

MENDOCINO COUNTY

WORKING ON WELLNESS

Mendocino County Working on Wellness

ON-SITE BIOMETRIC HEALTH SCREENINGS



Each year, Mendocino County Working on Wellness ([MCWOW](#)) offers free [biometric health screenings](#) to County health plan members **and** their covered spouses or domestic partners. In just 20 minutes, employees receive important health insights and **confidential** results, all during County time for easy participation.

These screenings are **required** to qualify for the [Wellness Incentive Reward](#) of up to **\$500 off** 2026 County health plan premiums.

As of mid-July, **415 employees** have registered for a screening. With *only four screening events left*, time is running out to earn this valuable incentive!

Employee Assistance Program

DISCOUNT CENTER



Through Magellan Health, the County's [employee assistance program](#) provider, County employees have access to the **LifeMart Discount Center**. This site offers discounts on travel, hotels, electronics, food & groceries, and more. With summer in full swing, this is a great time to check out discounts at theme parks, water parks, movies, and sporting events – there's something for everyone! Log in to your [Magellan Health](#) account or browse as a guest. Under "My Benefits," look for the pink piggy bank.



MENDOCINO COUNTY

WORKING ON WELLNESS

Blue Zones Approved Worksite WALKING MOAIS



In collaboration with [Blue Zones](#), MCWOW introduced walking moai's at multiple County offices. As a result of these moais, four break-time walking moais have been established: one at Social Services in Willits, another at Social Services in Ukiah, one at CareerPoint Mendocino in Ukiah, and one at the County Administration Building in Ukiah. Each group has between 12-20 participants, and staff are enjoying the opportunity to take a break and connect with co-workers in a fun, lighthearted atmosphere. Here are some comments we have received about the moais:

"I would love to share how my energy and connection with my co-workers has increased since the walking together started. I literally look forward to Wednesdays and how we all file out together walking proudly for the County and ourselves. It just feels good."

"For me, the Walking MOAI has solidified our already tight-knit group. We have seen positive outcomes strengthening our communication as a larger group by walking and talking every week. I have seen deeper bonds created and group support making sure no one is left behind."

[Moai](#), meaning "meeting for a common purpose," inspires a variety of gatherings, such as purpose-driven moais, potlucks, restaurant outings, and hiking groups. For more information or to start your own moai within the County organization, please contact mcwow@mendocinocounty.gov.

