

# 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 | 

“A new year. A fresh, clean start! It’s like having a big white sheet of paper to draw on!” – Bill Watterson

## Manage Your Benefits Anywhere

With the Aetna Health<sup>SM</sup> app and Aetna<sup>®</sup> 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](https://MyAetnaWebsite.com)
- Download the Aetna Health<sup>SM</sup> app
  - Text “AETNA” to 90156
  - Or scan the QR code

\*Cost estimates vary by market and service. Terms: [Aet.na/Terms](https://Aet.na/Terms). Privacy: [Aetna.com/legal-notices/privacy.html](https://Aetna.com/legal-notices/privacy.html).

## Explore Aetna Health Your Way<sup>TM</sup>

As part of Aetna Health Your Way<sup>TM</sup> 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](https://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](#).



## Happy Life Challenge



WellnessWorks challenges you to engage in healthy actions and activities that make you happy daily. Joy and peace through acts of kindness and self-care can bring genuine happiness. Take the Happy Life Challenge and experience the joys of life, one action at a time from January 20 to February 15.

How it works: Complete daily Happy Life Challenge actions and log them weekly to complete the challenge!

To participate:

- First time Users:
  - Sign in at [Aetna.com](https://www.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.

For more information, <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page> or email [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)

## Upcoming Wellness Events

### *New Year, New You!*

Prioritize your health this year 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.

See below MDC departments hosting a Wellness Educational Workshop in January:

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 Wellness Workshop
-  Monthly Liaison Workshop
-  Virtual Wellness Workshops
-  Virtual Information Sessions

-  Jan 8: Liaison Monthly Meeting: Virtual Creating a Plan for Successful healthy Living  
Presentation time: 2 pm-3 pm
-  Jan 14: Virtual Information Session: WellnessWorks with Aetna 2026 Wellness Overview  
Presentation times: 10 am & 2 pm
-  Jan 15: Wellness Educational Workshop, Virtual Presentation: Creating a Plan for Successful healthy Living  
Presentation time: 10 am-2 pm
-  Jan 21: Virtual Information Session: WellnessWorks with Aetna 2026 Wellness Overview  
Presentation times: 10 am & 2 pm
-  Jan 21: On-site Wellness Workshop: Creating a Plan for Successful Healthy Living  
Presentation time: 11 am - 3 pm
-  Jan 27: On-site Wellness Workshop: Virtual Presentation Financial Wellness  
Presentation time: 2 p.m.- 3 p.m.
-  Jan 28: Virtual Information Session: WellnessWorks with Aetna 2026 Wellness Overview  
Presentation times: 10 am & 2 pm

For more information, visit: For more information, <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page> or email [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)

## Step Up & Thrive

### ***Step up & Thrive 2025 Battle Royale Edition First Place Team Announcement and Recognition***



WellnessWorks would like to congratulate and recognize the first-place team for the **Step up & Thrive 2025 Battle Royale Edition**, **MIA FAST LANDING** of the Aviation department.

This team's efforts have presented them with the opportunity of each member receiving a mega swag bag from WellnessWorks, and the overall team award of the Championship belt to be held in their department for an extended year, along with the title of first place team for the 2<sup>nd</sup> year in a row.

Amazing efforts and great work team "MIA FAST LANDING"!

## Recipe of the Month

### *Lighter Cuban Picadillo*

- Ingredients
  - ½ large chopped onion
  - 2 cloves garlic, minced
  - 1 tomato, chopped
  - ½ red bell pepper, finely chopped
  - 2 tbsp cilantro
  - 1 ½ lb 93% lean ground beef
  - 4 oz tomato sauce, ½ can
  - ¼ cup water
  - salt
  - fresh ground pepper
  - 1 tsp ground cumin
  - 1-2 dried bay leaves
  - 2 tbsp pitted green olives or alcaparrado,
  - 2-4 tbsp olive brine



Use lean turkey, add extra vegetables, and pair with brown rice or cauliflower rice

## January Wellness Newsletter

### *New Year, New Goals*

Welcome to the start of a brand-new year! January is the perfect time to reset, refocus, and recommit to your health. This month's newsletter includes practical wellness tips, a quick full-body workout, and an observance spotlight to help you kick off 2026 strong.

