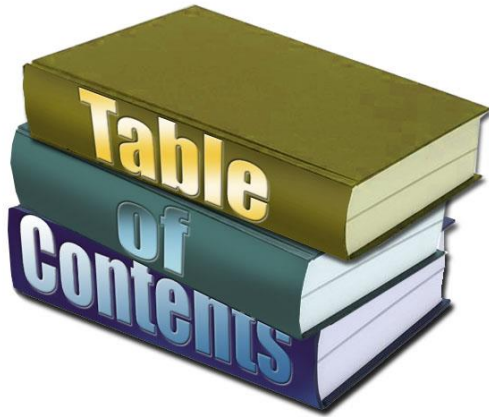


AUGUST 2025 CHAMPION CHECK-IN NEWSLETTER

“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 August.

WebMD Update – Reporting

WebMD Reporting

Portal Progress Through July 31:

"July was a Tour de Force!"

- 🚴 **Tour de Minnesota:** 306 participants strong!
- 📈 **Portal Power:** +301 new registrations in July
- 🏆 **Climbing the Ladder:** Bronze → Ambassador – status levels are on the move
- 🏃 **Top Wellness Activity:** Tracking steps is still our champion
- 💪 **Top Daily Habit:** “Enjoy Exercise” takes the gold
- 🌐 **Agency Progress:** Registrations & health assessment completions are picking up speed



“We’re not just moving—we’re moving up!”

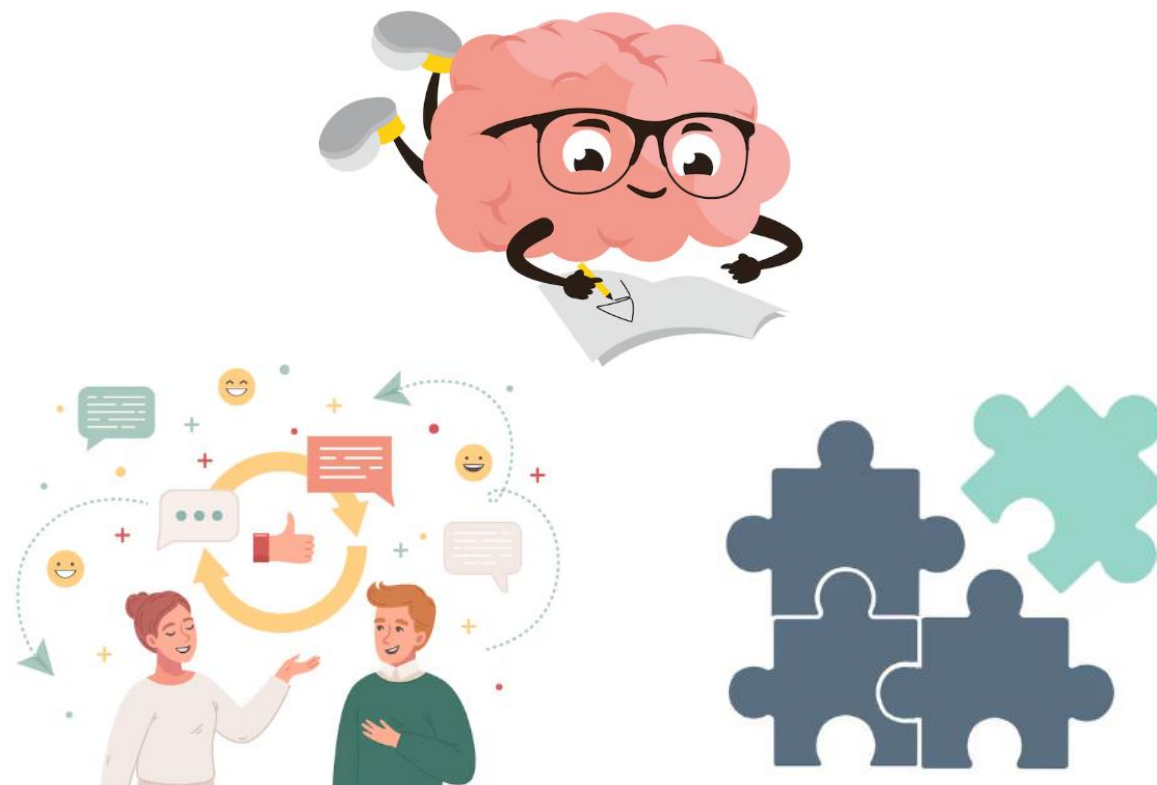
WebMD Update - September Program Planning

