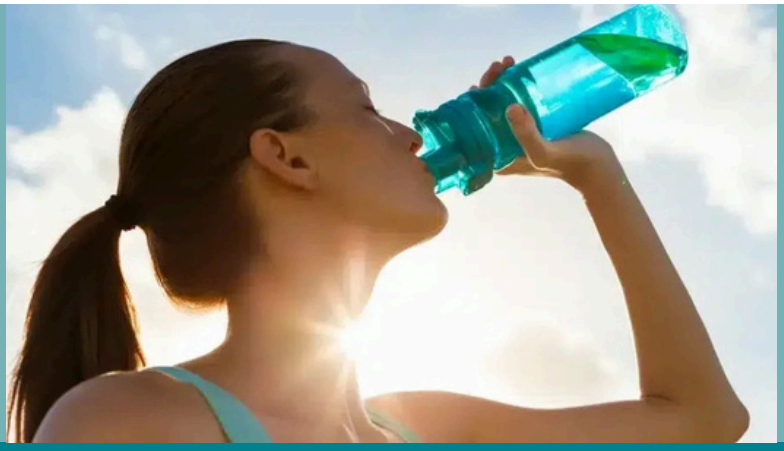
WELLNESSWORKS MIAMI-DADE COUNTY

July 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

"Every day may not be good, but there is something good in every day." -Unknown

## July Spotlight

### 10th Annual Sunrise 5k & Family Fun Day, Presented by Mayor Daniella Levine Cava

Wake up and experience the magic of dawn. Join us for a serene and invigorating 5K run as the sun paints the sky crimson and gold. This isn't just a race; It's an experience designed to boost your energy, clear your mind, and start your day with a since of magic. Run, walk, or jog along the blissful route as the first rays of light guide your stride. Bring your family along to enjoy the fun on Saturday, October 3, 2026, 6 AM – Noon at Jungle Island, 1111 Parrot Jungle Trail, Miami, FL 33132.

**Early Registration Opens:** August 8 – September 1, 2026

**General Registration:** September 2 – October 3, 2026, prior to the event start time.
https://runsignup.com/Race/FL/Miami/MDC5kFamilyFunDay

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

### 2026 Hydration Challenge, "Quench Your Thirst with H2O




Summer is the perfect time to check in on your hydration status. With the summer heat, comes the risk of dehydration and other heat related illness. Water is essential to good health. Are you getting enough? Challenge Runs: July 6- August 2

**The Challenge:** During the month of July log in DAILY (Monday–Friday) and attest by signing into Aetna.com and scroll to Wellbeing Resources,

### Healthy Beyond Summer Steps Challenge



With the change of seasons comes an opportunity to refocus on your health. Take action and boost your fitness by joining the Healthy Beyond Summer Steps Challenge. Gear up for a healthy fall and step into the season as an improved you by completing 420,000 steps in four weeks, between July 13 and Aug. 9. Registration for the Quarter 3 Steps Challenge is open for a limited time only through July 9. Be sure to enroll before the registration period ends.

To participate, first-time users should sign in at Aetna.com, scroll to Well-being Resources, and select "Aetna Health Your Way," or download the MyActiveHealth Wellness app from the App Store or Google Play

## Sizzle Your Waist Challenge

See how your biometric measurements can add up and help you win the Sizzle Your Waist Challenge between July 20 – December 1, 2026. To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Waist Circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.

To participate: First-time users: Sign in at Aetna.com. Scroll to Well-being Resources. Select "Aetna Health Your Way," or download the MyActiveHealth Wellness app from the App Store or Google Play. When logged in select profile, then choose the Sizzle Your Waist Challenge and attest that you completed both your Spring and Fall Biometric screening. For more information visit https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page

# 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.

### 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

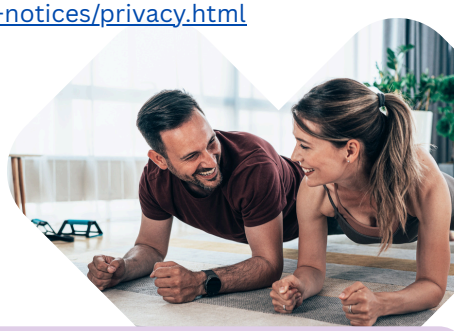
### Get Started

- Register at MyAetnaWebsite.com
- Download the Aetna Health℠ 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-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.**

# Weight Management

## Support for a healthier weight — your way

Losing weight and keeping it off isn't one size fits all. Aetna® Personal Health Solutions includes access to clinically validated weight management programs. Answer a few short questions and find out if you qualify for a program that's no added cost to you.

