



PRIORITIZING MENTAL HEALTH

Support for County Employees and Their Families

May is Mental Health Awareness Month—a time to recognize the importance of emotional well-being and to remind ourselves that help is available. The County of Mendocino is committed to supporting its employees by offering **10 free counseling sessions per household member, per issue**. This benefit is available to **all County employees and their household members**, regardless of whether they're enrolled in the County health plan. It also extends to dependents covered by the County plan who live outside the home.

Additionally, a new First Responder program provides culturally competent providers to Sheriff's Office and Probation staff, with the same level of support.

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

MCWOW PROGRESS REPORT

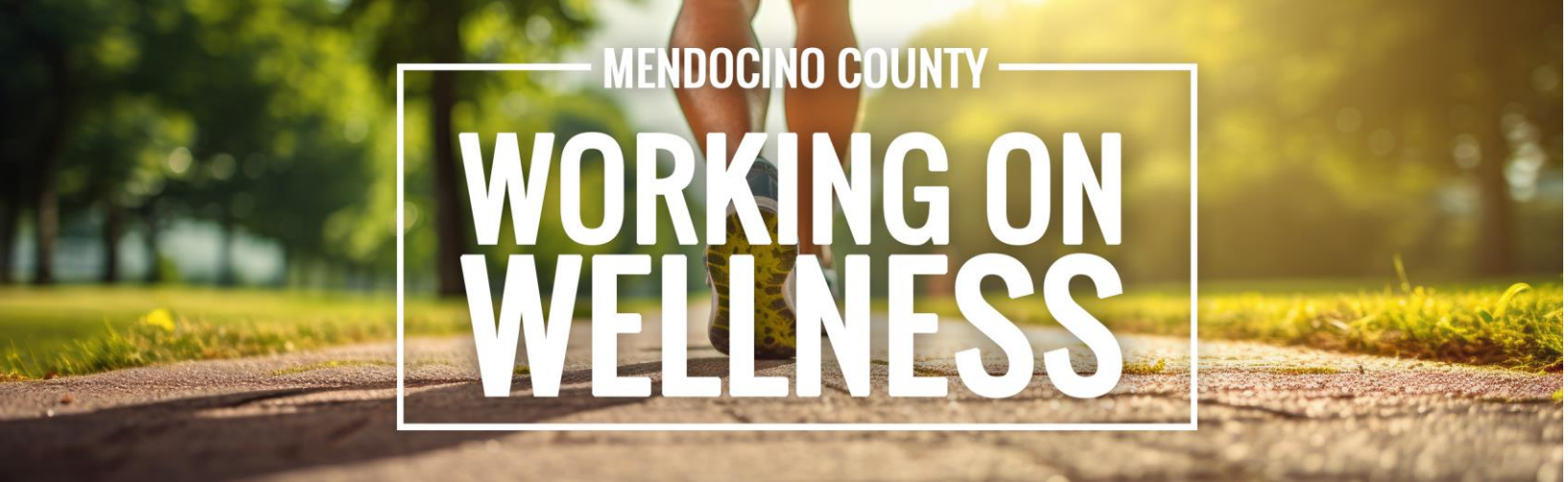
Promoting Employee Well-being

MCWOW is pleased to share an update on the progress of our Wellness Program and its positive impact on employee health and well-being. We invite you to explore our [2024 Progress Report](#), which highlights key achievements and participation metrics. Here are a few additional noteworthy facts:

- County employees logged **231.7 million steps** in 2024 through Personify Health
- **57%** of high-risk participants **lowered their blood pressure** since joining Personify Health
- **52%** of participants earned the **Wellness Incentive Reward**
- **63.3%** of participants received a **Biometric Health Screening**

We are encouraged by these outcomes and remain committed to supporting the health and wellness of our county workforce.





MENDOCINO COUNTY

WORKING ON WELLNESS

INVESTING IN EMPLOYEE HEALTH

Free Biometric Health Screenings

From **June through September**, County employees and their covered spouses or domestic partners can take advantage of free onsite biometric screenings. These **20-minute** appointments provide **instant results** from a simple fingerstick—offering a snapshot of key health indicators.

It's a convenient way to catch potential health risks early and act. Participants also earn **20,000 Wellness Incentive Points**—good toward up to **\$500 off** their 2026 County health plan premiums.

[Click here](#) to learn more.

SPRING INTO WELLNESS

“Coast to Coast” Challenge a Success

April 13th marked the completion of the 6-week *Coast to Coast* spring wellness challenge, which promoted physical activity and healthy habits in County employees. Of the **224 registered participants**, an impressive **85% met the goal** of earning 3,500 Wellness Incentive Points. Together, the team logged approximately **46,465 miles**—nearly twice the distance around the Earth!

In addition to walking, participants were encouraged to eat more fruit and vegetables and take two short daily breaks to boost energy and reduce stress.

Challenges like this help create opportunities for employees to focus on their health through a fun and engaging platform, as well as build a sense of connection across County departments.

