



Employee Health Benefits

Health Benefits Updates

Health Benefits, Wellness, and Retirement recently hosted a training session highlighting key resources and important benefit information. During the session, Health Benefits reviewed tools available to employees, including the [Benefits Bookshelf](#) and plan contacts.

If you weren't able to attend, don't worry—we will be offering a similar training in September. Look out for registration information!

In the meantime, you're always welcome to reach out with questions or feedback. Please contact Employee Health Benefits at employeehealthbenefits@mendocinocounty.gov.

Did You Know?

You can learn more about your vision benefits by creating an account on VSP.com, where you can view your in-network coverage and find a doctor that's right for you. Once you're set up, it's easy to take the next step and schedule your annual eye exam—an important part of your overall health, as exams can help detect signs of more than 270 diseases.

When you visit your provider, you can quickly access your virtual VSP Member ID card through the VSP portal or mobile app. Scan the QR code below to get started!



Scan to Download!

Scan the QR code to make the most of your vision benefits!