WebMD Updates

1 Planning Ahead for September!

"September is packed tighter than your favorite lunchbox. Here's what's on the champion radar:

- **Quarter 3 Wrap-Up:** We close out "Fuel for Progress" with a focus on **Suicide Awareness** — a reminder that wellbeing starts with connection.
- **Group Health Coaching:** Fingers crossed for a September launch! Topic? **Weight Management** — realistic tools, not quick fixes.
- **Tour de Minnesota Challenge:** The final miles are behind us — time to brag about your badges and celebrate those steps (or pedals).
- **Webinar Lineup:**
 - *Promoting Wellbeing: Understanding & Preventing Suicide - (9/10)*
 - *Neurodiversity in the Workplace – (9/17)*
 - *Assertive Communication – (9/24)*
- Champions, sharpen your skills and get ready to share the good word!"



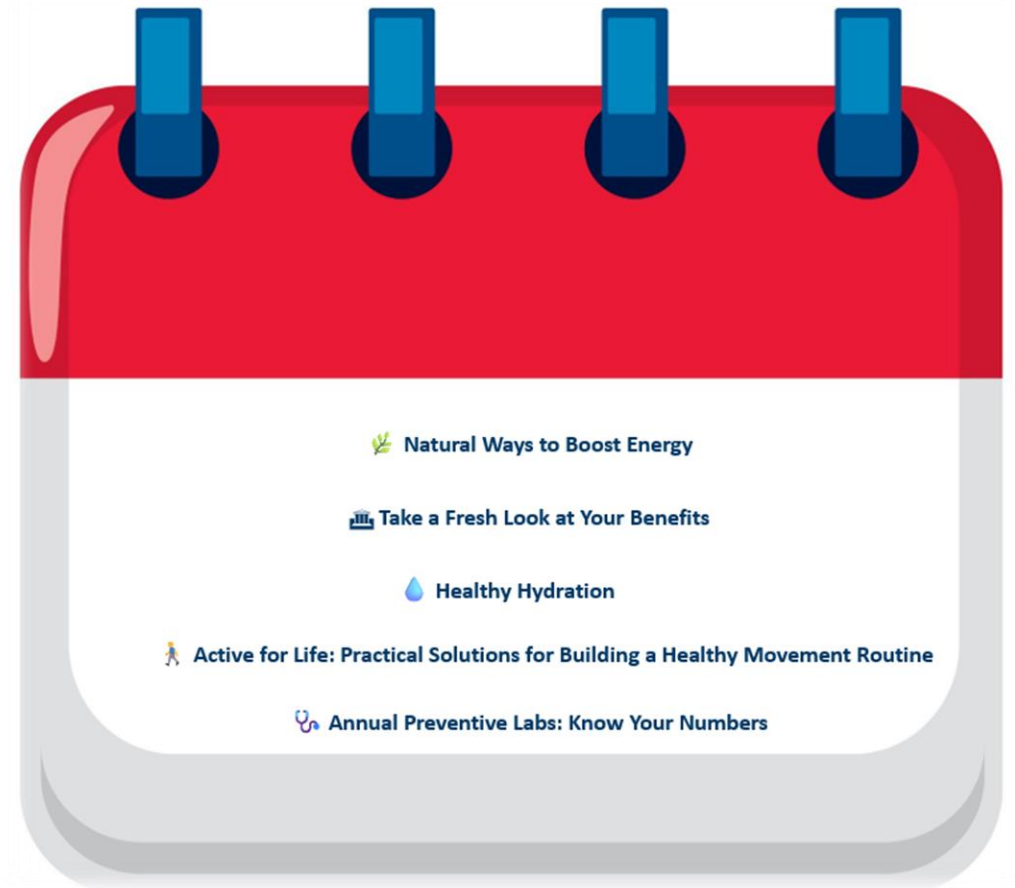
"September: The month where champions finish strong, learn lots, and maybe even win bragging rights."

