



MENDOCINO COUNTY

WORKING ON WELLNESS

2026 Wellness Incentive Program

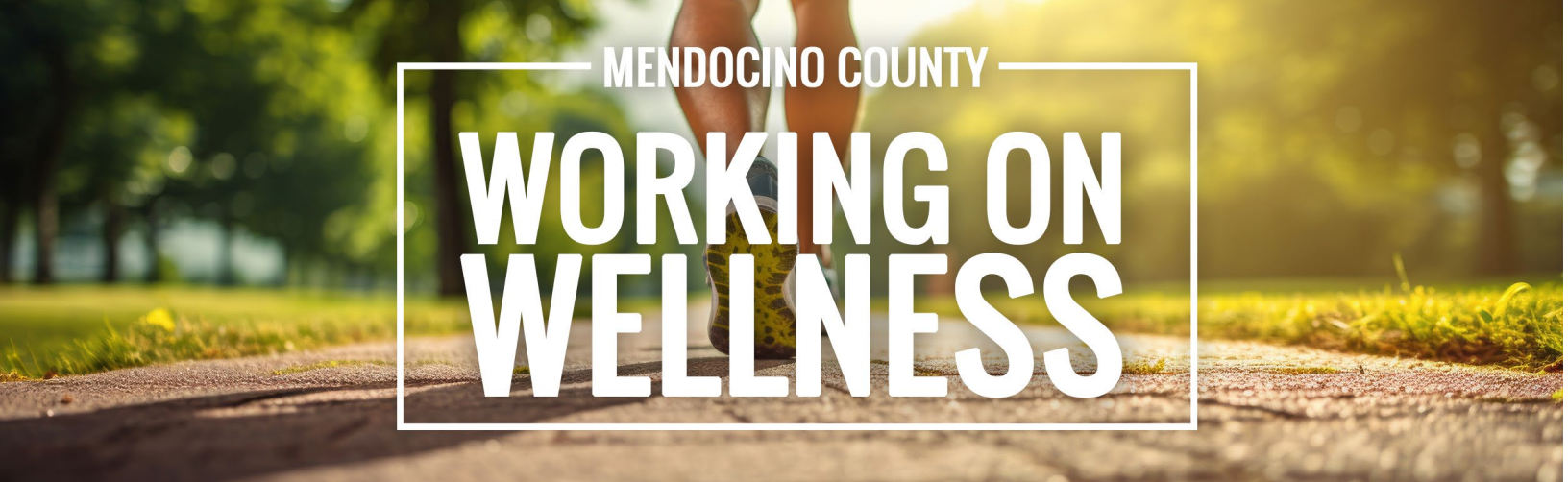
MCWOW's 2026 Wellness Incentive Program is off to a great start! In honor of starting the New Year right, as of January 27th, **167 employees** had already **completed their Health Assessment** in the Personify Health wellbeing platform! There were also several inquiries received regarding creating a **Spouse or Domestic Partner account** in **Personify Health** – perhaps this was inspired by some **new incentives...**

What's New in 2026?

- ❖ **Heart health in focus:** Earn up to **4,000 Bonus Points** by reaching healthy targets in cholesterol, blood sugar, BMI, and blood pressure!
- ❖ **Preventive care, simplified:** *My Care Checklist* in the Personify Health app makes it easier to stay on top of preventive care AND provides more opportunities to earn incentive points!
- ❖ **Spouse/partner participation bonus:** When a covered spouse or domestic partner completes a Biometric Screening and Health Assessment, the employee earns **5,000 Wellness Incentive points!**

MCWOW looks forward to supporting employees as they use the **Personify Health** platform to access wellness resources, track preventive care, and earn incentives that support their overall wellbeing. Click [here](#) to learn more about our **2026 Wellness Incentive Program**, or contact mcwow@mendocinocounty.gov for more information.





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“Spring Into Motion” Wellness Challenge

This spring, County employees are invited to participate in the County-wide *Spring Into Motion* Wellness Challenge, a 6-week physical activity program that makes it fun and rewarding to move more. Through an interactive and dynamic platform, participants will explore seasonal themes such as wildlife, blooming landscapes, and spring destinations—while earning **3,500 Wellness Incentive Points** along the way. Registration opens **February 17th**, and you can click [here](#) to learn more.

EAP Resources for Tax Season

The County provides ALL employees AND members of their household with access to a robust **Employee Assistance Program** (EAP) through a partnership with Magellan Health. One of the many benefits of the EAP is **Financial Counseling** with a My Secure Advantage (MSA) Money Coach. Following are some of the financial benefits through our EAP:

- ❖ Team up with a Money Coach for **three FREE visits** per topic, per family member, per year
- ❖ **Save 25%** on DIY online **tax filing services** or assisted tax prep through Liberty Tax
- ❖ Create an MSA online account for access to premium articles, video courses, financial calculators, and more!

