

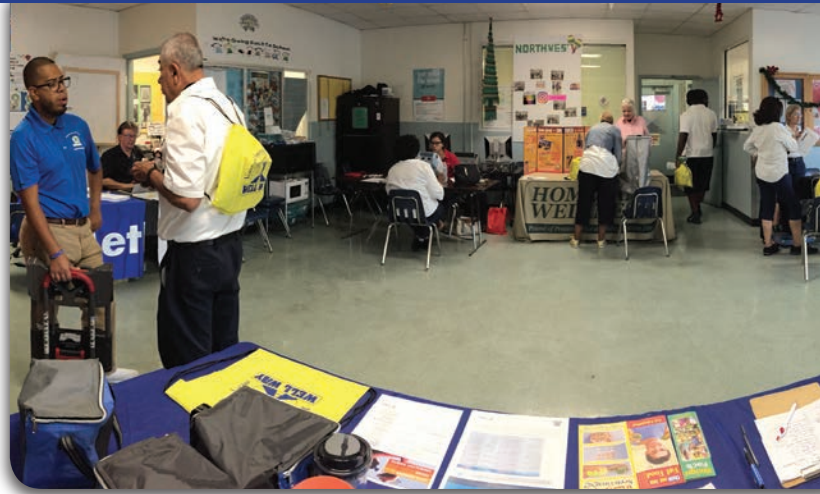
WELL WAY NEWS

Miami-Dade County Public Schools E-News

September 2017

Well Way OUT & ABOUT This Summer

While many employees were taking a needed break over the summer, Well Way was busy conducting health and wellness activities across the District. Well Way brought Health Fairs to the four maintenance centers and the downtown administrative offices. The Health Fairs focused on conducting Biometric screening (cholesterol, glucose, blood pressure & body mass index) as well as assisting employees with the completion of the Cigna Health Risk Assessment. This information provides Well Way a complete picture of the overall health of our employees.



Well Way was also invited to participate in the mandatory Custodian In-Service Trainings which took place over three weeks at three different locations across the County. These events were a wonderful way for Well Way to reach over 1,300 employees with information on wellness and their benefits. If you would like Well Way to visit your work location please contact us so we can discuss the options available for your location.

UPCOMING EVENTS

Well Way is continually adding events to our calendar. Please feel free to call and confirm that an event is happening, or to inquire about new events.

SEPTEMBER EVENTS

- **Flu Shot Day:** School Board Administration Building Annex-Room 335 • Wednesday, September 13, 2017 8am-4pm. **Please call 305-995-2265 to register.**
- **Teacher and School Staff Mammography Day at Mount Sinai Medical Center:** Thursday, September 21, 2017 • 9am-5pm Miami Beach & Aventura locations available. **Please call 305-535-3434 to register.**

OCTOBER EVENTS

- **Mammography Mobile Van:** School Board Administration Building Wednesday, October 25, 2017 8am-2pm Friday, October 27, 2017 8am-2pm **Please call 305-995-2265 to register.**



Benefits NEWS

In partnership with Cigna, the School Board is now offering two Telehealth programs, Cigna Telehealth Connection (medical care) and Cigna Total Behavioral Health (mental health).

Cigna Telehealth Connection:

- Provides access to two telehealth services, Amwell and MDLIVE, to participants covered under the Cigna plan.
- Get the care you need for a wide range of minor conditions at a \$10.00 co-payment.
- Make live appointments with a board-certified doctor or pediatrician via video chat or phone, without leaving your home or work, 24/7/365.

Cigna Total Behavioral Health:

- Provides dedicated support, lifestyle coaching and educational tools.
- Covered individuals will have access to psychologist, behavioral health professional and developmental-behavioral pediatricians at the specialist office visit co-payment.
- Services can be used for diagnosis and treatment of behavioral issues such as: anxiety, depression, family & relationship issues, grief, stress and substance use.

For additional information visit www.dadeschools.net, under Highlights, click on 2017 Benefits and then click on the Telehealth icon or call 800-806-3052. These services are not intended to replace your PCP and you should not use telehealth if you are experiencing a medical emergency.



SPOTLIGHT of The Month

Meet Our Wellness Team!

Well Way is the District's employee wellness program. The mission of the Miami-Dade County Public Schools Wellness Program is to increase employees' awareness of benefits and personal health status by establishing and maintaining a workplace that encourages environmental and social support for a healthy lifestyle. If you would like Well Way to visit your work location please contact us so we can discuss the options available for your location.

The Wellness Team (left to right): Zehra Kazmi, District Analyst, Myesha Ponder, District Analyst, Amber Graham, Wellness Supervisor, Heejab Bhatti, Cigna on-site



RECIPE OF THE MONTH



Vegetable Quesadillas

- 1 cup green bell peppers, chopped
- 2 Tbsp. cilantro, chopped
- 1 cup frozen corn, thawed
- 4 6" flour tortillas
- ¾ cup green onion, chopped
- ½ cup reduced-fat cheddar cheese, shredded
- 1 cup tomatoes, chopped

Spray a medium skillet with nonstick cooking spray. Saute bell pepper and corn over medium heat until softened, about 5 minutes. Add green onion and tomato; cook for several minutes more until heated through; add cilantro. Heat tortillas in a large skillet over high heat, place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisped and lightly brown. Serve while hot.

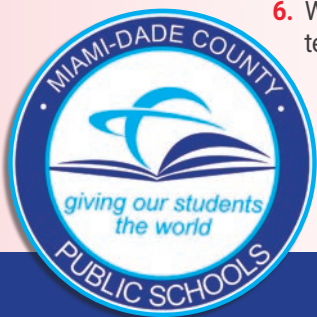
If you try this recipe let us know how you like it! Tag us on Instagram @mdcps_wellway

Health Observance TIPS

September is Fruits & Veggies-More Matters Month

Eating more fruits and vegetables adds nutrients and reduces the risk for chronic diseases such as heart disease, stroke, and some cancers. Here are some ways to add more fruits and vegetables to your life:

1. Keep a bowl of fruit handy where the entire family can see it.
2. Cut up fruits and veggies ahead of time so they're ready for a quick, healthy snack.
3. Consider convenience when shopping. Try pre-cut packages of fruit and veggies for a healthy snack in seconds. Choose packaged fruits that don't have added sugars.
4. Sauté some veggies with olive oil and add your favorite spices. Dunk them in your favorite dressing, hummus or low-fat dip.
5. Throw baby carrots or grapes into a bag and take them with you for an easy snack on the go. The tiny versions of most vegetables actually tend to be sweeter and have more flavor in each bite.
6. Whether it's strawberry-banana, green tea and blueberry, or a fruit and veggie mix, smoothies are an easy way to drink up your fruit and veggie servings.
7. Try a new veggie-focused recipe. (Like the one above)



Rebuilding ME



Rebuilding ME is excited to welcome you back and hope you had a wonderful summer!

We have a lot of surprises in store for you this year! New healthy rewards, a wide variety of fitness classes, hands-on cooking demonstrations, more wellness topics such as mindfulness, financial wellness, stress management workshops and of course lots of fun! Come and join us once again at your respective transportation center for activities and amazing opportunities to benefit your health and well-being!

Don't forget, if you haven't yet, follow us on Instagram @RebuildingMEMDCPS for recipes, motivational quotes, home workout ideas and more!



"Fit to Work"
Miami-Dade County Public Schools
Office of Risk and Benefits Management
Workers' Compensation