

EARN \$500 OFF YOUR 2025 HEALTH PLAN PREMIUMS* WITH THE 2024 WELLNESS INCENTIVE PROGRAM



LIVE HEALTHY, GET REWARDS!

Earn 50,000 points by 11/15/2024

Biometric Health Screening (Required)	20,000 pts (20,000 max)
Health Check (Required)	20,000 pts (20,000 max)
Spring Nourish Wellness Challenge	4,000 pts (4,000 max)
Fall Walktober Fitness Challenge	3,000 pts (3,000 max)
Flu Shot Vaccination	2,000 pts (2,000 max)
Preventative Care Exam	2,000 pts (3 exams/6,000 max)
Online Digital Coaching Journey	1,500 pts per Journey (9,000 max)
Telephonic Coaching Session	1,500 pts per session (9,000 max)
Tobacco Free Attestation	1,000 pts (1,000 max)
Wellness Classes/Webinars	600 pts per class (6,000 max)
Physical Activity	Up to 140 pts per day

*A total of up to \$500 is provided off your 2025 Health Plan premiums (pro-rated over 26 pay periods) and is reflected on your bi-weekly paychecks.

QUESTIONS?

Contact MCWOW @ 707-234-6600
or mcwow@mendocinocounty.gov



pulse



2024 WELLNESS INCENTIVE PROGRAM

GETTING STARTED

Who Can Participate

All employees and spouses/domestic partners, covered on the County health plan, are eligible to participate in the wellness program; however, only covered employees are eligible to earn rewards.

How to Join

1. Go to join.virginpulse.com/mcwow
2. Accept the Terms & Conditions
3. Download the Virgin Pulse mobile app from the App Store or Google Play



Don't Miss Out

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

BIOMETRIC HEALTH SCREENING (required) 20,000 Points

Biometric Screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI) and waist measurement. You may complete your 20 minute screening at an upcoming onsite event (Ok for County Time), or by visiting your physician. Visit the [Benefits](#) page on Virgin Pulse to register. Registration opens May 2024.

HEALTH CHECK (required) 20,000 Points

The Health Check asks questions about your current health status and wellbeing habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your well-being. You'll find the survey under the [Health](#) section on Virgin Pulse. OK for County Time.

GETTING ONLINE IS EASY!

Scan the QR Codes below using your smartphone to easily view the Enrollment guide, Mobile app guide or download the Virgin Pulse website User guide.

ENROLLMENT GUIDE



MOBILE APP GUIDE



WEBSITE USER GUIDE



BIOMETRIC HEALTH SCREENING

20,000 Points / Required

When you learn important numbers like cholesterol and blood pressure, you've got a powerful starting point on your journey to improved health and wellbeing. One of your two yearly requirements, a biometric screening is an easy way to keep track of your health over time.

Head to your **Benefits** page on Virgin Pulse to schedule a screening at one of the locations below.

Registration opens May 2024.

Screening Location

Date

Time

Social Services - Big Sur Conference Room 747 South State Street, Ukiah	6/05/2024	7am - 11am
Ukiah Administration Building - Conference Room C 501 Low Gap Road, Ukiah	6/06/2024	7am - 11am
Social Services - Big Sur Conference Room 747 South State Street, Ukiah	6/26/2024	7am - 11am
WISC Building - Atlantic Conference Room 472 East Valley Street, Willits	6/27/2024	7am - 11am
Fort Bragg Library - Community Room 499 East Laurel Street, Fort Bragg	7/10/2024	7am - 11am
Public Health - Conference Room 1 1120 South Dora Street, Ukiah	7/11/2024	7am - 11am
Social Services - Big Sur Conference Room 747 South State Street, Ukiah	7/24/2024	7am - 11am
Ukiah Administration Building - Conference Room C 501 Low Gap Road, Ukiah	7/25/2024	7am - 11am
Social Services - Big Sur Conference Room 747 South State Street, Ukiah	8/28/2024	7am - 11am
Ukiah Administration Building - Conference Room C 501 Low Gap Road, Ukiah	8/29/2024	7am - 11am
Sheriff's Office Training Center - Donovan Room 951 Low Gap Road, Ukiah (for MCSO/Probation employees only)	9/18/2024	7am - 9:30am
Department of Transportation Yard 340 Lake Mendocino Drive, Ukiah (for DOT employees only)	9/19/2024	7am - 9:30am

Can't make it to an onsite screening event?

You can also have your physician perform your screening. You must use the Biometric Screening scheduler on Virgin Pulse by visiting the **Benefits** page. There you can download your Physician Screening form for your physician to complete. Your Biometric Screening must be performed no later than 11/15/2024. Physician Screening Forms must be uploaded to ehealth online no later than 11/15/2024 for incentive credit.



NOURISH WELLNESS CHALLENGE (Mar-Apr 2024) 4,000 Points

Nourish helps build and reinforce healthy eating, sleep, exercise, and mindfulness habits - leading to the healthiest you. Say goodbye to restrictive diets and hello to a nourishing lifestyle with this 6 week challenge. Everyone who grows 20 plants during the challenge will be awarded 4,000 incentive points. Visit the [Benefits](#) page on Virgin Pulse to get started. Registration opens in February.



