

WORKING ON WELLNESS

COUNTY EMPLOYEE ASSISTANCE PROGRAM OFFERS COUNSELING

Spotlight: BetterHelp Virtual Therapy

Through a partnership with Magellan Healthcare, Mendocino County employees and their household members can access **BetterHelp**, an online therapy platform offering one-on-one virtual sessions with licensed professionals. In our rural communities, virtual counseling provides *convenient access* along with *flexible scheduling (including evenings and weekends)* and *personalized therapist matching*. As part of the County's Employee Assistance Program, users receive **10 free sessions per issue, per year**. Click [here](#) to learn more about the EAP and Better Help.

MCWOW WELLNESS INCENTIVE PROGRAM SEASON WINDS DOWN

The County offers employees on the County health plan an opportunity to earn up to **\$500 off** their bi-weekly insurance premiums each year. The **Wellness Incentive Reward program** starts January 1st and **ends on November 15th**.

Spotlight: Flu Shot Clinics

During the month of October, MCWOW is offering **Flu Shot Clinics** in various County buildings across the County, making it easy for employees to receive the flu vaccine AND earn Wellness Incentive points. There are two MCWOW vaccination events remaining:

- October 22nd from 2pm-4pm at Ukiah Social Services
- October 29th from 9am-11am at the County Administration Building

While appointments are recommended, walk-ins are also welcome. Click [here](#) for more information about MCWOW Flu Shot Clinics.



