

APRIL 2026 CHAMPION CHECK-IN NEWSLETTER

“Your Monthly Recap”

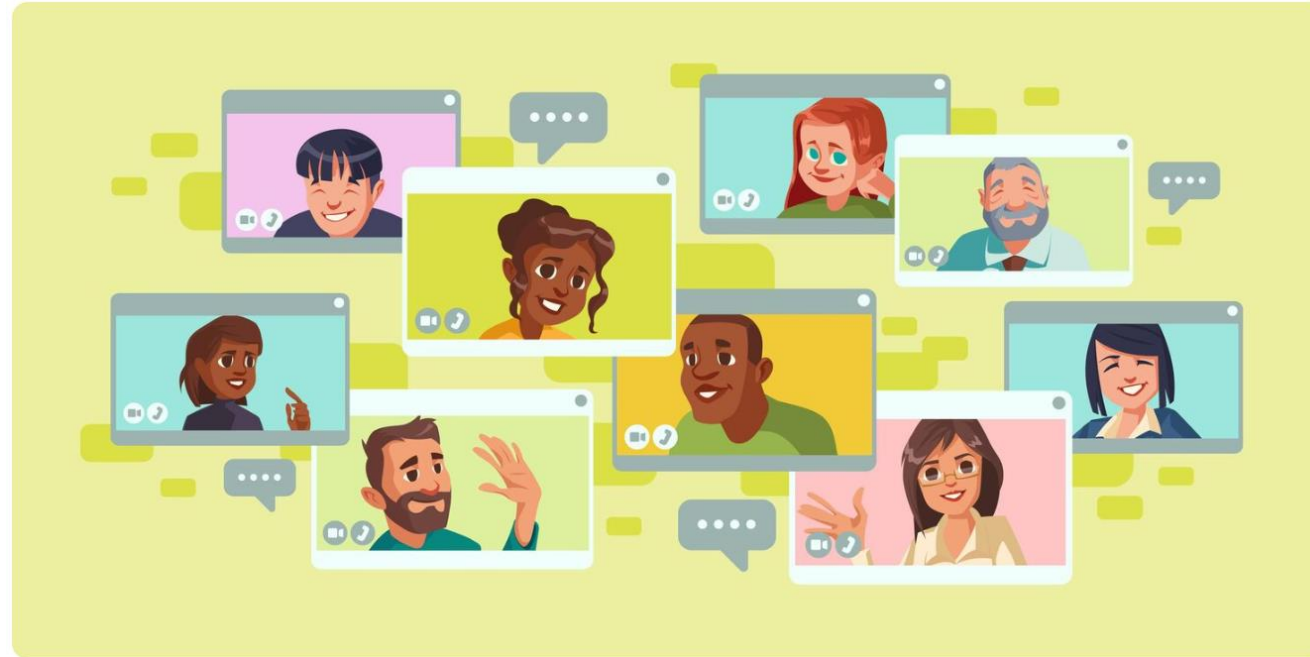
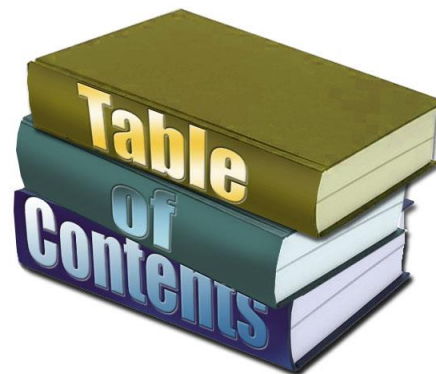


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WELCOME & OVERVIEW



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 Update - Reporting

Participation Snapshot

- We're still climbing — 75 additional employees have joined WebMD this period!

Top Activities

- Coaching sessions remain the clear leader, with step tracking not far behind.