WALKtober Fitness Challenge (Oct 2024) 3,000 Points

In the 4-week "WALKtober" challenge, you'll make the most of the fall season by going on a virtual tour of Autumn's most vibrant landscapes by focusing on physical activity. Experience the beauty of the season with vivid images from breathtaking autumn hot spots around the world. Earn 3,000 incentive points when you collect at least 10 leaves during the challenge. Visit the [Benefits](#) page on Virgin Pulse to get started. Registration opens in September.

TELEPHONIC HEALTH COACHING 1,500 Points per session

If you could improve anything about your life or health, what would it be? Coaching allows you to choose from an array of topics—whatever is most important to you. Whether you're looking to improve your eating habits, get more physical activity, quit smoking, lose weight, or manage a health issue, our FREE health coaches are here for you. Visit the [Benefits](#) page on Virgin Pulse to sign up. Earn 1,500 points per coaching session. Visit the [Health](#) section on the Virgin Pulse website to get started.

ONLINE DIGITAL COACHING JOURNEYS 1,500 Points per session

Want to get a better night's sleep? Exercise more? Reduce your stress? Reaching a personal health goal starts with a single step. Digital Coaching Journeys® are daily, self-guided courses to help you build healthy habits. You can use the digital online coaching tool to make simple changes to your health and build daily habits, one step at a time. Get a motivation boost, read evidence-based tips—and start experiencing real results. Take that first step by starting a Journey today and earn points for up to 6 completed Journeys®. Visit the [Health](#) section of the Virgin Pulse website to get started.

NUTRITION GUIDE 20 Points daily/300 Points Monthly

Access the Nutrition Guide to choose your eating profile and we'll serve up plenty of tips and recipes to help you find healthy and delicious options. Visit the [Health](#) tab on Virgin Pulse to start your journey to eating better.

DAILY CALORIE TRACKING
CONNECT CALORIE TRACKER
CHOOSE YOUR EATING TYPE

20 POINTS (up to 300 Points per month)
100 POINTS
250 POINTS

SLEEP GUIDE 70 Points daily/300 Points Monthly

With the VirginPulse Sleep Guide, you can track your sleep patterns and discover tips to help you improve, all while earning incentive points. Access the Sleep Guide on Virgin Pulse by clicking on the [Health](#) tab.

DAILY SLEEP TRACKING
SLEEP MORE THAN 7 HRS PER NIGHT
CHOOSE YOUR SLEEP PROFILE

20 POINTS (up to 200 Points per month)
50 POINTS (up to 500 Points per month)
250 POINTS

PHYSICAL ACTIVITY

Up to 140 Points per day

Move, play, stretch. Feel the momentum each day to get fit and build an active lifestyle - and earn points while you do it.

EARN POINTS AUTOMATICALLY FOR STEPS

Connect an eligible personal activity tracker to the Virgin Pulse website by visiting [Devices and Apps](#) and earn points automatically, for steps taken, as you go. Earn 10 points for every 1,000 steps you take (up to 140 points per day).

LOG YOUR ACTIVITY MANUALLY

You can also track minutes of physical activity manually by visiting the [Stats](#) section (under Home) on the Virgin Pulse website and logging a "Workout". Log your physical activity in 15, 30 or 45 minute increments by choosing from a variety of activities.

15 workout minutes = 70 points
30 workout minutes = 100 points
45 workout minutes = 140 points

**Participants must log physical activity within 14 days for incentive credit.

FLU SHOT VACCINATION

2,000 Points

The best way to avoid getting the flu is to get vaccinated—and encourage family, friends and coworkers to do the same. Get a free flu shot in the fall of 2024 and earn 2,000 incentive points as a reward. Registration opens September 2024. Visit the [Benefits](#) page on Virgin Pulse to schedule your appointment using the 2024 Free On-site Flu Shot Scheduler.

Please note: If you cannot attend an onsite MCWOW flu shot clinic, you can receive credit for an off-site flu shot by visiting the Benefits page on Virgin Pulse to complete the attestation form. No proof required.

ADDITIONAL ACTIVITIES

Prioritize and personalize your experience by engaging in resources to help you improve your wellbeing

DAILY CARDS

20 Points per Card

Get Helpful tips that are relevant to your current interests and goals.

SET YOUR INTERESTS

100 Points

Choose which topics you're interested in. Your topics help personalize the content you see. Once you've done this, check the Pillars section under the MORE tab.

TRACK YOUR HEALTHY HABITS

10 Points per Healthy Habit

Select healthy habits to work toward and track your progress every day.

MEDIA LIBRARY

50 Points per media/200 Points per month

The media library contains a large catalog of concise videos and audio, curated by a diverse team of trainers and coaches designed to help you meet your personal health and well-being goals.

