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"

Every 3rd Thursday of each month, WellnessWorks

Login to complete your PHA



enhance your healthy meal prep choices and selection. Email us to learn more

coaches will provide a food demonstration webinar to

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

HEALTHY SELFIE

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 Webingrs"

webinar this month, **SELECT HERE** or scan QR code.



Live webinars are available weekly at noon. To register to attend a

onsite receiving calls, in an effort to alleviate the long wait times on the AvMed Member Engagement Center. The representatives are working extended

Physical Wellness FYI: AvMed Onsite-Support



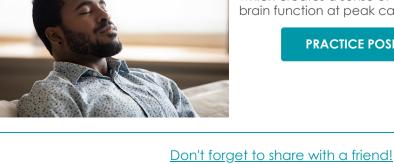
hours temporarily, Monday through Friday from 7:30 a.m. to 5:30 p.m. For questions regarding medical coverage or claims, please call the County's AvMed onsite service line at 305-375-5306.

Our dedicated AvMed representatives are back

representatives are available only via phone or email; no walk-in visits or face-to-face appointments will be accepted. Call Us Today

Please note that in light of the pandemic, the AvMed

brain function at peak capacity.



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

PRACTICE POSITIVE SELF-TALK









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