

## **EMPLOYEE WELLNESS PROGRAM**



### **Wellness Incentive Program:**

At the County of Mendocino, we promote employee well-being with [Policy 29](#). This policy allows our workforce to use County time to participate in MCWOW activities such as on-site biometric screenings, an online health risk assessment, and educational courses, emphasizing our commitment to foster a workplace culture that values and promotes the overall health of our employees.

While the Wellness Incentive Program is tailored for employees enrolled in the County health plan, we encourage all County employees to actively participate in the broader Wellness Program.



### **Spring *Nourish* Challenge (March 4<sup>th</sup> – April 14<sup>th</sup>):**

Engaging in MCWOW's wellness challenges is a fun way for County employees to accumulate points and qualify for the \$500 incentive towards their 2025 County health plan premium.

Registration for the 2024 *Nourish* wellness challenge opened on February 5th, with the challenge kicking off on March 4th. This challenge encourages participants to eat *more* nutrient-rich and *less* nutrient-deficient food to increase energy, lift mood, and sharpen focus... a great way to enhance well-being and resilience in all areas of life. Registration closes Monday, March 18<sup>th</sup>.

Wellness challenges provide a platform for interaction and mutual support among staff County-wide, as well as another way to earn Wellness Incentive points. Participants earn **4,000 points** when they achieve the goal of **20 plants** for the spring challenge! Discover more about the *Nourish* challenge [here](#).