Daily Habit Goals

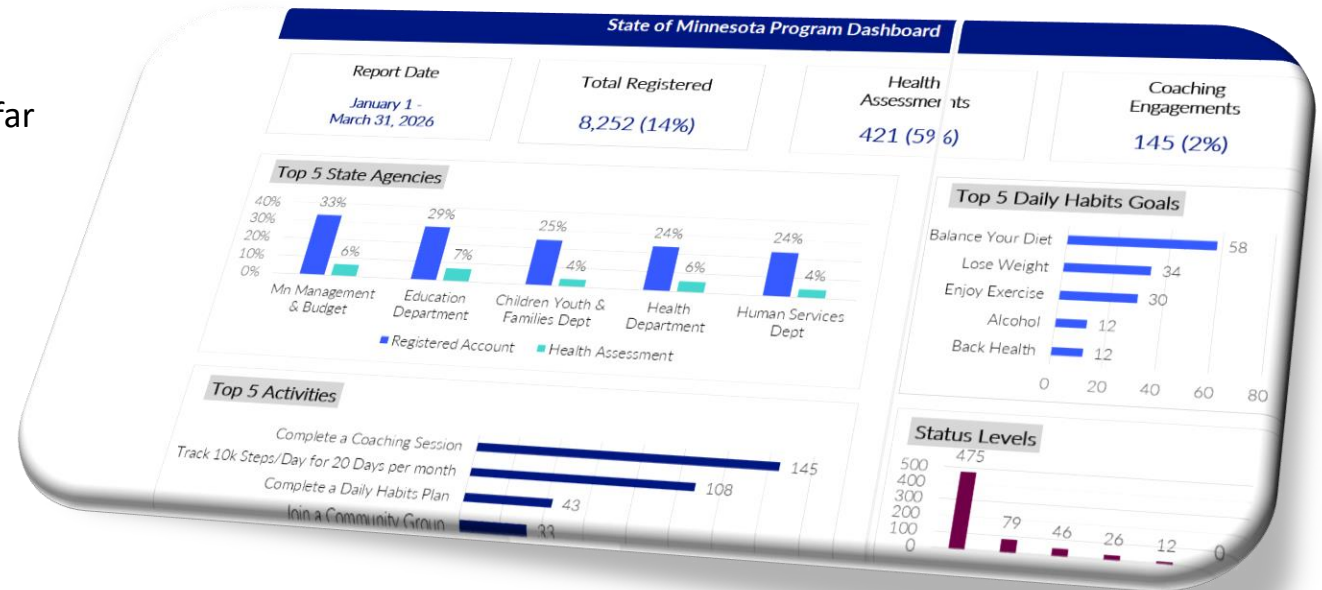
- Balance Your Diet is now #1

Status Levels

- Participants are moving through the levels at a steady pace

Health Assessments

- An increase of 116 health assessments supports more personalized wellness



“Champions are rolling—tracking progress, rising trends, and thriving success!”

WebMD Update – May Program Planning

WebMD May Program Planning

Q2 Focus: Thrive in Motion

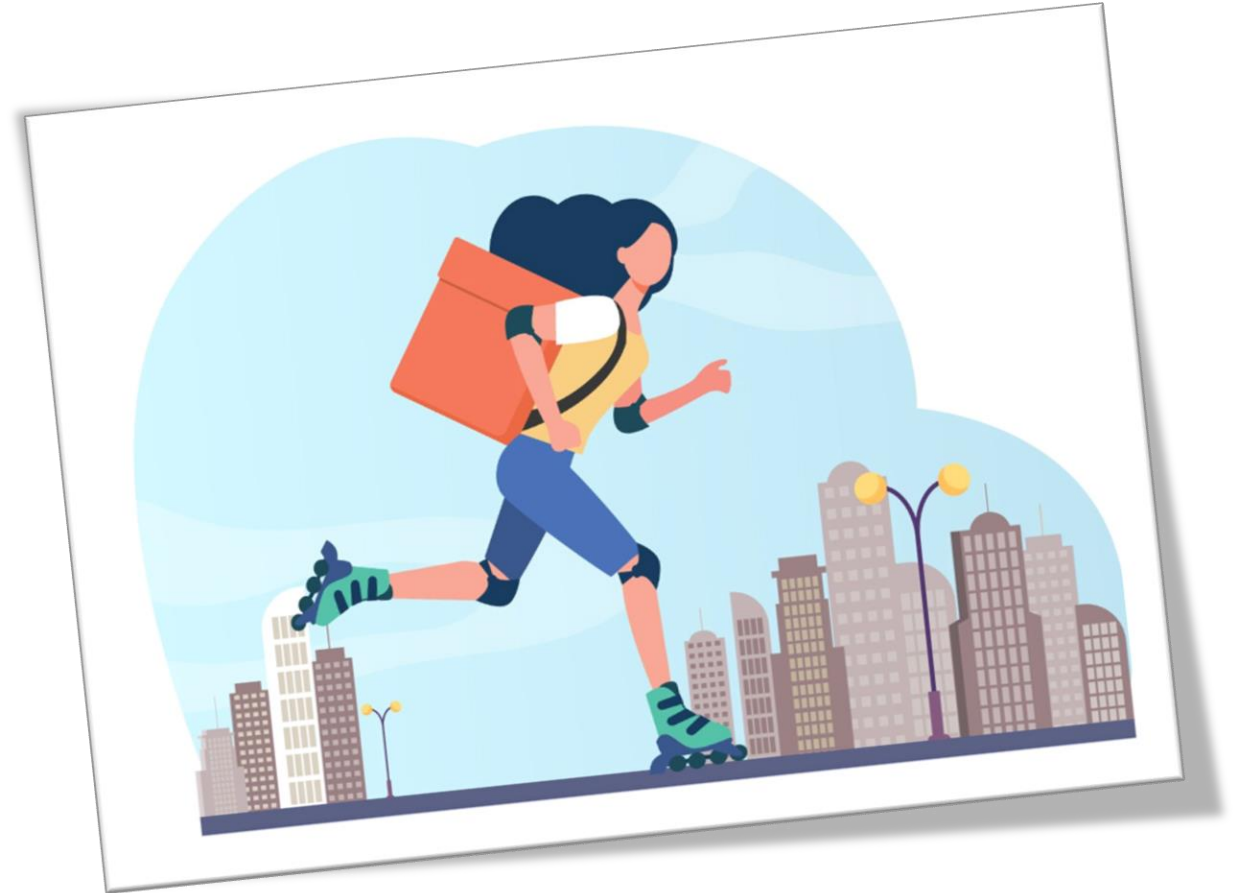
- Kicking off the new quarter with movement + momentum