**The program gives you access to:**

- Personalized matching. We'll connect you to a program suited to your specific needs, whether that's individual coaching, group support or on-demand digital tools.
- Helpful tools. You could earn a Fitbit activity tracker, and a digital scale (for online programs) that help you track your success.
- Flexible formats. Options range from intensive one-on-one coaching and weekly group sessions to app-based programs you can access any time, anywhere.

**It's easy to take the first steps. Start your weight management journey today.**
**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.

JULY 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

- Wellness Educational Workshops (on-site)
- Wellness Educational Workshops (virtual)
- Cool Summer Series: Beat the Heat

WellnessWorks invites you to join us in some favorite summer pastimes to help cool off and stay healthy as we focus the attention on Heat Illness Prevention. Join our team at a department location near you to participate in activities, sample home-made gelato boosted with micro-nutrients, and to learn ways to stay hydrated this summer! You can chat connect with a registered dietitian, burn calories at the Gelato bike station, ask questions and engage with health coaches and learn about incentivized health challenges and campaigns.

## Upcoming Wellness Events:

- **July 15** Weight Management and Metabolism
  Aviation- Virtual Presentation
  (https://events.teams.microsoft.com/event/7318dced-0a25-45cd-b0b8-77df133dfbd4@fabb61b8-3afe-4e75-b934-a47f782b8cd7
  11 a.m. - 12 p.m.
- **July 16** Weight Management and Metabolism
  WASD Headquarters, 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.
- **July 17** Exercise Activity Workshop
  CSD
  701 First Floor Conference Room - Front RM.130
  10 a.m.- 11 a.m.
- **July 21** Weight Management and Metabolism
  Coral Way
  2775 SW 74th Avenue Miami Florida 33155, Driver's Room
  10 a.m.- 2 p.m.
- **July 22** 7 Ways to Build Resilience to Stress & Enhance your Well Being Library
  Virtual- Via Zoom
  https://mdpls.zoom.us/j/81302366040?pwd=QNlOmZwYNth4NlNC1rZol6aKRKk5hR.1
- **July 22** CITD
  5680 SW 87th Ave Miami FL. 33173
  Room:2nd floor – Breakroom
  10 p.m. -2 p.m.
- **July 23** DTPW- Overtown Transit Village-North
  701 NW 1st Ct., Miami Fl 33136
  10 a.m.- 2 p.m.
- **July 23** Weight Management and Metabolism
  Overtown Transit Village North
  701 NW 1st Ct., Miami Fl 33136, first floor, conference room 130
  11 a.m.- noon (Presentation)
  Noon- 2 p.m. (Health Coaching table)
- **July 23** DTPW Road, Bridges, Canals
  9301 NW 58th Street, Miami, Fl 33178
  1 p.m. - 5 p.m.
- **July 24** Nutrition Activity Workshop
  CSD
  701 First Floor Conference Room - Front RM.130
  10 a.m.- 11 a.m.

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

# July Health Observance

July is the perfect time to focus on staying active, hydrated, and safe during the summer heat. With vacations, outdoor activities, and holiday celebrations, it's important to maintain healthy habits while enjoying the season.

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## *Health Observance Spotlight: UV Safety Awareness Month*

July is UV Safety Awareness Month, which focuses on protecting skin and eyes from harmful ultraviolet (UV) rays.

**Sun Safety Tips:**

- Wear sunscreen SPF 30 or higher
- Reapply sunscreen every 2 hours outdoors
- Wear sunglasses and protective clothing
- Stay hydrated and seek shade when possible

Learn more about sun safety here: https://www.cdc.gov/skin-cancer/sun-safety/index.html

## *Health Tip of the Month: Don't Ignore Recovery*

Recovery is an important part of wellness and fitness.

