

Wellness Watch

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



March 2021

“Rest and play are as vital to our health as nutrition and exercise.”

-Brene Brown



Personalize Your Plate:

In March, the Academy of Nutrition celebrates National Nutrition Month® and wants you to personalize your plate: You may be asking yourself, “what does that mean?”

[Learn More](#)



How to Stay Fit Despite a Demanding Job

We all know by now that maintaining an active lifestyle should be one of our top priorities in life.

[Check out the 6 Step Plan](#)

Eat Smart: WellnessWorks Coach Nutrition Corner



Ultra Easy Pineapple Chicken Kabobs

For people who love chicken, pineapple, and pepper.

[View Recipe](#)

WellnessWorks: Boost Your Immunity Drive thru Smoothie and Food Delivery Initiative



WellnessWorks is on the move to promote the importance of boosting your immunity by adding more fruit and vegetables to your diet.

[Learn More](#)

Earn \$20 for Completing Your PHA



Know your health status this year by completing your PHA. You can receive a personalized action plan and score card, earn points toward a quarterly raffle and a \$20 gift reward.

Log in to your AvMed Member Portal below:

1. Click the button below
2. Choose "Health & Wellness"
3. Click on "Take Your PHA"

[Login to complete your PHA](#)

Healthy Recipes

THE WELLNESSWORKS COACHES EDITION

Every 3rd Thursday of each month, WellnessWorks coaches will provide a food demonstration webinar to enhance your healthy meal prep choices and selection.

[Email us to learn more](#)

HEALTHY SELFIE

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

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 a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to wellnessworks@miamidade.gov.

“Live Wellness Webinars”



Live webinars are available weekly at noon. To register to attend a webinar this month, [SELECT HERE](#) or scan QR code.

Physical Wellness FYI: AvMed Onsite-Support



Our dedicated AvMed representatives are back onsite receiving calls, in an effort to alleviate the long wait times on the AvMed Member Engagement Center. The representatives are working extended hours temporarily, Monday through Friday from 7:30 a.m. to 5:30 p.m.

For questions regarding medical coverage or claims, please call the County's AvMed onsite service line at **305-375-5306**.

Please note that in light of the pandemic, the AvMed representatives are available **only** via phone or email; no walk-in visits or face-to-face appointments will be accepted.

[Call Us Today](#)

Emotional Wellness Corner: The Power of Positivity



Positive thinking, happy, hopeful, optimistic, joyful thoughts decrease cortisol and produce serotonin, which creates a sense of well-being. This helps your brain function at peak capacity.

[PRACTICE POSITIVE SELF-TALK](#)

[Don't forget to share with a friend!](#)



WELLNESSWORKS
MIAMI-DADE COUNTY



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