Wednesday Work Life Webinars

Wednesday Work Life Webinars

Since our last champion meeting in July, we've been *webinar busy*! Here's the whirlwind tour of topics we covered:

- 🌿 **Natural Ways to Boost Energy** (WebMD) – because who doesn't want to ditch the 3 p.m. slump?
- 🏛️ **Take a Fresh Look at Your Benefits** (Hailey Peckat, Senior Well-being Coordinator) – your benefits might be hiding some wellness goldmines you didn't know about.
- 💧 **Healthy Hydration** (WebMD) – turns out, water *is* magical.
- 🚶 **Active for Life: Practical Solutions for Building a Healthy Movement Routine** (Justin & Hailey, Well-being Dream Team) – easy wins for moving more, without the gym drama.
- 🩺 **Annual Preventive Labs: Know Your Numbers** (WebMD) – knowledge is power...especially when it comes to your health stats.



Big thanks to everyone for promoting our webinars and keep it going for August!

"Learning is the ultimate self-care."

Wednesday Work Life Webinars - August

Wednesday Work Life Webinars - August

August Webinars:

*Annual Preventive Labs: Know Your Numbers

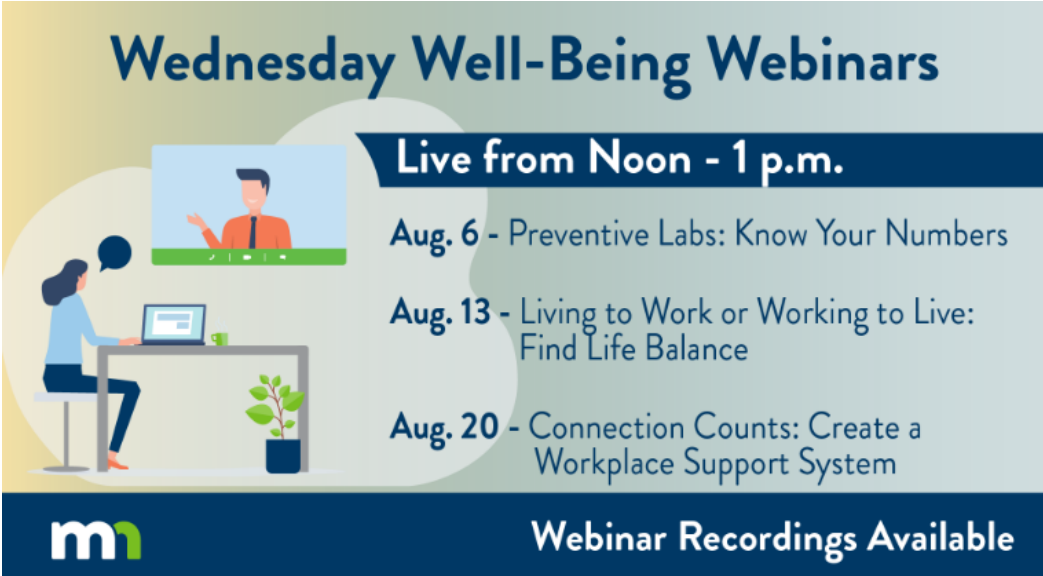
Emphasizing the importance of understanding biometric values related to health

*Living to Work or Working to Live: Finding Life Balance

Perfect balance is unrealistic, but aligning values and setting goals can ease stress and improve life balance.

*Connection Counts: Create a Workplace Support System

Simple ways to connect with coworkers, find mentors, and create meaningful relationships.

A graphic titled "Wednesday Well-Being Webinars" featuring an illustration of a person at a desk with a laptop and a small potted plant, with a video call window showing a man speaking. The text "Live from Noon - 1 p.m." is in a dark blue box. Below, the dates and topics are listed: Aug. 6 - Preventive Labs: Know Your Numbers; Aug. 13 - Living to Work or Working to Live: Find Life Balance; Aug. 20 - Connection Counts: Create a Workplace Support System. The "m" logo is at the bottom left, and "Webinar Recordings Available" is at the bottom right.

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

Aug. 6 - Preventive Labs: Know Your Numbers

Aug. 13 - Living to Work or Working to Live: Find Life Balance

Aug. 20 - Connection Counts: Create a Workplace Support System

m **Webinar Recordings Available**

Omada September Campaign

Omada September Campaign

Theme: September – World Heart Day

Omada is raising awareness of how movement, stress, and lifestyle choices affect heart health.

September Resources to Share (*one month in advance*):

-  **Campaign Reference Guide**

Tips for using Omada resources effectively in your agency/location.


