

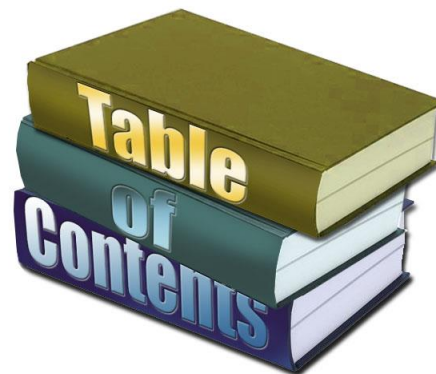
AUGUST 2026 CHAMPION CHECK-IN NEWSLETTER

“Your Monthly Recap”



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WELCOME & OVERVIEW



Welcome, Champions!

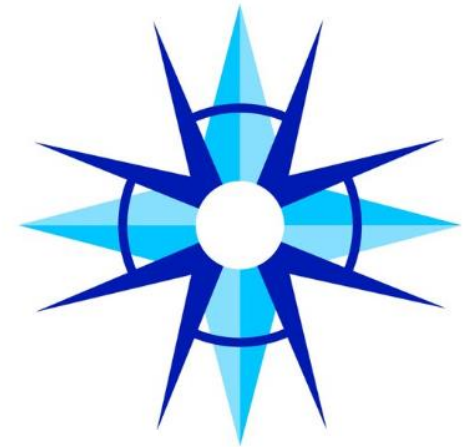
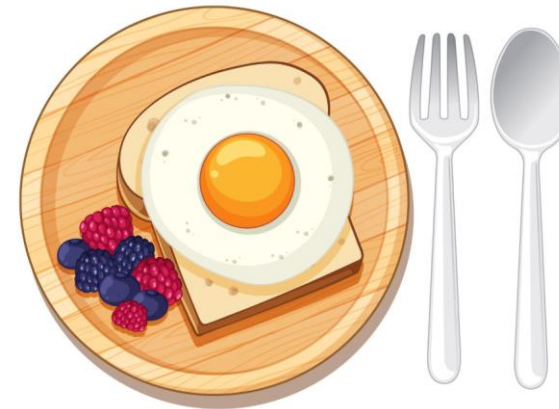
Thank you for your contributions to creating healthier workplaces! This Champion Check-In newsletter is a summary of what we covered in our meeting for August.

WebMD Update – Reporting

WebMD Update - Reporting

Reporting up to July 31, here's how July shaped up in WebMD Wellness:

- **105 new registrants** joined the WebMD portal—our wellness community keeps growing strong!
- **Top Daily Habit:** Balance Your Diet — employees are making mindful food choices!
- **Top Activity:** 10K steps for 20 days in July — lots of dedicated walkers out there!
- **Major Milestone:** We have two employees who reached “Star of the North” status—our wellness superstars!



“July brought big steps, balanced bites, and shining stars.”

WebMD Update – September Program Planning

WebMD September Program Planning

We're planning ahead!

During our September program review, champions looked one month in advance to make sure everyone is prepared and ready to support their teams.

September Highlights:

- **Final month of the Q3 Focus: Balance & Grow** — wrapping up strong!
- **Monthly Theme:** Healthy Aging — promoting strength, vitality, and longevity.
- **Health Coaching Topic:** Weight Management group coaching returns to support employees' healthy lifestyle goals.



“September brings balance, growth, and healthy aging!”

WebMD Update – Engagement Tip

WebMD Update – Engagement Tip

We offered champions an **early look—one month in advance—at September’s Engagement Tips**, helping them stay prepared and confident for meaningful wellness outreach.

September Focus Areas:

- **International Day of Charity** – celebrate kindness and giving
- **World Suicide Prevention Day** – promote hope, connection, and support
- **World Gratitude Day** – inspire reflection and appreciation
- **World Heart Day** – encourage heart-healthy choices
- **Healthy Aging Month** – spotlight vitality, longevity, and lifelong wellness



"September brings kindness, gratitude, strong hearts, and healthy aging!"

