

# EARN \$500

OFF YOUR  
2024 HEALTH  
PLAN PREMIUMS\*



## WITH THE 2023 WELLNESS INCENTIVE PROGRAM

### LIVE HEALTHY, GET REWARDS!

### Earn 50,000 points by 11/15/2023

|  |  |
|--|--|
| <b>Biometric Health Screening</b> (Required) | <b>20,000 pts</b> (20,000 max)           |
| <b>Complete the Health Check</b> (Required)  | <b>20,000 pts</b> (20,000 max)           |
| <b>County-wide Wellness Challenge</b>        | <b>3,200 pts</b> (6,400 max)             |
| <b>Flu Shot Vaccination</b>                  | <b>2,000 pts</b> (2,000 max)             |
| <b>Preventative Care Exam</b>                | <b>2,000 pts</b> (3 exams/6,000 max)     |
| <b>Online Digital Coaching Journey</b>       | <b>1,500 pts per Journey</b> (9,000 max) |
| <b>Telephonic Coaching Session</b>           | <b>1,500 pts per session</b> (9,000 max) |
| <b>Tobacco Free Attestation</b>              | <b>1,000 pts</b> (1,000 max)             |
| <b>Wellness Classes/Webinars</b>             | <b>600 pts per class</b> (6,000 max)     |
| <b>Physical Activity</b>                     | <b>Up to 140 pts per day</b>             |

\*A total of up to \$500 is provided off your 2024 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.org](mailto:mcwow@mendocinocounty.org)



**pulse**



**Earn  
\$500 off your  
2024 Health Plan  
Premium!\***

# Build a better you

## 2023 WELLNESS INCENTIVE PROGRAM

### Who can participate?

Employees and spouses/domestic partners are invited to join.

### How to join

- Go to [join.virginpulse.com/mcwow](https://join.virginpulse.com/mcwow)
- Accept the terms and conditions
- 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.

\*A total of up to \$500 is provided off your 2024 Health Plan premiums (prorated over 26 pay periods) and is reflected on your bi-weekly paychecks.

## 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 (Required)

Biometric Screenings provide vital information about your overall health, including cholesterol, glucose, blood pressure and more. Complete your screening at an upcoming onsite event or by visiting your physician. Visit the **Benefits** page on Virgin Pulse to register. Registration opens May 2023.

### Complete the Health Check (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.

### Preventive Care Exam

Routine checkups, preventive screenings and vaccines are essential to reducing illness and detecting issues early. Earn points for completing your Preventive Care Exam. Examples include: well person exam, physical, colon cancer exam, vision exam or dental cleaning, and gender-specific exams such as PSA, pap smear and mammogram. Now you can record up to three exams on Virgin Pulse by visiting the **Benefits** page on Virgin Pulse. We no longer require a form signed by your doctor's office for credit.



## Protect yourself with a flu shot

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 2023 and earn 2,000 incentive points as a reward. Registration opens September 2023. Visit the **Benefits** page on Virgin Pulse and select **2023 Free On-site Flu Shot Scheduler**.

Please note: If you can't attend a 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.

## Rewards

You can earn \$500 off your 2024 Health Plan Premium for participating in activities.\*

For a full list of ways to earn, go to **Rewards > How to Earn**.

|                   | Ways to earn  | Points             |
|-------------------|---|--------------------|
| Yearly            | Complete the Health Check (REQUIRED)                      | 20,000             |
|                   | Complete a Biometric Screening (REQUIRED)                 | 20,000             |
|                   | Participate in a County-wide Wellness Challenge (2 times) | 3,200              |
|                   | Get a Flu shot  | 2,000              |
|                   | Complete a Preventive Care Exam (3 times)                 | 2,000              |
|                   | Complete a digital coaching Journey (6 times)             | 1,500              |
|                   | Complete a telephonic coaching appointment (6 times)      | 1,500              |
|                   | Tobacco-Free Attestation                                  | 1,000              |
|                   | Professional Skills & Webinar Classes (10 times)          | 600                |
|                   | Quarterly   | Set your interests |
| Physical activity |   | Up to 140          |
| Daily             | Do your Daily Cards                                       | 20                 |
|                   | Track your Healthy Habits                                 | 10                 |

\*A total of up to \$500 is provided off your 2024 Health Plan premiums (prorated over 26 pay periods) and is reflected on your bi-weekly paychecks.

