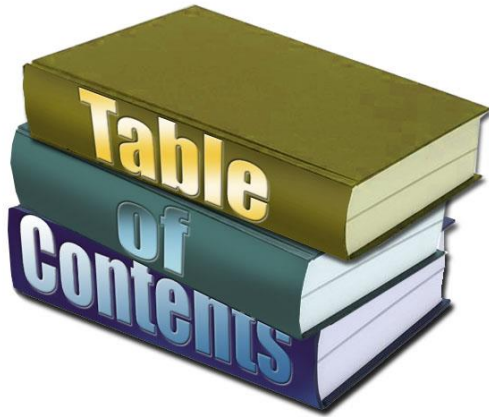


APRIL 2025 CHAMPION CHECK-IN NEWSLETTER

“Your Monthly Recap”



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WELCOME & OVERVIEW

Welcome, Champions!

Thank you for your contributions to creating healthier workplaces! This Champion Check-In newsletter is a summary of what we covered in our meeting for April.



WebMD Update – Reporting

WebMD Reporting: Insights at a Glance

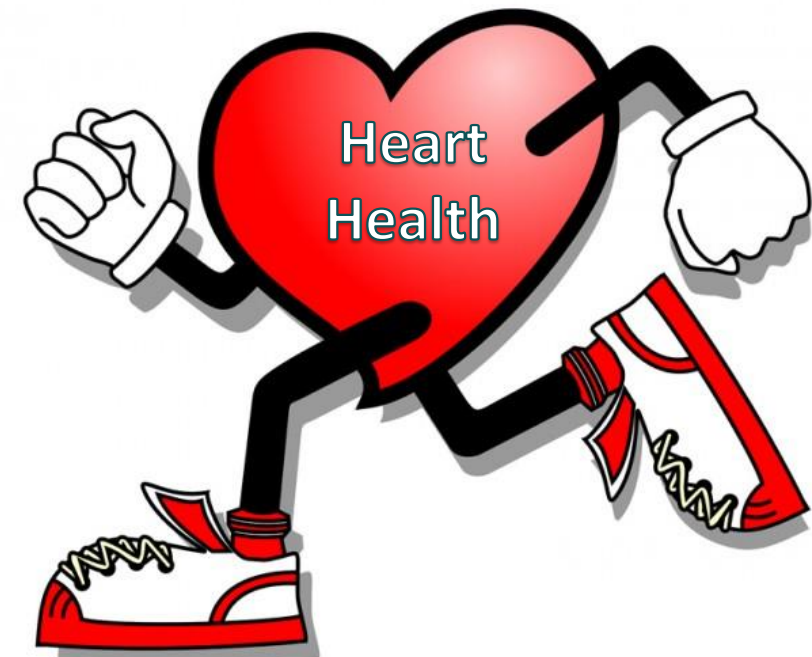
Highlights from Our April 1st Dashboard Review

- **Heart Health Challenge:** ❤️ 122 of 435 participants completed it—great effort!
- **Metrics in Focus:**
 - 📄 Registration and health assessment rates discussed.
 - 🏆 Status achievements celebrated: Bronze, Silver, Gold, Platinum, State of MN Well-being Ambassador, and Star of the North.
- **Wellness Wins:** 🌿 Top wellness activities and ✨ daily habit goals reviewed.

2025 Metrics Progress:

- 📈 Increases in registrations, health assessments, and coaching sessions.

Let's keep the momentum going and make well-being a priority!



"Small wins today, big changes tomorrow!" ✨

WebMD Update - May Program Planning

WebMD Updates

May Program Planning (thanks Hailey 😊)

Prepare for May: Mind Your Well-being!

- 🌸 **Mental Health Awareness Month:** A spotlight on mental well-being.
- 🤝 **Group Coaching Pilot:** We're almost ready to launch—stay tuned!
- 💰 **Upcoming Financial Challenge:** Get ready to build better financial habits!
- 📅 Q2 Focus: "**Mind Your Well-being**"—keeping well-being at the center.

Let's work together to make May meaningful!



"Planning ahead is self-care in action!"

Wednesday Work Life Webinars

Wednesday Work Life Webinars

Webinars We've Loved: Since the March 11 meeting, employees have enjoyed:

- 🍏 Eat Right Live Well (*LifeMatters*)
- 🩺 Understanding Prediabetes & Diabetes (*Omada*)
- 💡 Take a Fresh Look at Your Benefits Presented by our Senior Well-being Coordinator, Hailey Peckat.




What's Coming Up in April:

- 🧠 The Stress-Sleep Correlation
 - 🧠 Empower Your Mind: Transform Negative Thought Patterns
 - ⭐ Transition to Retirement
- Exciting topics to keep well-being in focus for everyone!



Omada May Campaign

Omada May Campaign

- **Mental Health Month Theme** ([Omada](#) one month in advance): **Let's Prioritize Well-being!**
-  **Objective:** Raise awareness about the connection between mental and physical health.
-  **Encourage:** Employees to focus on mental well-being and build healthier daily habits.
-  **Reminder:** Omada offers valuable resources—don't forget to apply!
- Let's make May a month of positive changes and healthier minds!



The graphic is a promotional flyer for the Omada May Campaign. It features the Omada logo at the top left and the Management and Budget State Employee Group Insurance Program logo at the top right. The main headline is "A healthy mind starts with a healthy body". Below this, there is a quote from Mary, an Omada member, about the positive approach to health. To the right of the quote is a photo of a woman sitting cross-legged in a room with plants. Below the quote, there are some tips to help balance mind and body, including aiming for 30 minutes of moderate activity, eating a heart-healthy diet, getting enough quality sleep, and practicing stress-reducing techniques. At the bottom, there is a call to action to claim the benefit at omadahealth.com/segip. The background is a mix of light and dark teal colors.

omada

MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

A healthy mind starts with a healthy body

Feel your best by creating balance in your mind and body.