May Theme: Move More May

- Even quick bursts of movement can boost your mood, cut stress, and keep your body thriving.

April/May Challenge: Tour de Minnesota

- This challenge will tap into the spirit of Minnesota's iconic lakes and is four weeks of feel-good movement, no travel required!



“Heading into May—lighter stress, stronger motion, and steady momentum.”

WebMD Update – Engagement Tip

WebMD Update – Engagement Tip

- May is bringing the fun—eat what you want, cheer loud, move more, and keep mental health in the mix!
- May's got flavor, flair, and fitness—plus a reminder to care for your mind!
- From tasty treats to big wins and big moves, May is serving up well-being all month long!



"A month full of motion, celebration, and well-being—hello, May!"

Wednesday Work Life Webinars

Wednesday Work Life Webinars

March Webinar Highlights

- **Mind-Body Wellness:** Participants explored simple ways to connect mind and body through mindfulness, stress relief, and daily well-being habits.
- **Emotional Eating:** Participants learned how emotions can shape eating habits and explored healthier ways to cope while supporting mental and physical well-being.
- **Reflect and Repair:** Participants learned how to turn conflict into connection through effective communication, empathy, and thoughtful follow-up.



“Practical tools for healthier habits and stronger connections.”

Wednesday Work Life Webinars - April

Wednesday Work Life Webinars - April

Webinars This Month

April 8 – Take a Fresh Look at Your Benefits

- Learn about the various wellness resources available to state employees, including WebMD's wellbeing portal and Life Matters EAP services.

April 15 – Addressing Burnout

- This webinar explores how cultivating a flexible and resilient mindset can help counteract the effects of stress and restore balance.

April 22 – How Movement Fuels Mind, Mood and Motivation

- Discover the science behind how movement fuels energy and positivity, along with simple ways to integrate more motion into your day.



The graphic features a woman sitting at a desk with a laptop, looking at a video screen showing a man speaking. The background is a light blue and yellow gradient. The text is in a clean, sans-serif font.

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

- April 8 - Take a Fresh Look at Your Benefits
- April 15 - Addressing Burnout
- April 22 - How Movement Fuels Mind, Mood and Motivation

m Webinar Recordings Available

“Wednesday wisdom to keep work life rolling.”

