

MENDOCINO COUNTY WORKING ON WELLNESS

EMPOWERING EMPLOYEES WITH HEALTH, WELLNESS AND RETIREMENT TRAINING

On **May 15th**, Employee Health Benefits, Wellness, and Retirement (MCERA) will be hosting a training to help County employees maximize their health, wellness, and retirement benefits. The training will be hosted via **webinar** to create ease of access for employees County-wide.

In this session, employees will have the opportunity to explore a variety of resources that promote overall health, including tools like **Livongo**, **Hinge Health**, **Carrum Health**, and **LiveHealth Online**. These programs offer personalized support for managing chronic conditions, improving musculoskeletal health, accessing high-quality surgical care, and receiving virtual healthcare services.

Additionally, the training will highlight the **Wellness Benefits** and **Employee Assistance Program (EAP)**, ensuring that employees have access to the support they need for physical, emotional, financial, and mental well-being.

The training will also include important information about employees' **retirement benefits**, providing them with a clear understanding of how their MCERA retirement benefit is determined, when they will be eligible to receive benefits, and how they can customize their benefit to support a spouse or beneficiary.

To learn more about trainings available to County employees, please click [here](#).

SUPPORTING EMPLOYEES WITH FREE AND DISCOUNTED LEGAL SERVICES

County employees can access a wide range of legal consultations through their **Employee Assistance Program (EAP)**. Benefits include:

- One **FREE 60-minute consultation** per issue per year with an attorney, and one FREE 30-minute consultation per issue per year with a mediator; discounts available for services beyond the initial consultation.
- **Document preparation discounts** on Wills, Trusts, and Estates starting at \$99 for a Single Will Package.
- **Online resources** to create state-specific forms, and access to a legal library that has educational content, definitions, and articles on a wide range of legal topics.

Click [here](#) to learn more about the Mendocino County Employee Assistance Program.