#### 30-Minute Full-Body Reset Workout

1. Warm-Up (5 min): Jumping jacks, arm swings, leg swings, side bends
2. Circuit (Repeat 2x – 20 min): 1 min squats, 1 min incline push-ups, 1 min glute bridges, 1 min mountain climbers, 1 min wall sit
3. Cool Down (5 min): Deep breathing, quad stretch, hamstring stretch

Physical activity guidance: [Physical Activity Basics and Your Health | Physical Activity Basics | CDC](#)

## Health Observance

### *National Blood Donor Month*

Every January, we recognize the importance of donating blood. Winter months often see a drop in donations, so it's a great time to help save lives.

Donating blood is safe and easy, and a single donation can save up to three lives.

Learn more about donating blood: [Blood Safety Basics | Blood Safety | CDC](#) and <https://www.hhs.gov/oidp/topics/blood-tissue-safety/donate-blood/index.html>

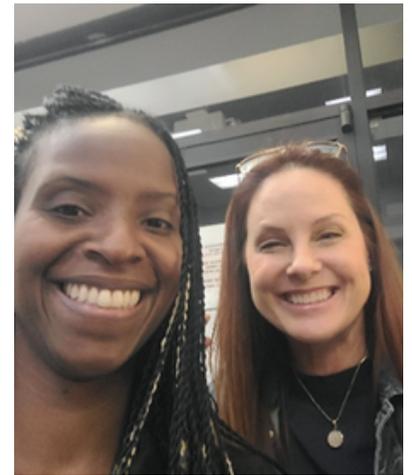
## Healthy Selfie

### *Want 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 new skills, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).

## January Healthy Selfies



MDC employees learned their health numbers when completing Biometric Screening and connected with community partners and merchants at the Merry, Mindful, and Bright Holiday Fest hosted last month at SPCC.

## Annual Health Tips

### *Wellness Tips for the New Year*

- Set realistic goals – Aim for small, specific, and measurable changes.
- Stay hydrated – Carry a reusable water bottle and drink consistently throughout the day.
- Limit screen time – Designate tech-free zones or times each day.
- Get consistent sleep – Target 7–9 hours of quality rest per night.

For more tips: <https://www.massgeneralbrigham.org/en/about/newsroom/articles/healthy-new-year-goals> and <https://www.cdc.gov/diabetes/prevention-type-2/new-healthy-habits.html>

## January Health Tips

### *Create a Vision Board*

Visualizing your goals can help with motivation and focus. Use images and words that represent what you want to achieve in 2026: health, happiness, and success. To learn more: <https://www.healthywomen.org/your-wellness/how-to-make-a-vision-board>

Let January be your launchpad into a year of strength, health, and growth!

-Your Fitness Center Wellness Team

## Wellness Benefits Spotlight

### **Employee Assistance Program**

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



## Emotional Wellness Spot

**Emotional Wellness Reminder:** Start the new year right and focus on your mental and emotional health in 2026. Here are some reminders to get you started on the right foot:

- 1. Aim for progress, not perfection** – and when it’s really bad, congratulate yourself for making it through the day. We all have that little voice in our mind that tells us we did not do enough, say the right thing or could have done things differently. Have compassion for yourself and be mindful to challenge that thinking this year. Remember we are all doing our best.
- 2. Try not to judge yourself.** Whether you woke up on January 1, 2026 with or without a crystal-clear vision of what you’d like to achieve, a positive attitude of gratitude, and inner peace, you are on your way. You don’t need an overarching goal or resolution to make changes. It can be just little goals throughout the week/month that add up to a big change. Don’t judge yourself if you fall off track after a few days just renew your commitment and move forward. We’ve been through a lot and it takes time to achieve change big or small.

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](mailto:Jessica.Hughes-Fillette@miamidade.gov). To learn more about our EAP program please click here: [www.miamidade.gov/employee-support](http://www.miamidade.gov/employee-support). The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.