Omada May Campaign

Omada May Campaign

😌 May Focus: Mental Health Month

- Raising awareness between mental and physical health
- Share simple, practical tools
- Reinforce Omada's value + where to apply

📣 Resources for Champions

- Copy blurbs
- Flier
- Banner ad



The flier is titled "A healthy mind starts with a healthy body" and features a woman in a red shirt and black leggings performing a yoga pose on a blue mat outdoors. The text emphasizes the connection between mental and physical health and provides tips for achieving balance. It also mentions that Omada is a virtual health program available to members of the Minnesota Management and Budget (MMB) at no cost.

omada

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**.

Thanks to Minnesota Management and Budget (MMB), 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.

→ Claim your benefit at omadahealth.com/segi

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person.

“Show that mental and physical health are connected.”

LifeMatters EAP Resources

LifeMatters EAP Resources

April Resources

- *Mental Health Awareness Month – PDF; Opioids: What You Should Know – PDF; Minimizing Your Health Risks - PDF*

Posters

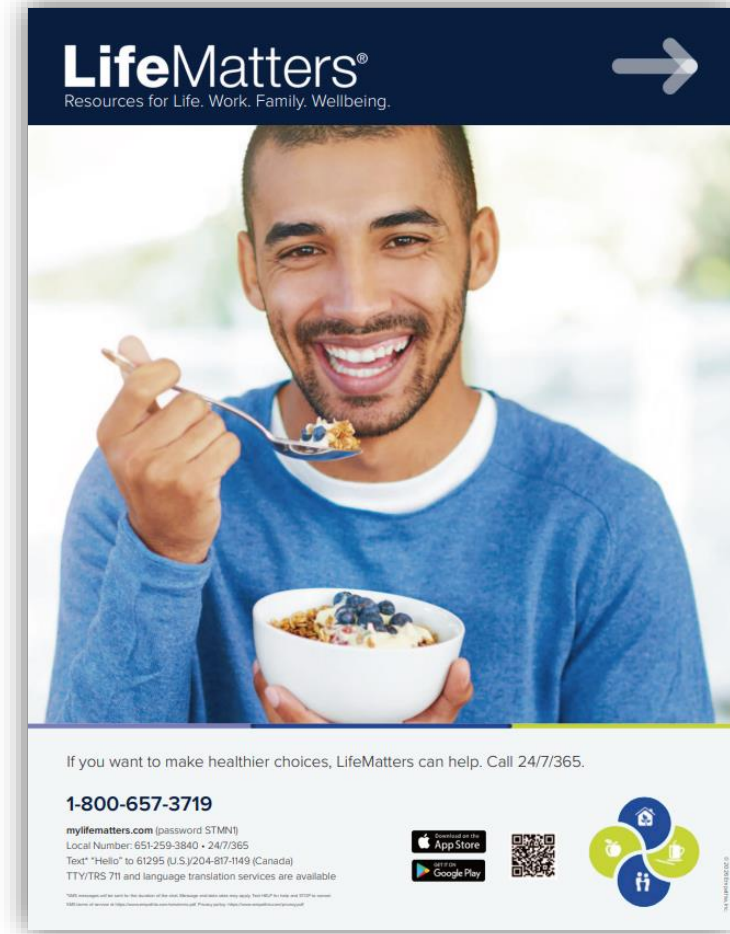
- *Prescription Opioids, Healthy Choices*

Additional Support

- *Join Togetherall*
- *Make Everyday Life More Affordable (LifeMart Discount Center)*

