



# Employee Health Benefits

## Preventative Care

June is Men's Health Month, a great opportunity to focus on preventive care and health screenings that can help detect issues early. Regular check-ups, vaccines, and age-appropriate screenings are key to maintaining long-term health. [Read on here](#) for more insight into the importance of men's preventative care and what to expect at different ages.

Taking time to understand and schedule preventative care not only supports overall wellness but can also reduce the risk of more serious health issues down the line.

A [Preventive Care Guide](#) is available on the Benefits Bookshelf, outlining recommended services by age and gender.

## → Did You Know?

- **Plan Contacts are available in your [2025 Mendocino County Benefits Guide](#).** For questions about your coverage or accessing services, contact the appropriate representative listed, or reach out directly to Employee Health Benefits for additional support.

## → Get in Touch

Have questions?

Contact [employeehealthbenefits@mendocinocounty.gov](mailto:employeehealthbenefits@mendocinocounty.gov)



## Download the Delta Dental App

Scan the QR code to download the Delta Dental app. [View virtual ID cards here.](#)