-  **"Keep your heart strong this season" Flyer**

Simple steps to support heart health year-round.

-  **Omada Banner Ad**

Ready-to-use for emails, intranet posts, Microsoft Teams, or wellness pages.

Goal: Empower employees to take daily steps toward better health with easy-to-use, actionable tools.



The banner ad features the Omada logo and the Management and Budget State Employee Group Insurance Program logo. The main headline is "Keep your heart strong this season". Below it, a sub-headline reads "Simple steps to support heart health year-round". The text explains that colder weather can affect blood pressure and heart health, but small adjustments can make a big difference. It lists three simple steps: reduce sodium intake, get regular movement, and practice deep breathing or mindfulness. A quote from Sharon, an Omada member, states: "Omada is different from other programs because of the structure. You have weekly lessons and set weekly goals for yourself that you can achieve. You have access to a coach who can help you with questions as well as share lots of resources to help with other things you need." The ad also includes a call to action: "Claim Your Benefit" with the URL omadahealth.com/SEGIP. A small disclaimer at the bottom states: "Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Omada is available at no cost to you when covered by your employer or health plan. Images, including apps, do not reflect real members or information about a specific person. 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."

"Small steps, big impact—in August, put yourself on the to-do list."

LifeMatters Resources

LifeMatters Resources

August Featured Resources to Share with Your Team

Skill-Building Topics:

- *Get Ready for Back to School!*
- *Maintaining Focus and Avoiding Distractions*
- *Planning for a Home Purchase*
- *The Four Pillars of Financial Wellbeing*


Visual Tools:



- *Go Further This Summer for Less (highlighting LifeMart Discount Center)*

August Webinar:

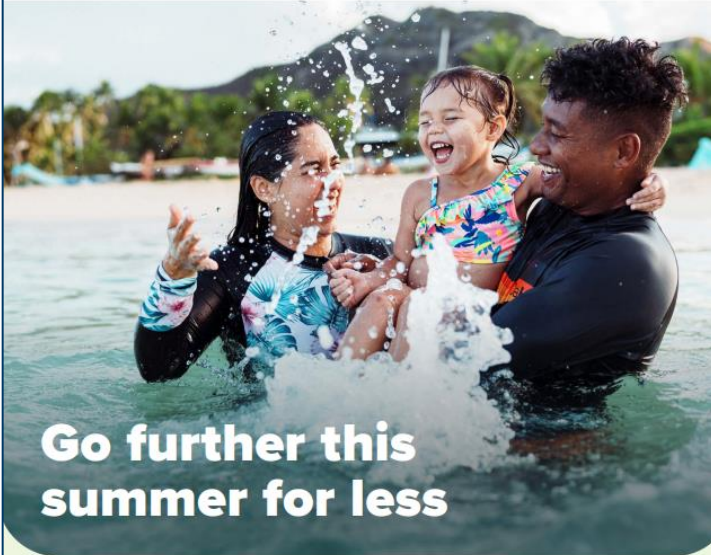
“Financial Basics — Aligning Lifestyle and Income for Future Security”

Encourage attendance and share in agency communications!

 *Tip: These resources are perfect for lunch-and-learns, newsletters, breakroom tables, or employee onboarding emails.*

Go to mylifematters.com and log in with your company password. Then, click on the [Discount Center](#) tile.



Go further this summer for less

From weekend getaways to big moves, find savings that fit your summer. LifeMart offers discounts on flights, cruises, hotels, car rentals, top destinations, movie tickets, live entertainment, and even moving services. Wherever summer takes you, take the savings with you.

Enroll or login to **START SAVING** with your **FREE ACCESS** to LifeMart

Champion Pullover

Champion Pullover

(Because superheroes need uniforms too ✨)

What we covered in the meeting:

👕 The last day to order your Champion Pullover was August 12

🎉 This pullover is our way of saying thank you for all you do to spread well-being across the state

📦 Your pullover (with a bonus lanyard!) ships out on September 3



"Well-being champions don't just talk the talk... we pull over and wear it too."

Open Office for Champions -> Champion Concierge

Open Office for Champions -> Champion Concierge

During our meeting, we chatted about how the *Open Office for Champions* time on Tuesdays hasn't been the hot spot we hoped it would be. And hey, we get it — your schedules are jam-packed!