April Webinar

- *“Understanding Autism Spectrum Disorder”*



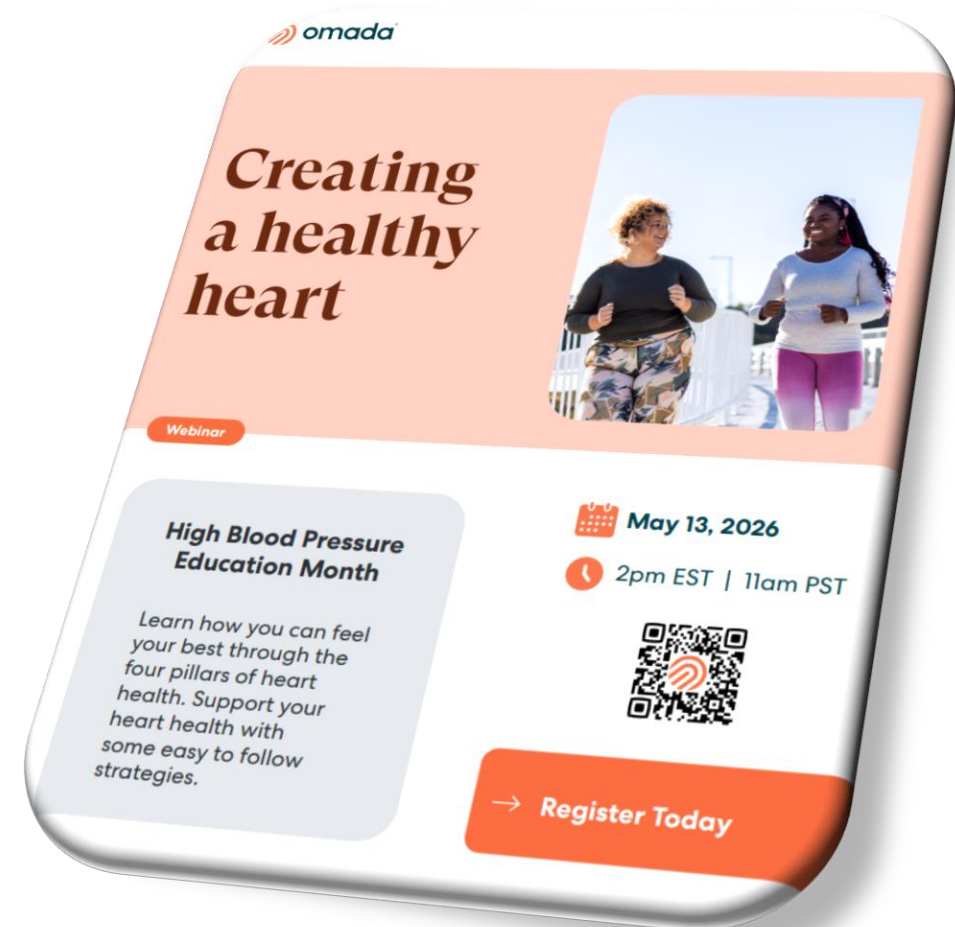
“Build Better Habits, Better Balance.”

Targeted Communication/Highlight

Omada Webinar

High Blood Pressure Education Month

- Join Omada on May 13 at 1:00 pm CST to learn easy strategies that support heart health.
- Champions, encourage your employees to attend and share the webinar!



"Small steps for a stronger heart."

Targeted Communication/Highlight cont'd

Champion Toolkit

Tour de Minnesota Champion Toolkit

A curated collection of everything champions need to confidently lead the upcoming Tour de Minnesota challenge—packed with tools, resources, and ready-to-use materials for onsite and virtual engagement across departments.



"Fuel your team. Ignite the Tour. Champion the challenge!"

Interactive Element – Spring Snap Reactions

Spring Snap Reactions

Spring Snap Reactions

- *Spring-themed questions*
- *Quick guesses*
- *A quick spring check-in*

How It Worked

- *Champions were asked a question*
- *20 seconds to answer in the chat*
- *My answer to add some extra laughs*



“A little spring check-in with big energy.”

Agency/Location Reporting - Revenue

Minnesota Department of Revenue

Highlights from Champion Diana C.

 **Program Wrap-Up** - *Nourish to Flourish* successfully wrapped in March.

 **Planning Ahead** - Revenue well-being team held a half-day planning session for Q3 & Q4 events.

May Mindfulness Challenge

- Physical & paper puzzles (crosswords, word finds, Sudoku), Group coloring
- Guided mindfulness walk:
 - **Week 1:** Sight
 - **Week 2:** Hearing
 - **Week 3:** Smell & Taste
 - **Week 4:** Activities



“Mindful Moments Make Meaningful Days.”

Agency/Location Reporting - IRR

Minnesota Department of Iron Range Resources & Rehabilitation

Highlights from Champion Wendy T.



Wellness Board Launch

- Wendy T. kicked off a new **Wellness Board** featuring recipes, tips, and highlights from our Champion meetings.



"Small Shares, Big Impact."