Your mental and physical health are connected in more ways than you think. Omada gives you the tools and personalized support to create daily habits that improve your mood, boost energy, and nurture your overall well-being.

Let's make feeling great part of your everyday routine.

Some tips to help you balance both mind and body:

- + Aim for at least 30 minutes of **moderate activity** every day.
- + Eat a **heart-healthy diet** with plenty of fruits, vegetables, lean proteins, and whole grains.
- + Get enough **quality sleep** every night and practice **stress-reducing techniques** like deep breathing, meditation, or yoga.
- + Surround yourself with **supportive relationships**.

You have access to Omada, a virtual health program to help keep your body and mind happy and healthy—at \$0 cost to you, if eligible.

Omada offers a positive approach to getting and staying healthy. It's positive and productive. It's a journey—not a race.

MARY, OMADA MEMBER

→ Claim your benefit at omadahealth.com/segip






*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

"A healthy mind fuels a healthy life!" 

LifeMatters Resources

LifeMatters Resources

Recap of [LifeMatters Resources](#)

-  **Mental Health Awareness Month:** Prioritize your mental well-being.
-  **Alcohol and Drugs: Getting Help:** Support for challenging times.
-  **The Power of Resilience:** Build strength to bounce back.
-  **Posters:**
 - Alcohol or Drugs.
 - Rebuilding Resilience.
-  **April Webinar:** Learn, connect, and grow.

Your toolkit for well-being—let's make April impactful!



LifeMatters®
Resources for Life. Work. Family. Wellbeing. →

Is it time to rebuild your resilience? LifeMatters can help. Call 24/7/365.

1-800-657-3719

mylifematters.com (password STMN!)



Local Number: 651-259-3840 • 24/7/365

Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)

TTY/TRS 711 and language translation services are available

*SMS messages will be sent to the number of the state. Message and data rates may apply. Text STOP to end and STOP to cancel. ©2023 LifeMatters. All rights reserved. Privacy policy: [https://www.lifematters.com/privacy](#)

Download on the App Store
GET IT ON Google Play





"Resilience starts with recognizing your strength!" 

WebMD Annual Review

WebMD Annual Review

2024 Highlights:

-  **Executive Overview:** Insights into participation, health status, and agency details.
-  **Well-being Services:** Review of onsite and virtual participation and overall program engagement.

Looking Ahead:

-  **2025 Program Recommendations:** Setting the stage for continued success!

Big thanks to Senior Well-being Coordinator Hailey Peckat for leading this insightful review!



Interactive Element

Interactive Element

Tailgate Trivia!

At Our Meeting: We turned up the fun with **Tailgate Trivia**—testing our champions' "college knowledge"!

- 🎯 **14 Trivia Questions** all about college life and culture.
- 🏆 Lots of laughs, learning, and a friendly competitive spirit!



Who knew trivia could be this much fun? Let's keep the engagement going!







Agency/Location Reporting - MPCA

Minnesota Pollution Control Agency

Exciting Updates from MPCA:

-  **Speakers & Presentations:** Internal and external experts covering topics like:
 - Gluten allergies.
 - Health and wellbeing activities.
 - Mental health and suicide prevention.
-  **Planning Ahead:** Presentations are scheduled through September!

Upcoming Activities:

- **April 17:**  WebMD Demo by Senior Well-being Coordinator, Hailey Peckat.
- **April 22:**  Earth Month clean-up activity +  plant-based potluck (organized by Sustainability and Health & Wellness committees).
- **May 28:**  Health & Wellbeing promotion presentation by Anna Lynn at MDH.
- Thank you, Champion Xiongmei Lor, for these updates and efforts to keep MPCA thriving!



"Spring is the perfect time for new beginnings—and new challenges!"

Wellbeing Tip



Breathe New Life into Your Day!

- 🌿 Decorate your workspace with greenery—small succulents or hanging plants can bring a calming vibe.
- ☀️ Brighten your environment with natural light or daylight-mimicking bulbs to boost energy and mood.
- 😊 Leadership Tip: Organize outdoor brainstorming sessions or team-building activities—nature sparks creativity and connection.

Let's make April all about mindfulness, well-being, and finding joy in the little things!



Advocate Tip



Advocate for Your Calm

Did you know stress levels can drop significantly when you pause to prioritize yourself? This Stress Awareness Month, take small steps to find your calm:

- Schedule "me-time" daily—even 10 minutes counts!
- Encourage colleagues to set boundaries and unplug when needed.
- Spread positivity by practicing gratitude in meetings or emails.

Start small, advocate for yourself, and help others do the same—because you can't pour from an empty cup!



Leadership Tip



Lead by Example to Reduce Stress

- Set the tone by encouraging healthy boundaries—log off on time and support your team in doing the same.
- Foster open communication so employees feel heard and supported.
- Take stress-busting actions together— i.e. mindfulness breaks during the day.

Stress awareness starts from the top—your leadership can make a big difference!



Meeting Recording Link

April '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	6:22
WebMD Updates	11:17
Wednesday Work Life Webinars	18:25
Health and Well-being Updates	21:03
Targeted Communication/Highlight	23:45
Interactive Element	42:40
Champion Spotlight & Reporting	59:20
Wrap-Up	1:04:00

QUESTIONS?



- **SEGIP Health and Wellbeing**

<https://mn.gov/mmb/segip/life-and-well-being/>



- **WEB**

webmdhealth.com/segip



- **EMAIL**

work.well.mmb@state.mn.us



- **SUPPORT**

WebMD Customer Service: 866-696-7322

Available: Monday – Friday; 7:30 am – 7:00 pm CST

[Contact WebMD](#)