So... we're upgrading 🚀. Introducing the **Champion Concierge**: a quick-and-easy Microsoft Form where you can drop in your questions, share ideas, or request support anytime that works for you.

Here's how it works:

- 1 You fill out the form whenever inspiration (or a challenge) strikes.
- 2 We review and respond — making sure you get the help, resources, or follow-up you need.

This way, no one has to juggle calendars, and we all stay better connected. More flexibility, less time crunch. Win-win!





"Connection should fit your schedule — not the other way around."

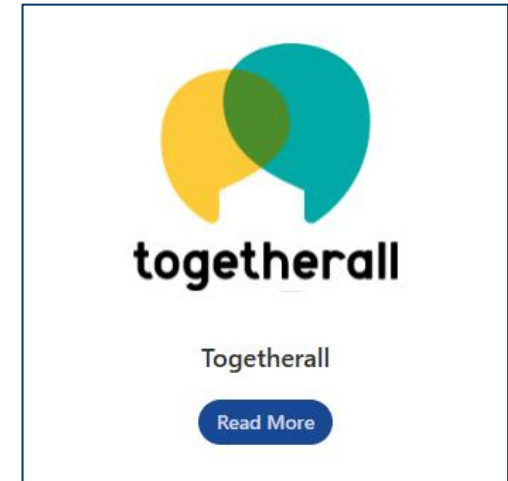
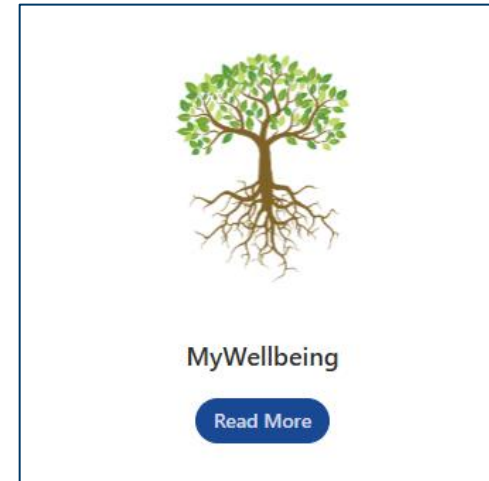
Targeted Communication/Highlight – LifeMatters

Targeted Communication – LifeMatters

(Shining a spotlight on new tools for well-being ✨)

What we covered in the meeting:

-  **Togetherall** – A safe, anonymous online support community where members connect with others who “get it.” It’s moderated 24/7 by mental health professionals to keep the space supportive, stigma-free, and welcoming.
-  **MyWellbeing Coach** – Guidance for achieving balance and resilience in the face of life's challenges



Interactive Element

This month's sweet challenge: ***Crunch, Chew, Rate!*** 🍪 Champions guessed store-bought cookies by sight alone—some sneaky, some obvious, all delicious.

A tasty reminder that connection can come from laughter, not just deep conversations.



Agency/Location Reporting - Revenue

Minnesota Department of Revenue

Here's what the Department of Revenue Well-being Team has been up to:

- 🎨 **July Recap:** They hosted an **in-person art event** that brought employees together to get creative and connect.
- 📅 **August Plans:** The team is gearing up for an **in-person planning session for 2026**—mapping out the future of well-being at Revenue!
- 🤝 **October Outlook:** They're working on bringing in a **speaker to spotlight the benefits of volunteering** and share ways to get involved.



"Great things happen when creativity, planning, and giving back all show up at the same table."

Agency/Location Reporting - DNR

Minnesota DNR

The Department of Natural Resources shared some exciting updates on their well-being efforts:

🌱 **Action Team Power:** 12 dedicated members (with supervisor support) give 2–3 hours each month to push forward their well-being work plan.

🔄 **New Flexible Roles:** They've introduced "**Collaborators**" — seasonal and part-time staff who can jump in when they're able. This means more voices, more perspectives, and more engagement.

- 👥 **Employee Resource Groups (ERGs):**
 - Parent ERG ✓
 - New Elder Care ERG ✓
 - Exploring groups for cancer support and more in the future!

✨ The result? A more **inclusive, flexible, and engaged team** that connects across different schedules and needs.



"When more voices join the circle, the whole forest thrives."