This month, focus on:

- Getting enough sleep
- Stretching after workouts
- Taking recovery walks
- Staying hydrated
- Managing stress levels

Even small recovery habits can improve energy, mood, and performance.

For sleep and recovery health information: https://www.cdc.gov/sleep/about/index.html

## *Wellness Tips for July:*

1. Hydrate Consistently: Hot weather increases sweat and fluid loss. Carry water throughout the day and hydrate before, during, and after exercise.
   - Healthy hydration information: https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html
2. Stay Active Outdoors Safely: Morning or evening workouts may help avoid extreme heat during the hottest hours of the day.
3. Eat Seasonal Produce: Summer fruits and vegetables like watermelon, berries, cucumbers, and tomatoes help support hydration and provide important nutrients.
   - Nutrition guidance: https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide

## *30-Minute Workout: "Summer Sweat" Circuit*

**Warm-Up (5 minutes)**

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

**Circuit (20 minutes – repeat 2x)**

Work 40 seconds, rest 20 seconds for each exercise:

1. Squats
2. Push-ups
3. Alternating lunges
4. Mountain climbers
5. Jumping jacks or step jacks

**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

## Recipe of the Month

### *Eat Smart: WellnessWorks Coach Nutrition Corner*

Mandarin Almond Salad



Ingredients:

- 1 head romaine lettuce - rinsed, dried and chopped
- 2 (11 ounce) cans mandarin oranges, drained
- 6 green onions, thinly sliced
- ½ cup sliced almonds
- ¼ cup red wine vinegar
- ½ cup olive oil
- 1 tablespoon white sugar
- ⅛ teaspoon crushed red pepper flakes
- ground black pepper to taste

Preparation:

1. In a large bowl, combine the romaine lettuce, oranges, almonds and green onions.
2. Combine red wine vinegar, olive oil, one tablespoon sugar, red pepper flakes and black pepper in a jar with a tight-fitting lid. Shake vigorously until sugar is dissolved.
3. Before serving, toss lettuce with salad dressing until coated. Transfer to a decorative serving bowl, and sprinkle with sugared almonds.

https://www.allrecipes.com/recipe/15034/mandarin-almond-salad/

## July Healthy Selfies



CSD employees fit in steps to incorporate intentional movement within their workday.

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 Reminder

## July is BIPOC Mental Health Month

July is recognized as BIPOC Mental Health Month or also referred to as Bebe Moore Campbell National Minority Mental Health Awareness Month. Named in honor of teacher, author, advocate, and journalist Bebe Moore Campbell, this month is a time to focus on the unique strengths and challenges that Black, Indigenous, and people of color (BIPOC) face when it comes to mental health.

It's important to acknowledge and highlight diversity among our different racial and ethnic backgrounds. This diversity comes with unique challenges and experiences and a consistent need to prioritize and focus on our mental health and support.

**Many parts of daily life can impact your mood and mental health. Here are a few ways to manage your mental health overall:**

- Focus on Rest: Get enough sleep each night (at least 7 hours)
- Fuel your Mind and Body: Engage in healthy habits, like exercising and eating well
- Manage your health: Stick to a treatment plan given by your health care provider
- Seek Support if you are struggling: Find a support group, seek out a mental health professional and/or your health care provider for support

Today, good mental health is achievable thanks to many forms of support. Therapeutic interventions, such as individual counseling, support groups, and open discussions on mental health can also assist in recognizing the signs of mental illness and trauma, developing healthy coping skills and helps ensure that everyone has equal access to the mental health resources they need. Visit our website to learn more about our program and offerings this month: www.miamidade.gov/employee-support.

If you, a family member or a team member is struggling, help is available. The Miami-Dade Employee Assistance Program (EAP) offers free, confidential support. Trained counselors provide assessments and connect employees with internal and external resources.

To schedule an appointment, call 305-375-3293 or email andres.gomez2@miamidade.gov. The EAP is available Monday through Friday, 8 a.m. to 5 p.m., with virtual and on-site support.

# 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. 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.