WELLNESSWORKS
MIAMI-DADE COUNTY

November 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

Caring for your body, mind, and spirit is your greatest and grandest responsibility. It's about listening to the needs of your soul and then honoring them." – Kristi Ling

November Spotlight

Fall Nutrition Challenge Fuel your body and make it a habit



Ask yourself, do your choices contribute to your health and quality of life? Improve your health without getting overwhelmed by participating in the Nutrition Challenge. The Balanced Plate model is a simple tool designed to help you prepare your meals. It can help you allocate your carbohydrate intake, so that you feel full and nourished until your next meal or snack. Improve your health by integrating this challenge into your daily routine between Nov. 2 to 29.

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.

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

Fend off the flu this season



Seasonal illness may be heading your way. Armor up by getting the flu vaccine to protect your health and wellness. Take preventative measures against the flu by getting your flu shot at a county location, your local CVS, another pharmacy retailer or your doctor's office.

Earn one completion toward the three completions required for the quarterly $250 raffles. Employees who complete the self-attestation by Dec. 15, 2026, will automatically be entered into the Wellness Mystery Prize Raffle Drawing.

For your convenience, to view MDC WellnessWorks flu shot clinic offerings at county locations visit https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page

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

aetna™
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.

WeightWatchers · modifyhealth · Transform · NOOM · digbi health · habitnu · betr · ciba health

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.

Your plan also includes programs for:

- Mental well-being
- Women's health
- Physical therapy
- Physical therapy
- High blood pressure
- Digestive health

How to get started:

1. **Visit AetnaPersonalHealthSolutions.com and log in.** You'll need your member ID card handy to verify your insurance.
2. **Choose your health goals.** Take a short quiz to confirm these programs are right for you.
3. **Become a healthier you.** With the help of your programs, start making healthier choices, get expert support to stay on track, and start feeling great!

Scan to learn more or visit:
AetnaPersonalHealthSolutions.com
or call **844-492-0523 (TTY:711)**
Monday through Friday, 8 AM to 8 PM CT.

Upcoming Wellness Events

***Earn $20 and 25 wellness points by participating. Bring your Aetna Insurance card.**

A Few Minutes Today—A Healthier You Tomorrow!

November Biometric Screenings

Boost your health by attending a WellnessWorks biometric screening. You may be eligible to receive a completion and $20 for completing your annual screening.

- 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.

NOVEMBER 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

- Wellness Educational Workshops (on-site)
- Wellness Educational Workshops (virtual)
- On-site Biometric Screenings

To schedule an appointment visit: https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page

Upcoming Wellness Events:

Nov. 4 Prediabetes & Diabetes Management
Miami Dade Corrections Headquarters - 3505 NW 107th Avenue, Doral, FL 33178
Presentation- 11 a.m. – Noon
Health Coaching- Noon- 3 p.m.

Nov. 4 DTPW RBC
9301 N.W. 58th St., Lunchroom North Trailer
1 pm- 5 pm Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/f892c749-16b5-4979-8e54-ad21cd265dee)

Nov. 5 PIOD (Trades Shop Facility)
3501 N.W. 46th St, Miami, FL 33142, 1st Floor | Training Room, 10 a.m. – 1 p.m. Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/634e5496-29b6-4579-a454-cc78e27e9510)

Nov. 5 Prediabetes & Diabetes Management
Stephen P. Clark Center - 111 NW 1st Street, Miami, FL 33128, Room 18 - 4
Noon- 1 p.m.

Nov. 5 ISD Shop 1 Main
703 N.W. 25th St., Miami, FL 33127, Conference Room 1 p.m.- 4 p.m. Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/c08aa48f-b2c4-4353-a0fc-57d705578681)

Nov. 6 DSWM (Mosquito Control Division)
8901 N.W. 58th St., Miami, FL 33178, Conference Room 8 a.m.- 11 a.m. Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/cd70131f-f0a2-4eb6-a06a-c9945aa7b2e4)

Nov. 10 Prediabetes & Diabetes Management
OTV North Bldg. - 701 NW 1 St. Court, Miami, FL 33136, First Floor Conference Room - Front RM.130, Presentation, 11 am - noon, Free Individual health coaching 12:30- 2 pm

Nov. 10 WASD (Hialeah)
800 W. 3rd Ave, Hialeah, FL 33010, Hialeah Maintenance Shop Conference Room
11 a.m.- 3 p.m. Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/b3b7c344-e431-4796-9e23-08c834aa8096)