Wellbeing Tip



Schedule a Wellness Check-In

Staying on top of your health starts with one simple step—**booking your annual preventive care visit**. It's a great time to:

- **Review your immunization status** (including boosters, flu, and COVID shots)
- Talk to your provider about health screenings
- Catch small issues before they become big ones
- Get support with nutrition, stress, and movement goals

Check with your insurance plan to see what's covered—an annual wellness check-in is often included at no cost and is one of the easiest ways to stay ahead of your health.





Advocate Tip

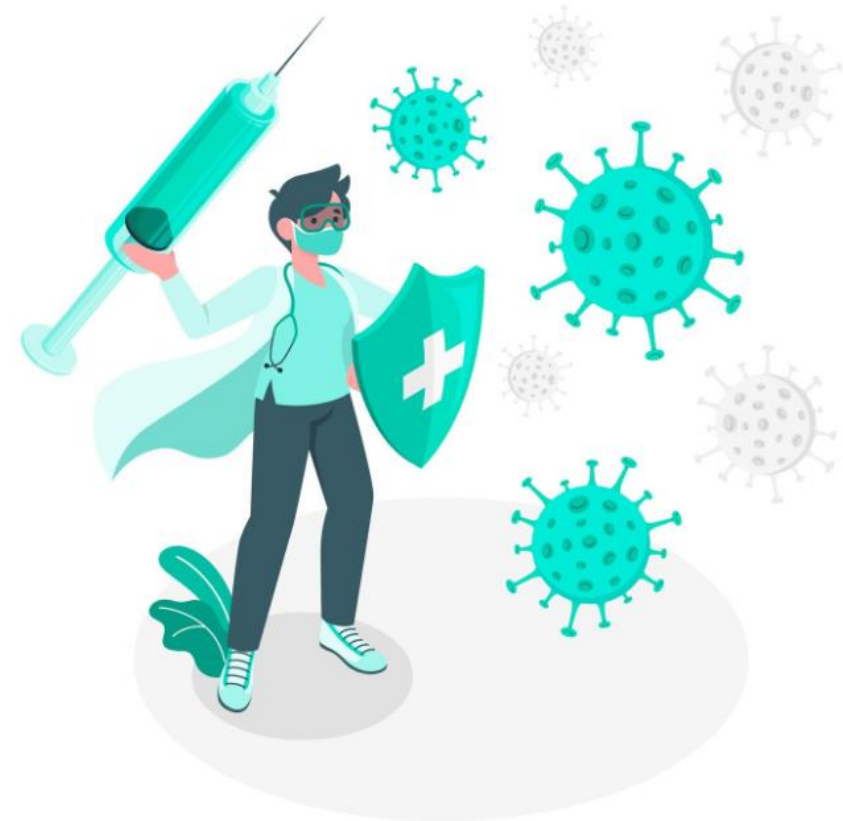
Host an Immunization Awareness Booth or Table

Set up a simple, high-impact station in your workplace during August for **Immunization Awareness Month**. Use the space to share key health information and connect coworkers to preventive care.

Here's what to include:

- Eye-catching signage: “Are Your Vaccines Up to Date?”
- **Educational handouts** or infographics about routine vaccinations
- **FAQs** from trusted sources like the CDC or MN Dept. of Health
- **QR codes** or sign-up sheets linking to vaccination clinics
- A flyer explaining **what's typically covered by insurance**
- A bowl of small giveaways (stickers, stress balls, healthy snacks) to draw interest

Empower coworkers to take preventive steps and make informed decisions about their health.



Leadership Tip



Build in into Health & Safety Messaging

Use **Immunization Awareness Month** as a strategic opportunity to enhance your agency's approach to **preventive care** and **emergency readiness**.

Encourage leaders to:

- Include immunization education in emergency preparedness plans (e.g., flu season, outbreaks)
- Host awareness booths or wellness tables in collaboration with HR or Safety Officers
- Promote annual wellness visits as part of organizational health goals
- Make vaccine resources available on intranet portals or during town halls
- Support champions or supervisors in sharing info during team huddles

Wellness programs are strongest when aligned with agency-wide resilience planning.



Meeting Recording Link

August '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	5:52
WebMD Updates	9:02
Wednesday Work Life Webinars	14:30
Health and Well-being Updates	16:30
Targeted Communication/Highlight	26:45
Interactive Element	45:50
Champion Spotlight & Reporting	53:30
Wrap-Up	

QUESTIONS?



• **SEGIS 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](#)