PREVENTATIVE CARE EXAMS

2,000 Points per Exam

Routine checkups, preventative screenings and vaccines are essential to reducing illness and detecting issues early. Earn points for completing your Preventative Care Exam. Examples include: Well Person exam, Physical, Gender specific exams (PSA, Pap smear, Mammogram etc), Colon cancer exam, Vision exam or Dental cleaning. Now you can record up to 3 exams on Virgin Pulse by visiting the [Benefits](#) page.





2024 WELLNESS CLASSES & WEBINARS

600 Points per Class

Attend a wellness class or webinar and earn 600 points! Visit us online at www.mendocinocounty.org/hr/mcwow to register for any of the classes below. You can also register on the Virgin Pulse website by viewing the [Events Calendar](#).

Getting Control of Emotional Eating

* WEBINAR

Wed, January 10th
11:00am - 11:45am

Balancing Your Financial and Emotional Wellbeing

* WEBINAR

Wed, March 13th
11:00am - 11:45am

Thriving in a Multi-Generational Workforce

* WEBINAR

Wed, June 12th
11:00am - 11:45am

Using Self-Coaching to Achieve Your Health & Wellness Goals

Ukiah Admin Bldg
Thurs, September 12th
1:30pm - 2:30pm

Understanding and Responding to Workplace Bullying

Ukiah Admin Bldg
Thurs, January 18th
1:30pm - 2:30pm

Understanding Neuro-Diversity in Your Personal & Work Life

* WEBINAR
Wed, April 10th
11:00am - 11:45am

Becoming a Successful Team Player

Ukiah Admin Bldg
Thurs, June 13th
9:00am - 10:00am

Feeling Stuck? Get Unstuck

* WEBINAR
Wed, October 9th
11:00am - 11:45am

Teenager and Young Adult Mental Health Awareness

* WEBINAR
Wed, February 14th
11:00am - 11:45am

Navigating Remote and Hybrid Work

Ukiah Admin Bldg
Wed, April 24th
9:00am - 10:00am

Social Media and Mental Health

* WEBINAR
Wed, July 10th
11:00am - 11:45am

Combatting Caregiver Burnout

Wed, October 30th
Fort Bragg Library
10:30am - 11:30am
&
Ukiah Admin Bldg
3:00pm - 4:00pm

Cultivating Civility in Your Work Environment

Ukiah Admin Bldg
Thurs, February 15th
9:00am - 10:00am

Daily Stress Balance & Work-Life Survival Guide

Thur, May 2nd
Ukiah Admin Bldg
8:30am - 9:30am
&
Fort Bragg Library
2:00pm - 3:00pm

Protecting Childrens' Emotional Wellbeing

* WEBINAR
Wed, August 14th
11:00am - 11:45am

How to Thrive This Holiday Season

Ukiah Admin Bldg
Wed, November 6th
9:00am - 10:00am

Managing Anxiety and Worry During Uncertain Times

Thurs, March 7th
Fort Bragg Library
10:30am - 11:30am
&
Ukiah Admin Bldg
3:00pm - 4:00pm

Changing Your Perceptions to Positively Impact Your Wellbeing

* WEBINAR
Wed, May 8th
11:00am - 11:45am

Social Drinking Versus Problem Drinking: What's the Difference?

* WEBINAR
Wed, September 11th
11:00am - 11:45am

Managing Intense Emotions in the Moment

* WEBINAR
Wed, November 13th
11:00am - 11:45am

* To receive incentive points for webinars, you must submit your certificate of completion to mcwow@mendocinocounty.gov



2024 SUPERVISOR WELLNESS CLASSES & WEBINARS

600 Points per Class

If you are in a supervisory position, you can now earn 600 incentive points by attending a supervisory class or webinar! Visit us online at www.mendocinocounty.org/hr/mcwow to register for any of the classes below. You can also register on the Virgin Pulse website by viewing the [Events Calendar](#).

Cultivating Workplace Civility for Leaders

Ukiah Administration Bldg

Thurs, February 15th

10:30am - 11:30am

Tips for Managing Change in the Workplace

* WEBINAR

Wed, March 27th

11:00am - 11:45am

Managing and Supporting a Remote or Hybrid Team

Ukiah Administration Bldg

Wed, April 24th

10:30am - 11:30am

Team Building Strategies for Leaders

Ukiah Administration Bldg

Thurs, June 13th

10:30am - 11:30am

Engaging a Multigenerational Workforce

* WEBINAR

Wed, June 26th

11:00am - 11:45am

Coaching Employees to Improve Performance and Engagement

* WEBINAR

Wed, September 25th

11:00am - 11:45am

Helping Your Employees Manage Workplace Stress

Ukiah Administration Bldg

Wed, November 6th

10:30am - 11:30am

* To receive incentive points for webinars, you must submit your certificate of completion to mcwow@mendocinocounty.gov





Questions?

Call MCWOW or Virgin Pulse for assistance

Mendocino County Working on Wellness

501 Low Gap Road, Room 1326, Ukiah

Ph: 707-234-6600 | www.mendocinocounty.org/hr/mcwow

mcwow@mendocinocounty.gov

Virgin Pulse

Ph: 888-671-9395 (M-F, 5am-6pm) | Live chat (M-F, 2am-9pm)

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