

Employee Wellness and Professional Development Opportunities

Supporting Employee Wellbeing Through Magellan Health EAP

Mendocino County's Employee Assistance Program (EAP), provided by Magellan Health, offers employees a variety of free wellness and professional development trainings. These educational opportunities support employee wellbeing, strengthen interpersonal relationships, and provide practical skills that benefit employees both professionally and personally.

- **November 18 – Manager's Guide to Self-Care**
  Live Magellan Healthcare training focused on helping supervisors balance their own well-being with the demands of leadership
  Participants earn 500 points toward the 2027 Wellness Incentive Program
- **November 19 – Healthy Boundaries, Healthy Relationships**
  Presented by LifeCare | *Recording available after the training*
- **November 24 – Understanding Emotional Eating**
  Presented by LifeCare | *Recording available after the training*
- **December 16 – Effective Presentation & Public Speaking Skills**
  Live Magellan Healthcare training designed to build confidence and strengthen workplace communication skills.
  Participants earn 500 points toward the 2027 Wellness Incentive Program

LifeCare, a work-life services partner of Magellan Health, provides additional educational resources, including recorded webinars that employees can access at their convenience.



Discover LifeMart

Additional Employee Benefits Through Magellan Health EAP

Mendocino County employees have access to more than confidential counseling through the County's Magellan Health Employee Assistance Program (EAP). Among the additional benefits is **LifeMart**, an online, members-only discount program designed to help employees save money on everyday purchases, services, and experiences.

LifeMart provides exclusive discounts in a variety of categories, including:

- **Travel and Vacations:** Hotels, rental cars, attractions, and more.
- **Entertainment:** Movie tickets, theme parks, and family activities.
- **Shopping:** Clothing, electronics, gifts, and everyday purchases.
- **Health and Wellness:** Fitness-related products and services.
- **Home and Auto:** Discounts on select household products and services.

With the holiday season approaching, LifeMart offers employees opportunities to save on gifts, travel, entertainment, and other seasonal expenses. These discounts can also provide savings throughout the year, helping employees make everyday life a little more affordable.

Accessing LifeMart: Employees can visit member.magellanhealthcare.com, select **My Benefits** to browse the site, and look for the pink piggy bank icon labeled **LifeMart Discount Center**.