Wellbeing Tip



“Start with Small Steps”

- Stress is normal, not harmless
- Notice your stress signals early
- List your top 3 stressors
- Separate “changeable” from “unchangeable”
- Add one daily stress relief habit





Advocate Tip

“Be a Stress-Smart Champion”

- Share 988 and EAP often
- Normalize asking for help early
- Model “I” statements and boundaries
- Promote simple tools (breathing, breaks, SMART goals)



Leadership Tip



“Build a Lower-Stress Culture”

- Talk openly about stress, resources
- Watch for signs of burnout and distress
- Set realistic workloads and timelines
- Encourage breaks, boundaries, and time off
- Use SMART goals to focus on what matters



STRESS METER

Meeting Recording Link

[April '26 State of Well-being Champion Meeting Recording](#)



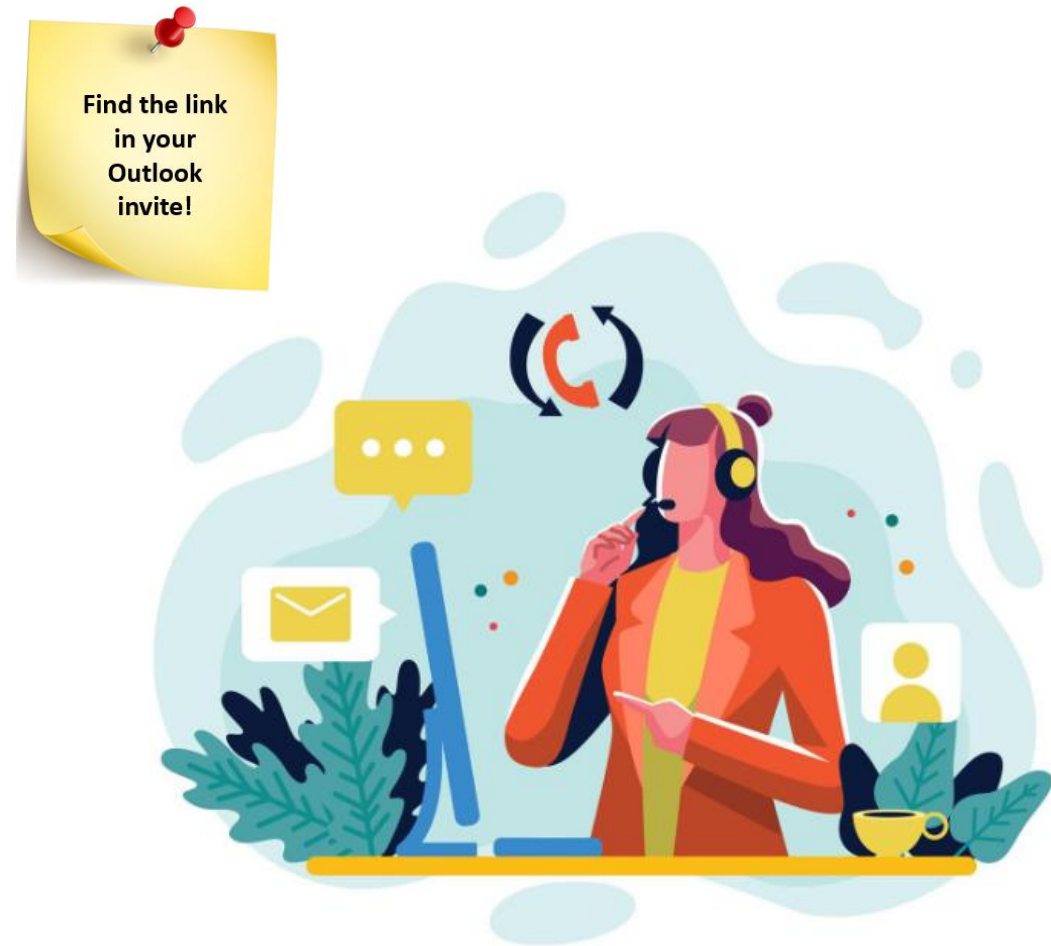
RECORDING TIME STAMP	
Welcome Message	3:20
WebMD Updates	6:00
Wednesday Work Life Webinars	11:10
Health and Well-being Updates	13:08
Targeted Communication/Highlight	19:25
Interactive Element	26:30
Champion Spotlight & Reporting	37:30
Wrap-Up	39:30

Champion Concierge

Champion Concierge:

Request Support or Share Ideas

- The Champion Concierge is always open for questions, ideas, or support.
- Use the simple Microsoft Form anytime and choose how you want us to follow up.
- A flexible option for those who prefer written communication over live meetings.
- The link is always included in your monthly Champion Meeting invite.



"Support is just a click away—no appointment needed!"

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](#)