

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

NEW! Bonus Opportunities for 2026

Healthy Targets Bonus

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

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|-------------------------------|-----------|
| 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!**

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.