



Earn \$500 off
your 2026 health
plan premiums*

2025 WELLNESS INCENTIVE PROGRAM

Live healthy, get rewards

Earn 50,000 points by November 15, 2025

Biometric Health Screening (Required)	20,000 pts (20,000 max)
Health Check (Required)	20,000 pts (20,000 max)
Coast to Coast Spring Fitness Challenge	3,500 pts (3,500 max)
Good Nurtured Fall Wellness Challenge	3,500 pts (3,500 max)
Flu Shot Vaccination	2,000 pts (2,000 max)
Preventive Care Exam	2,000 pts (3 exams/6,000 max)
Journeys® Online Digital Coaching	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	500 pts per class (5,000 max)
Volunteer/Community Service	250 pts (1,000 max)
Support Local Healthy Eating	500 pts (500 max)
Physical Activity	Up to 140 pts per day

*A total of up to \$500 is provided off your 2026 County Health Plan premiums (prorated over 26 pay periods) and is reflected on your biweekly paychecks.



2025 Incentive Program

The Personify Health wellbeing program helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

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

- Go to join.personifyhealth.com/mcwow
- Accept the terms and conditions
- Download the Personify Health 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 Personify Health app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Biometric screening (20,000 points/required)

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 in your app to register. Registration opens May 2025.

Complete the Health Check (20,000 points/required)

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 wellbeing. You'll find the survey under the [Health](#) tab. 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 Personify Health user guide.

Enrollment guide:



Mobile app guide:



User guide:



Biometric 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 in the Personify Health app to schedule a screening at one of the locations below.

Registration opens May 2025.

Screening Location	Date	Time
Social Services - Big Sur Conference Room 747 South State Street, Ukiah	June 4, 2025	7 am–11 am
Ukiah Administration Building - Conference Room C 501 Low Gap Road, Ukiah	June 5, 2025	7 am–11 am
Social Services - Big Sur Conference Room 747 South State Street, Ukiah	June 25, 2025	7 am–11 am
WISC Building - Atlantic Conference Room 472 East Valley Street, Willits	June 26, 2025	7 am–10 am
Social Services - Big Sur Conference Room 747 South State Street, Ukiah	July 23, 2025	7 am–11 am
Ukiah Administration Building - Conference Room C 501 Low Gap Road, Ukiah	July 24, 2025	7 am–11 am
Fort Bragg Library - Community Room 499 East Laurel Street, Fort Bragg	August 6, 2025	7 am–11 am
Public Health - Conference Room 1 1120 South Dora Street, Ukiah	August 7, 2025	7 am–11 am
Social Services - Big Sur Conference Room 747 South State Street, Ukiah	August 27, 2025	7 am–11 am
Ukiah Administration Building - Conference Room C 501 Low Gap Road, Ukiah	August 28, 2025	7 am–11 am
Sheriff's Office Training Center - Donovan Room 951 Low Gap Road, Ukiah (For MCSO/Probation employees only)	September 24, 2025	6 am–9 am
Department of Transportation Yard 340 Lake Mendocino Drive, Ukiah (for DOT employees only)	September 25, 2025	7 am–10 am

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 Personify Health 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 November 15, 2025. Physician Screening Forms must be uploaded to eHealth online no later than November 15, 2025, for incentive credit.

Engage in activities that fit your interests

Learn easy ways to get more active, eat well and manage life's ups and downs—every day!



Coast to Coast Spring Fitness Challenge

(March–April 2025) 3,500 points

This fun-filled, nostalgic road trip will take you across the U.S. to some of America's most exciting vacation destinations. You'll view postcard-perfect images and awesome descriptions as you build wellbeing habits that last long after the journey is over. Everyone who earns 75 points through physical activity and healthy behaviors will earn 3,500 incentive points. Visit the [Benefits](#) page on Personify Health to get started. Registration opens in February.



Good Nurtured Fall Wellness Challenge

(September–October 2025) 3,500 points

Did you know that simple acts of kindness, graciousness, and civility not only brighten your day but also boost your health? That's right—they can reduce stress, increase optimism and build resilience! During this 6-week challenge, we invite you to embark on a fun, inspiring journey to nurture your wellbeing with our Good Things Challenge. Everyone who completes a total of at least 40 Good Things will receive 3,500 incentive points. Visit the [Benefits](#) page on Personify Health to get started. Registration opens in August.