Wednesday Work Life Webinars

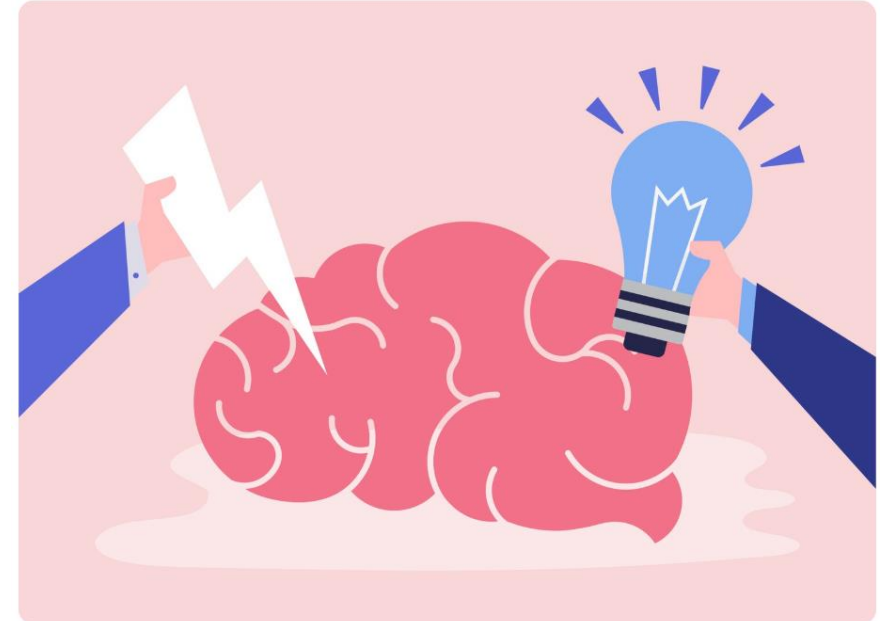
Wednesday Work Life Webinars

July Webinar Highlights

We recapped **July's Wednesday Work Life Webinars** and highlighted all the great engagement and learning opportunities employees enjoyed throughout the month. July's lineup brought fresh perspectives, practical tools, and wellness-focused insights.

July Webinar Highlights:

- **Workplace Change** – navigating transitions with confidence
- **Take a Fresh Look at Your Benefits** – helping employees make the most of what's available
- **The Hydration Equation** – boosting well-being one sip at a time



“July brought learning, growth, and plenty of hydration!”

Wednesday Work Life Webinars - August

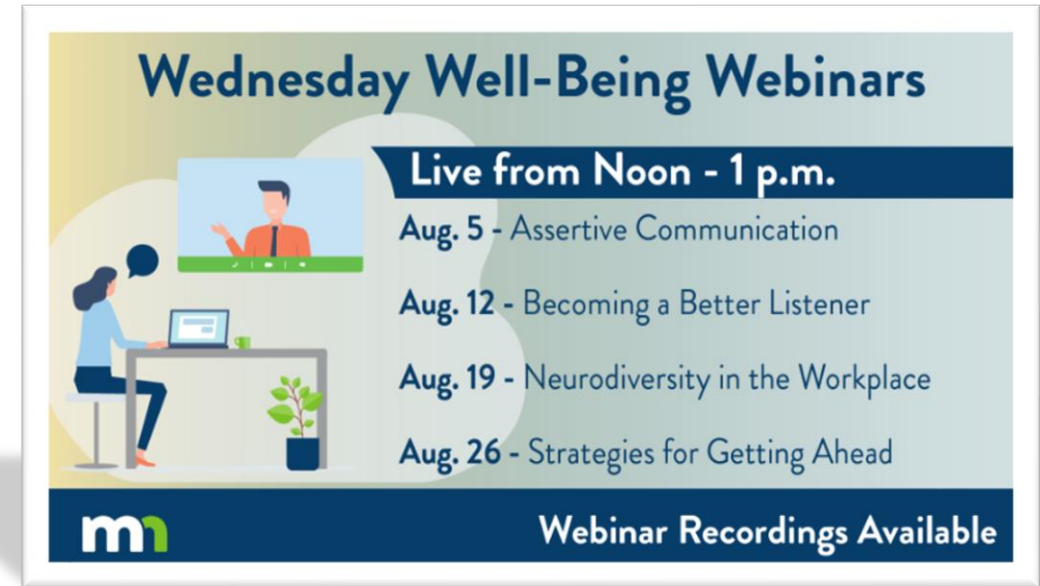
Wednesday Work Life Webinars - August

Webinars This Month

During our meeting, we highlighted the upcoming **August Wednesday Work Life Webinars**, giving champions an early look so they can promote these great learning opportunities.

August Webinar Lineup:

- **August 5 – Assertive Communication** – speaking up with confidence
- **August 12 – Becoming a Better Listener** – leveling up everyday communication
- **August 19 – Neurodiversity in the Workplace** – embracing different ways of thinking
- **August 26 – Strategies for Getting Ahead** – tools for growth and career momentum

A graphic titled "Wednesday Well-Being Webinars" featuring an illustration of a person at a desk with a laptop and a potted plant, with a video call window showing a man speaking. The text lists the webinar topics and dates, and mentions that recordings are available.

