



Earn \$500 off  
your 2027 health  
plan premiums\*

2026 WELLNESS INCENTIVE PROGRAM

Live healthy, get rewards

In 2026, commit to your wellbeing and unlock greater rewards by prioritizing heart health and essential preventive care.

Earn 50,000 points by November 15, 2026

|                                          |                                   |
|------------------------------------------|-----------------------------------|
| Biometric Health Screening (Required)    | 18,000 pts (22,000 max)**         |
| Health Assessment (Required)             | 18,000 pts (18,000 max)           |
| County-wide Spring Wellness Challenge    | 3,500 pts (3,500 max)             |
| County-wide Fall Wellness Challenge      | 2,500 pts (2,500 max)             |
| Preventive Care Exam (Includes Flu Shot) | 2,000 pts (8,000 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             |

NEW! Bonus Opportunities for 2026

Healthy Targets Bonus

\*\*Earn up to 4,000 bonus points when you reach healthy targets!

|                               |           |
|-------------------------------|-----------|
| Blood pressure below 140/90   | 1,000 pts |
| BMI under 30                  | 1,000 pts |
| Fasting blood sugar under 100 | 1,000 pts |
| LDL cholesterol under 130     | 1,000 pts |

Spouse/Partner Wellness Bonus

Earn 5,000 bonus points when your covered spouse or domestic partner completes their own **Biometric Screening** and **Health Assessment!**

\*A total of up to \$500 is provided off your 2027 County health plan premiums (prorated over 26 pay periods) and is reflected on your biweekly paychecks.



# 2026 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** are welcome to take part in the wellness program. However, only those covered by the County health plan are eligible to earn rewards. **Spouses and domestic partners** covered by the County health plan are encouraged to participate as well.

**NEW!** Because spouses and domestic partners play an important role in their partner's overall wellbeing, their involvement also helps their partner earn **5,000 incentive points** when they complete a **Biometric Screening** and **Health Assessment!**

## How to join

- Go to [join.personifyhealth.com/mcwow](https://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 (18,000 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 April 2026.

### Complete the Health Assessment (18,000 points/required)

The Health Assessment 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 (Required)

18,000 points



Knowing your key health numbers, like cholesterol and blood pressure, gives you a strong foundation for improving your overall wellbeing. A biometric screening, one of your two annual requirements, is a simple and effective way to monitor 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 April 2026.

| Screening Location                                                                                           | Date               | Time       |
|--------------------------------------------------------------------------------------------------------------|--------------------|------------|
| Fort Bragg Library—Community Room<br>499 East Laurel Street, Fort Bragg                                      | May 6, 2026        | 7 am–10 am |
| WISC Building—Atlantic Room<br>472 East Valley Street, Willits                                               | May 7, 2026        | 7 am–10 am |
| Social Services—Big Sur Conference Room<br>747 South State Street, Ukiah                                     | May 20, 2026       | 7 am–10 am |
| Ukiah Administration Building—Conference Room C<br>501 Low Gap Road, Ukiah                                   | May 21, 2026       | 7 am–10 am |
| Social Services—Big Sur Conference Room<br>747 South State Street, Ukiah                                     | June 17, 2026      | 7 am–10 am |
| Ukiah Administration Building—Conference Room C<br>501 Low Gap Road, Ukiah                                   | June 18, 2026      | 7 am–10 am |
| Social Services—Big Sur Conference Room<br>747 South State Street, Ukiah                                     | July 15, 2026      | 7 am–10 am |
| Ukiah Administration Building—Conference Room C<br>501 Low Gap Road, Ukiah                                   | July 16, 2026      | 7 am–10 am |
| Public Health—Conference Room 1<br>1120 South Dora Street, Ukiah                                             | August 12, 2026    | 7 am–10 am |
| Fort Bragg Library—Community Room<br>499 East Laurel Street, Fort Bragg                                      | August 13, 2026    | 7 am–10 am |
| Social Services—Big Sur Conference Room<br>747 South State Street, Ukiah                                     | August 26, 2026    | 7 am–10 am |
| Ukiah Administration Building—Conference Room C<br>501 Low Gap Road, Ukiah                                   | August 27, 2026    | 7 am–10 am |
| Sheriff's Office Training Center—Donovan Room<br>951 Low Gap Road, Ukiah (For MCSO/Probation employees only) | September 23, 2026 | 6 am–10 am |
| Department of Transportation Yard<br>340 Lake Mendocino Drive, Ukiah (for DOT employees only)                | September 24, 2026 | 7 am–10 am |

## NEW! Bonus Opportunities for 2026

### Healthy Targets Bonus

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| Fasting blood sugar under 100 | 1,000 pts |
| LDL cholesterol under 130     | 1,000 pts |

### Spouse/Partner Wellness Bonus

Earn **5,000 bonus points** when your covered spouse or domestic partner completes their own **Biometric Screening** and **Health Assessment!**

**Can't make it to an onsite screening event?** You can also have your physician perform your screening. Use the Biometric Screening Scheduler on Personify Health by visiting the [Benefits](#) page to download your Physician Screening Form. Your biometric screening must be performed and uploaded to eHealth online no later than November 15, 2026, 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!



## Spring into Motion Wellness Challenge

**(March–April 2026) 3,500 points**

This 6-week physical activity program is a fun and inspiring way to move more. Explore a variety of Spring Things, including wildlife, beautiful blossoms, and seasonal destinations, to name a few—all while experiencing the rejuvenating physical and mental health benefits outdoor activities have to offer.

Participants who earn 72 points through healthy activities will earn 3,500 incentive points. Visit the [Benefits](#) page on Personify Health to get started. Registration opens in February.



## Work of Art Fall Wellness Challenge

**(October–November 2026) 2,500 points**

This 4-week program helps you build skills that boost happiness and resilience through science-backed habits like mindfulness, gratitude, optimism and meaningful connection. As you complete activities and track your progress by “painting” images on your device, you’ll create a personalized, art-inspired path to stronger emotional wellbeing—no artistic talent required. Participants who earn 300 points through healthy activities will earn 2,500 incentive points. Visit the [Benefits](#) page on Personify Health to get started. Registration opens in September.

## 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](#) page on Personify Health 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](#) page on Personify Health 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 & 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

**Protect yourself and those around you this flu season.**

**The most effective way to prevent the flu is by getting vaccinated—and encouraging your family, friends, and coworkers to do the same.** Get a free flu shot in fall 2026 and earn 2,000 incentive points as a reward. Registration opens September 2026. Visit the [Benefits](#) page on Personify Health to schedule your appointment.

**Please note:** If you cannot attend an onsite MCWOW flu shot clinic, you can still earn credit by logging an off-site flu shot on the [Health](#) page in Personify Health under **My Care Checklist**.

## Preventive care

### 2,000 points per activity

Routine checkups, preventive screenings and vaccines are essential for reducing illness and identifying health issues early. Examples of eligible activities include: an annual physical or well-person exam, gender-specific screenings (PSA, pap smear, mammogram, etc.), a colon cancer screening, a vision exam or dental cleaning. Now you can record up to 4 preventive care activities on Personify Health by visiting the [Health](#) page under My Care Checklist.

## 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 updated your **Topics of Interest** (under the **More** tab), head to the **Home** page and check out the **Discover** recommendations personalized just for you.

#### 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 sessions, 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](mailto:mcwow@mendocinocounty.gov)

### Personify Health

Check out [support.personifyhealth.com](https://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](mailto:support@personifyhealth.com)

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

