

MENDOCINO COUNTY

# WORKING ON WELLNESS

## Mendocino County Working on Wellness Highlight: PROMOTING HEALTH & CONNECTION THROUGH LUNCHTIME WALKS



In partnership with Blue Zones, the County is offering [lunchtime walks](#) in Ukiah, Fort Bragg, and Willits to encourage employees to get fresh air, exercise, and connect with colleagues. These walks not only support physical and mental health but also encourage employees to build relationships outside of their usual workspaces.

The concept of walking moai's—social groups formed around regular walking—was introduced, and as a result, two office locations have started their own walking moai's, reinforcing the program's success in fostering both well-being and workplace community.

## Employee Assistance Program Highlight: LIFESTYLE COACHING



One of the newer benefits of the County [Employee Assistance Program](#) (EAP) is Lifestyle Coaching. County employees and their household members have access to **six 45-minute phone or video sessions per year** with a certified Magellan Healthcare lifestyle coach. This is an amazing benefit! Coaches serve as an accountability partner, guide, and cheerleader to **make positive changes** in areas such as career or work performance, relationships, weight management, or better sleep. To learn more about Lifestyle Coaching, please click [here](#).



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## Personify Health Wellbeing Platform Highlight: MEN'S HEALTH WEEK – June 9-15



Men's Health Week aims to raise awareness of preventable health issues and encourage early detection and treatment of disease among men and boys. As Congressman Bill Richardson aptly stated, *"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."*

In support of Men's Health, **Personify Health** (the County's wellbeing platform) is expanding its focus beyond Men's Health Week. They've recently added media clips addressing men's health concerns, including "Real Talk About Men's Mental Health" and "Simple Tips to Elevate Your Testosterone," with additional content planned. The platform also features self-guided "Journeys" specifically designed for men's health, including "Male Fertility: What You Need to Know" and "The Guy's Guide to Better Wellbeing."

The **Personify Health** wellbeing platform is available to **ALL County employees**. Please click [here](#) for more information.