Nov. 12 Prediabetes & Diabetes Management, Aviation- Virtual, 11 a.m. – noon (Hyperlink: https://events.teams.microsoft.com/event/1619e28c-cf10-433b-b6b2-29b910e180f7@fabb61b8-3afe-4e75-b934-a47f782b8cd7?source=copyLinkLegacyShareLinkDialog)

Nov. 16 DSWM (3A Collections Ops)
18701 N.E. 6th Ave., Miami, FL 33179, Back Conference Room
9 a.m.- 1 p.m. Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/10b5a7df-5bb6-43b4-97da-3a86edc0d540)

Nov. 13 MDCR (Doral Office Plaza)
3505 N.W. 107th Ave., Miami, FL 33178, 2nd Floor Conference Room L200B
10 a.m.- 2 p.m. Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/cc780d7e-f952-4899-8394-269ceb759a76)

Nov. 17 MLK DSWM
2525 N.W. 62nd St., Miami, FL 33147, 2nd Floor, 9 a.m.- 1 p.m., Register (Hyperlink to https://app.medicalscreenings.com/participant-registration/5346c478-5df2-4713-8f2c-ddb1969d8368)

Nov. 17 Prediabetes & Diabetes Management
Northeast Transit Bus Operations, 10 am -2 pm, 360 N.E. 185th Street Miami, FL 33179, 10 a.m. - 2 p.m.

- **Nov. 18** Prediabetes & Diabetes Management: CITD HQ 5680 SW 87th Ave., Miami, FL. 33173, 2nd Floor Breakroom, Presentation- 10 a.m.- 11 a.m., Health Coaching- 11 a.m.- 1 p.m.

- **Nov. 18** MDCR (Maya Building) 1351 N.W. 78th Ave. Miami, FL 33125, Area outside of MRU Weight Room, noon- 4 p.m., Register **(**Hyperlink to: https://app.medicalscreenings.com/participant-registration/351b3227-c833-4941-98e5-66233477b482**)**

- **Nov. 19** DSWM (West Transfer Station): 2900 S.W. 72nd Ave., Miami, FL 33147, 2nd Floor Break Room, 10 a.m. – 2 p.m., Register (Hyperlink: https://app.medicalscreenings.com/participant-registration/e5e3f246-56e4-49e2-a91c-0ed29677d9c1**)**

- **Nov. 24** DTPW Transit (Central Bus Ops): 3300 N.W. 32nd Ave., Miami, FL 33142, Driver's Room | 1st Floor, 11 a.m.- 3 p.m., Register: Hyperlink to https://app.medicalscreenings.com/participant-registration/e653aa1d-1451-4ac6-aca2-6fd096ea5f45**)**

November Health Observance

November is a great time to focus on balanced routines before the holiday season gets busy. This month, we're focusing on National Diabetes Month, regular physical activity, thoughtful meal planning, and simple habits that can support long-term health.

Health Observance Spotlight: National Diabetes Month

Healthy aging is supported by habits we build throughout adulthood. Regular movement, nutritious food, adequate sleep, preventive care, and staying socially connected can contribute to health and independence over time.

National Institute of Diabetes and Digestive and Kidney Diseases – National Diabetes Month:

https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month

Health Tip of the Month: Know Your Diabetes Risk

Some risk factors for type 2 diabetes cannot be changed, such as age or family history, but lifestyle habits can still make a difference. Regular physical activity, nutritious food choices, and weight management when appropriate can help reduce the risk of developing type 2 diabetes. CDC

CDC – Preventing Type 2 Diabetes: https://www.cdc.gov/diabetes/prevention-type-2/index.html

Wellness Tips for November:

- Build a Balanced Plate: Try filling half your plate with non-starchy vegetables, one quarter with lean protein, and one quarter with carbohydrate foods such as whole grains or starchy vegetables. CDC
- Move After Meals: A short walk after lunch or dinner is an easy way to add more movement to your day.
- Plan Before Holiday Events: Avoid arriving overly hungry. Eat regular meals, drink water, and enjoy favorite foods mindfully instead of skipping meals earlier in the day.
- Protect Your Routine: Busy weeks can disrupt sleep and workouts. Try keeping one or two wellness habits consistent, such as a regular bedtime or three planned workouts each week.
- CDC – Diabetes Meal Planning: https://www.cdc.gov/diabetes/healthy-eating/diabetes-meal-planning.html

30-Minute Workout: Strength & Stability Circuit

This workout combines strength exercises, balance, and cardiovascular movement to help improve overall fitness.

