



MENDOCINO COUNTY WORKING ON WELLNESS

September County Benefits Training

Learn what's new in the Wellness Program and refresh your knowledge of our Employee Assistance Program

MCWOW, the County Health Benefits Team, and MCERA collaborate twice each year to help employees better understand and use their County benefits. The next virtual training will be held **September 17 from 1:00 to 4:00 p.m.** [Registration is open now.](#)

The **Wellness Program** offers relevant and supportive resources designed to enhance each employee's overall wellbeing. The training will feature a live demonstration of the Personify Health platform including ways to **easily earn incentive points**. Personify Health provides helpful tools that can be used in daily life including access to **live wellbeing coaches, nicotine replacement therapy, habit tracking, and media that contains workouts from FitOn**. Come learn more about it!

Even if an employee is **not on the County health plan, they can participate in the Wellness Program**. For those on the County health plan, their **spouse or domestic partner can** participate in the journey to better health.

Employees will also receive a refresher on the County's **Employee Assistance Program (EAP)** and a live demonstration of the Magellan Health website. The County offers EAP services for **general employees** and a specialized program for **law enforcement personnel** and their families, providing access to counselors experienced in the unique needs of the law enforcement community.

County employees, and their spouses or domestic partners, are encouraged to attend and discover how these valuable benefits can support their health, wellbeing, and quality of life.





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County-wide Fall Wellness Challenge

Sign up now to join “Work of Art” – and don’t worry, you don’t need to be an artist!

Registration is now open for MCWOW’s 4-week **Work of Art** Fall Wellness Challenge which runs from **October 5 through November 1, 2026**.

Through simple, engaging activities centered on **mindfulness, optimism, gratitude, and connection**, participants will explore ways to strengthen resilience, boost happiness, and support their overall wellbeing.

The challenge is open to **all County employees and covered spouses or domestic partners**. No previous participation in MCWOW or the Wellness Incentive Program is required. Participants can join for the experience, connect with colleagues, and have some fun—while eligible employees can also **earn Wellness Incentive Points**.

[Sign up today](#) and make your wellbeing a *Work of Art*!

MCWOW Flu Shot Clinics

Protect yourself. Protect your community.

MCWOW will host flu shot clinics at County locations in Ukiah, Fort Bragg, and Willits starting with a clinic for Sheriff’s Office personnel on **September 23rd**. Vaccinations are administered by County Public Health staff and are OK for County time. Registration is now open -- employees can [view the schedule and sign up here](#). Walk-ins are also welcome.

