumption.html?CDC_AAref_Val=https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html
4. Try Something New
   - Join a class, sport, or group workout to stay motivated.

30-Minute Workout: "Move More" Total Body Circuit

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

Warm-Up (5 minutes)

- Brisk walk or march in place
- Arm circles
- Bodyweight squats

Circuit (20 minutes – repeat 2x)

Work 40 seconds, rest 20 seconds for each exercise:

1. Squats
2. Push-ups (modify as needed)
3. Alternating lunges
4. Plank hold
5. Jumping jacks or step jacks

Cool-Down (5 minutes)

- Stretch legs, chest, and shoulders
- Deep breathing

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

Recipe of the Month

Eat Smart: WellnessWorks Coach Nutrition Corner

Green Power Smoothie



Ingredients:

- 3 cups ice cubes, or as desired
- 2 cups baby spinach leaves, or to taste
- 1 (7 ounce) can crushed pineapple
- ½ cup water, or to taste
- 1 banana, broken into chunks
- 1 orange, peeled and segmented
- 10 fresh mint leaves, or more to taste
- 1 lemon, juiced
- 1 lime, juiced

Preparation:

1. Blend ice, spinach, pineapple, water, banana, orange, mint, lemon juice, and lime juice in a blender until smooth.

https://www.allrecipes.com/recipe/237000/green-power-mojito-smoothie/

May Healthy Selfies





Miami Dade County employees participated in a raffle drawing at the WellnessWorks Biometric Screening hosted at Elections Department. Eligible employees also received a Garmin Wearable activity tracker watch, to assist them in their efforts to increase their daily physical activity.

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.

Wellness Benefits Spotlight



Employee Assistance Program

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

May is Mental Health Awareness Month

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. HMay is Mental Health Awareness Month and we are committed to supporting our employees and county family who struggle with emotional wellness challenges. Nearly 450 million people worldwide are living with a mental illness. Close to 1 in 4 adults of every age, race and gender suffer with a mental health disorder each year in the US – that's 61.5 million working Americans according to the CDC. This upcoming month we will be celebrating in a variety of ways.

The Employee Support Services section of the People and Internal Operations Department's Benefits and Employee Support Services Division will be hosting an event, **Build Emotional Wellness and Thrive**. We hope you can join us on Tuesday, May 12th at the Stephen P. Clark Center from 10 a.m. to 2 p.m. It's a chance to recharge and de-stress, gather useful tips or learn more about the support available at the County.

In celebration, the EAP will be providing Mental Health Virtual Panels focused on Mental Health and Emotional Wellness weekly, we invite you to join us to learn more about navigating and supporting family mental health needs, managing trauma and stress, building compassion and finding support. This year we will also be providing **"Mindfulness Mondays"** dedicated to supporting our County family with stress management techniques and mental health tips and support. Please join us to take a quick break from your day and start your week out right.

As always the EAP is here to support. If you or a loved one are struggling, there is hope. Please reach out to the EAP (www.miamidade.gov/support-services) at 305-375-3293 to speak with our licensed clinicians and learn more about our services.

ow 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.

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.