## Additional activities

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

**Daily Cards:** Get helpful tips that are relevant to your current interests and goals.

**Journeys®:** Try this digital coaching program to make simple changes to improve your health, one step at a time.

**Set your interests:** Choose which topics you're interested in. Your topics help personalize the content you see. Once you've done this, check out the Pillars section under the **More** tab.

**Challenges:** Team up with others to create new habits with some healthy competition.

**Nutrition Guide:** Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

**Sleep Guide:** 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.

## Physical activity

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

### Earn points automatically for steps taken

Connect an eligible personal activity tracker to the Virgin Pulse platform by visiting **Devices and Apps** and earn points automatically 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 manually track physical activity minutes by logging a "Workout" in the **Stats** section (under **Home**) on the Virgin Pulse platform to earn points.\*\* 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.

## County-wide wellness challenges



### Feel Like a Million Challenge

**March 6 – April 30, 2023**

“Feel Like a Million” is a board game-themed program to increase energy and help you feel your best. During the eight-week challenge, you’ll earn virtual dollars and move along the game board as you record daily physical activity and activities to help strengthen and reinvigorate your body and mind. Participate by yourself or on a team for added accountability—the choice is yours! While the goal is to reach \$1 million so you “Feel Like a Million,” you must earn a virtual \$500,000 during the eight-week challenge to earn 3,200 incentive points. Registration opens in February.



### WALKtober Challenge

**October 2 – 29, 2023**

In the four-week “WALKtober” challenge, you’ll make the most of the fall season by going on a virtual tour of autumn’s most vibrant landscapes and focusing on physical activity. Experience the beauty of the season with vivid images from breathtaking autumn hot spots around the world. Participate by yourself or on a team for added accountability—the choice is yours! Earn 3,200 incentive points when you collect at least 10 leaves during the challenge. Visit the **Benefits** page on the Virgin Pulse platform to get started. Registration opens in September.

## Virgin Pulse health coaching

### Telephonic health coaching

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.

### Journeys® digital coaching

Want to get a better night’s sleep? Exercise more? Reduce your stress? Reaching a personal health goal starts with a single step. 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.



## Biometric health screening

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 2023.

| Screening location  | Screening date | Screening time |
|---|----------------|----------------|
| <b>Social Services - Big Sur Conference Room</b><br>747 South State Street, Ukiah                       | 6/07/2023      | 7-11 am        |
| <b>Ukiah Administration Building - Conference Room C</b><br>501 Low Gap Road, Ukiah                     | 6/08/2023      | 7-11 am        |
| <b>Fort Bragg Library - Community Room</b><br>499 East Laurel Street, Fort Bragg                        | 6/20/2023      | 7-11 am        |
| <b>Sheriff's Office Training Center - Donovan Room</b><br>951 Low Gap Road, Ukiah                       | 6/21/2023      | 7-10 am        |
| <b>Ukiah Administration Building - Conference Room C</b><br>501 Low Gap Road, Ukiah                     | 7/05/2023      | 7-11 am        |
| <b>WISC Building - Atlantic Conference Room</b><br>747 East Valley Street, Willits                      | 7/06/2023      | 7-11 am        |
| <b>Social Services - Big Sur Conference Room</b><br>747 South State Street, Ukiah                       | 7/19/2023      | 7-11 am        |
| <b>Ukiah Administration Building - Conference Room C</b><br>501 Low Gap Road, Ukiah                     | 7/20/2023      | 7-11 am        |
| <b>Sheriff's Office Training Center - Donovan Room</b><br>951 Low Gap Road, Ukiah                       | 8/02/2023      | 7-10 am        |
| <b>Fort Bragg Library - Community Room</b><br>499 East Laurel Street, Fort Bragg                        | 8/03/2023      | 7-11 am        |
| <b>Social Services - Big Sur Conference Room</b><br>747 South State Street, Ukiah                       | 8/23/2023      | 7-11 am        |
| <b>Ukiah Administration Building - Conference Room C</b><br>501 Low Gap Road, Ukiah                     | 8/24/2023      | 7-11 am        |
| <b>Social Services - Big Sur Conference Room</b><br>747 South State Street, Ukiah                       | 9/06/2023      | 7-11 am        |
| <b>Ukiah Administration Building - Conference Room C</b><br>501 Low Gap Road, Ukiah                     | 9/07/2023      | 7-11 am        |
| <b>Ukiah Administration Building - Conference Room C</b><br>501 Low Gap Road, Ukiah                     | 9/20/2023      | 7-11 am        |
| <b>Department of Transportation Yard</b><br>340 Lake Mendocino Drive, Ukiah<br>(For DOT employees only) | 9/21/2023      | 7-9:30 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 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 November 15, 2023. Physician Screening Forms must be emailed to [ehs.physicianscreening@ehealthscreenings.com](mailto:ehs.physicianscreening@ehealthscreenings.com) no later than November 22, 2023 for incentive credit.