Warm-Up – 5 Minutes

- 1 minute brisk walk or march
- 1 minute arm circles and shoulder rolls
- 1 minute alternating knee raises
- 1 minute bodyweight good mornings
- 1 minute lateral steps

Circuit – 20 Minutes

Complete 4 rounds. Perform each exercise for 45 seconds followed by 15 seconds of transition time.

- Chair or bodyweight squats
- Incline or standard push-ups
- Dumbbell or resistance-band rows
- Alternating reverse lunges
- Standing knee drives or brisk step-ups

Cool Down – 5 Minutes

- Hamstring stretch
- Quad stretch
- Chest and shoulder stretch
- Calf stretch
- Slow, controlled breathing

Adults should generally aim for at least 150 minutes of moderate-intensity physical activity each week along with muscle-strengthening activities on at least 2 days per week.

CDC – Adult Physical Activity Guidelines: https://www.cdc.gov/physical-activity-basics/guidelines/adults.html

Recipe of the Month

Eat Smart: WellnessWorks Coach Nutrition Corner

Cinnamon apple overnight oats



Ingredients:

- ⅓ cup old fashioned rolled oats
- ½ teaspoon ground cinnamon
- Tiny pinch ground ginger
- Tiny pinch ground cloves
- Tiny pinch kosher salt
- ½ medium apple cored and diced (peeling optional)
- ½ cup Almond Breeze Unsweetened Vanilla Almond milk
- 1 ½ teaspoons pure maple syrup
- ½ cup non-fat plain Greek yogurt
- 1 tablespoon ground flaxseed meal or substitute chia seeds

Optional toppings: Toasted almonds or walnuts; dried fruit, such as raisins, cranberries, or apricots, additional maple syrup

Store overnight oats in the refrigerator for up to 5 days.

Source: Apple Cinnamon Overnight Oats {Easy Breakfast!} - WellPlated.com

Preparation:

1. Add the ingredients to a 16-ounce mason jar or other individual storage container in the order listed above: oats, cinnamon, ginger, cloves, salt, diced apples, almond milk, maple syrup, Greek yogurt, and flaxseed. Do not shake. Seal jar and refrigerate overnight (or up to 5 days). You can also layer the ingredients in a bowl, then cover the bowl with plastic wrap and refrigerate.
2. When ready to eat, shake the jar to combine the ingredients or empty the contents of the container into a serving bowl and stir to combine. Add a little more Greek yogurt or almond milk if a thicker/thinner consistency is desired. Add any desired toppings and enjoy!

November Healthy Selfies

WellnessWorks Health Coach Jeremie Etienne (pictured 3rd person on the right) and employees of the Miami Dade Correction and Rehabilitation department enjoyed a relaxing demonstration of Yoga at their October Wellness Educational Workshop.



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.

Wellness Reminder

Emotional Wellness: Preventing Holiday Stress and Burnout

The holidays affect everyone differently. It can be a joyful time to celebrate with family, but it can also bring challenges and become stressful for many. When stress is at its peak, it can be hard to pause and regroup.

Be proactive this season and take steps to reduce stress before it builds, especially if the holidays have taken an emotional toll on you in the past.

Reach out: If you feel lonely or isolated, seek out community events or social gatherings. Many groups offer online communities and support spaces as well. Talking with a friend or family member about your concerns can also help — even a brief conversation can make a difference.

Be realistic: The holidays don't have to be perfect or look the same every year. As families grow and change, traditions often shift too. Choose the traditions that matter most to you and allow room for flexibility. If someone can't attend in person, consider video calls or sharing photos. Try not to compare one year to another — as our lives evolve, so do our holidays.

Stick to a budget: Before you begin shopping for gifts or food, decide how much you can realistically spend — and commit to staying within that limit. Remember that joy doesn't come from an avalanche of gifts.

Take breaks and set boundaries: Give yourself permission to step away when things feel overwhelming. Whether it's a short walk, a quiet moment alone, or saying no to extra commitments, small breaks can help you recharge and stay grounded.

The EAP is also providing onsite 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**. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

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.