Journeys®: Online Digital Coaching

1,500 points per session

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time. Journeys are daily, self-guided courses to help you build healthy habits. Take that first step by starting a Journey today and earn points for up to 6 completed Journeys. Visit the [Health](#) section of the Personify Health website to get started.

Telephonic Health Coaching

1,500 points per session

Talk to a coach over the phone to set goals and get one-on-one support, expert guidance and answers to your questions. 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. Earn 1,500 points per coaching session. Visit the [Health](#) section on the Personify Health website to get started.

Sleep Guide

70 points daily/300 points monthly

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest. Access the Sleep Guide on Personify Health on the [Health](#) tab.

- Daily sleep tracking: 20 points (up to 200 points per month)
- Sleep >7 hours per night: 50 points (up to 500 points per month)
- Choose your sleep profile: 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 Personify Health 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 Personify Health 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 2025 and earn 2,000 incentive points as a reward. Registration opens September 2025. Visit the [Benefits](#) page on Personify Health to schedule your appointment using the **2025 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 Personify Health to complete the attestation form. No proof required.

Preventive care exams

2,000 points per exam

Routine checkups, preventive screenings and vaccines are essential to reducing illness and detecting issues early. Earn points for completing your preventive care exams. Examples include: a well-person exam, a physical, gender-specific exams (PSA, pap smear, mammogram, etc.), a colon cancer exam, a vision exam or dental cleaning. Now you can record up to 3 exams on Personify Health by visiting the [Benefits](#) page.

Additional activities

Prioritize and personalize your experience by engaging in resources to help 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.

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 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 wellbeing goals.



Volunteer/Community Service

250 points per hour of service



Engaging in community service offers several benefits to your wellbeing including improved mental health, a feeling of belonging through social connections and an enhanced sense of purpose. You will often learn new skills or take on leadership roles, which can improve confidence and foster personal growth, while promoting community wellbeing. It's a win-win situation!

Here are some different ways that you can give of yourself and your time while earning incentive points:

Volunteering at Local Nonprofits

Earn points for spending time volunteering at a local non-profit such as a food bank, animal shelter, community center, etc. (non-profit organizations include churches, public schools, public charities, public clinics and hospitals, amateur sports organizations, political organizations, legal aid societies, volunteer services, labor unions, professional associations, research institutes, museums and some governmental agencies).

Participating in Community Clean-Up Events

Earn points by joining neighborhood clean-up drives, park restoration projects, beach clean-ups and more.

Mentoring or Tutoring

Earn points for mentoring youth, providing tutoring sessions, participating in Big Brothers Big Sisters programs and more.

Serving on a Nonprofit Board/Committee or County Leadership Team

Earn points for being an active member of a nonprofit board/committee or County Leadership Team, contributing to its mission and operations.

You can record up to 4 hours of service on Personify Health by visiting the [Benefits](#) page.



Support local healthy eating

500 points



Eating fresh, locally sourced foods can lead to better nutrition, boosting energy levels, improving focus and enhancing overall wellbeing. Choosing local foods also reduces the carbon footprint by cutting down on transportation and packaging, making it an easy way to contribute to sustainability efforts. Visit the [Benefits](#) page on Personify Health to record one of the following local healthy eating activities:

Shop at a local farmer's market

Earn 500 points for purchasing fresh produce and goods from local farmer's markets 5 times in a year.

Subscribe to a Community Supported Agriculture (CSA) program

Earn 500 points for subscribing to and receiving 5 or more regular deliveries from a CSA program.

Grow your own fruits, vegetables or herbs

Earn 500 points for maintaining a home or community garden where you grow your own produce.

Purchase organic or sustainable products

Earn 500 points for buying organic or sustainably sourced food items 5 times in a year, whether from a grocery store or an online marketplace.

Participate in healthy cooking classes

Earn 500 points for attending 1 or more workshops or classes focused on healthy, sustainable cooking.

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 Personify Health to start your journey to eating better.

- Daily calorie tracking: 20 points (up to 300 points monthly)
- Connect calorie tracker: 100 points
- Choose your eating type: 250 points





Questions?

Mendocino County Working on Wellness

501 Low Gap Road, Room 1326, Ukiah

Phone: 707-234-6600 | <https://mendocinocounty.gov/hr/mcwow>

mcwow@mendocinocounty.gov

Personify Health

Check out support.personifyhealth.com

Live chat: Monday–Friday, 5 am–6 pm PT

Give us a call: 888-671-9395

Monday–Friday, 5 am–6 pm PT

Send us an email: support@personifyhealth.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.personifyhealth.com and search **Medical Exceptions**.