## Learning opportunities for 2023

Attend a live webinar and earn 600 points! Head to [mendocinocounty.org/hr/mcwow](https://mendocinocounty.org/hr/mcwow) to register for any of the webinars below. You can also register on the Virgin Pulse platform by viewing the **Events Calendar**. You'll be rewarded via voucher and can redeem up to 10 vouchers each year.

### **Mindfulness: Finding Your Purpose and Vision in a Changing World\***

Wednesday, January 11  
11:00 am – 12:00 pm

### **Developing a Positive Mindset**

Thursday, January 19  
9:30 am – 10:30 am

### **Maintaining Positive Relationships\***

Wednesday, February 8  
11:00 am – 12:00 pm

### **Coping and Supporting Others Through Grief**

Wednesday, February 15  
11:00 am – 12:00 pm

### **Self-care Isn't Selfish\***

Wednesday, March 8  
11:00 am – 12:00 pm

### **Communicating Effectively in the Workplace (Part 1)**

Thursday, March 23  
2:00 pm – 3:00 pm

### **Communicating Effectively in the Workplace (Part 2)**

Wednesday, April 5  
9:00 am – 10:00 am

### **Financial Setback? Regroup & Rebuild\***

Wednesday, April 12  
11:00 am – 12:00 pm

### **Managing Life's Micro-Stressors\***

Wednesday, May 10  
11:00 am – 12:00 pm

### **Using Mindfulness to Reduce Stress and Improve Wellbeing**

Tuesday, May 23  
3:00 pm – 4:00 pm

### **Rediscovering Joy at Work\***

Wednesday, June 14  
11:00 am – 12:00 pm

### **Successfully Navigating Challenging and Difficult Relationships**

Thursday, June 22  
1:30 pm – 2:30 pm

### **The Pursuit of Happiness Using Positive Psychology\***

Wednesday, July 12  
11:00 am – 12:00 pm

### **Goal Setting to Ignite Workplace Success**

Thursday, July 27  
9:30 am – 10:30 am

### **Parenting with Your Best Self\***

Wednesday, August 9  
11:00 am – 12:00 pm

### **Tackling Life's Challenges with Resilience and Grit**

Wednesday, August 16  
2:00 pm – 3:00 pm

### **How to be a Mental Health Ally in Your Personal and Work Life\***

Wednesday, September 13  
11:00 am – 12:00 pm

### **Using Emotional Intelligence for Workplace Success**

Tuesday, September 26  
1:30 pm – 2:30 pm

### **Leading an Anti-Inflammatory Lifestyle\***

Wednesday, October 11  
11:00 am – 12:00 pm

### **Power Your Life with Better Sleep**

Wednesday, October 25  
11:00 am – 12:00 pm

### **Reducing Anxiety in the Moment and Beyond\***

Wednesday, November 8  
11:00 am – 12:00 pm

### **Quick Stress Busters and Hacks**

Thursday, November 16  
10:00 am – 11:00 am

### **Combating Compassion Fatigue**

Wednesday, December 6  
3:00 pm – 4:00 pm

### **Coping with Grief and Loss\***

Wednesday, December 13  
11:00 am – 12:00 pm

\*To receive your Incentive voucher for these webinars, submit your certificate of completion to [mcwow@mendocinocounty.org](mailto:mcwow@mendocinocounty.org).



## Have questions?

We're here to help. Call MCWOW or Virgin Pulse for assistance.

### Mendocino County Working on Wellness

- Visit [mendocinocounty.org/hr/mcowow](https://mendocinocounty.org/hr/mcowow)
- Give us a call: 707-234-6600
- Send us an email: [mcowow@mendocinocounty.org](mailto:mcowow@mendocinocounty.org)

### Virgin Pulse

- Check out [iam.virginpulse.com](https://iam.virginpulse.com)  
Live chat: Monday–Friday, 2 am–9 pm PT
- Give us a call: 888-671-9395  
Monday–Friday, 5 am–6 pm PT
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)