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

- Aug. 5 - Assertive Communication
- Aug. 12 - Becoming a Better Listener
- Aug. 19 - Neurodiversity in the Workplace
- Aug. 26 - Strategies for Getting Ahead

m Webinar Recordings Available

"Work Life Wednesdays are ready to shine!"

Omada September Campaign

Omada September Campaign

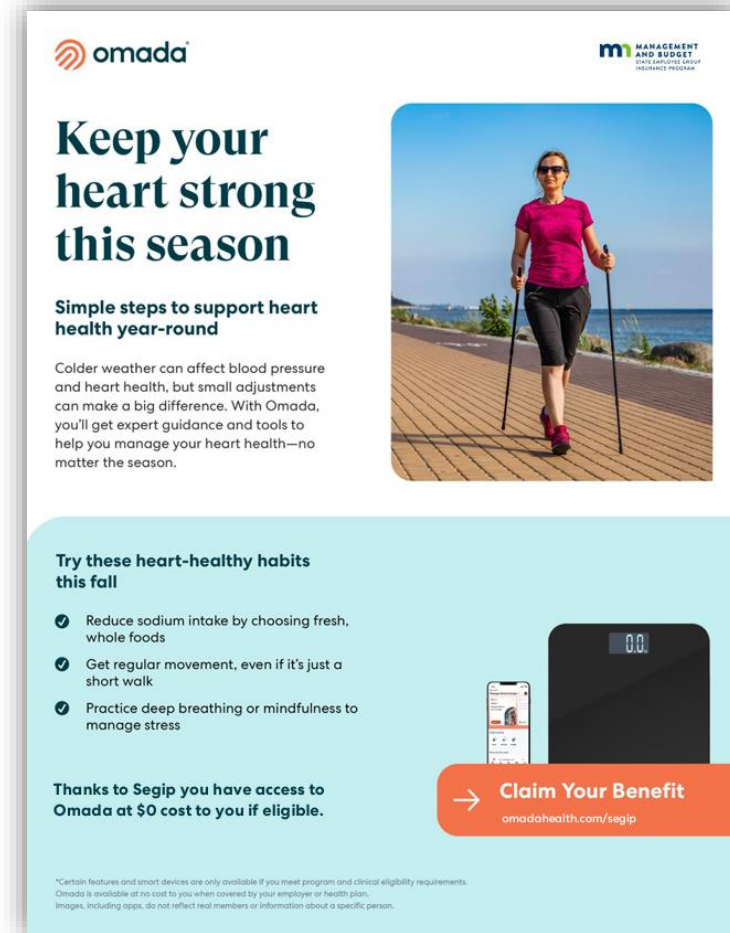
During our meeting, we gave champions an **early preview—one month ahead—of the Omada September Campaign** to make sure everyone is ready to promote it with confidence and energy.

September Campaign Objectives:

- Raise awareness of how **movement, stress, and daily lifestyle choices** impact heart health
- Highlight the value of **Omada** and remind employees **where and how to apply**

Campaign Resources:

- Copy blurbs for quick communication
- A promotional flier
- A banner ad for digital visibility



“Move more, stress less, and support heart health!”

LifeMatters EAP Resources

LifeMatters EAP Resources

During our meeting, we spotlighted the **August LifeMatters EAP promotions** so champions can confidently share valuable resources with their teams.

Featured August Resources:

- **Summer 2026 LifeMatters** – PDF document full of seasonal wellness tips
- **Struggling to See the Bright Side (Togetherall)** – supportive mental health resource (PDF)
- **Pump Up Your Savings with LifeMart (Discount Center)** – financial wellness boost (PDF)
- **August Webinar** – monthly learning opportunity (PDF)



Pump up your savings with LifeMart

Don't let rising gas prices slow you down – LifeMart has you covered. Claim an extra 35c/gal cash back with Upside, fill up, and watch your savings grow. Frequent users can earn over \$250 a year. Get started today and start saving with every fill-up.



Enroll or log in to start saving with your free access to LifeMart

Visit mylifematters.com and log in with your company password. Then, select the **Discount Center** tile. (Not available in Canada.)

“Shine brighter, save smarter, and support well-being”

Targeted Communication/Highlight

Targeted Communication/Highlight

During our meeting, we highlighted the **upcoming September Group Health Coaching session** focused on **Weight Management**—giving champions a clear, early preview so they can help their teams get registered.

Key Details:

- **Registration Window:** Open August 10 – September 4
- **Session Start Date:** September 8
- Focused on **healthy habits, confidence-building, and supportive group coaching**
- This session offers employees a great opportunity to build momentum toward their wellness goals!



m1 MINNESOTA

WEIGHT MANAGEMENT GROUP HEALTH COACHING

Get expert support and practical tools to help you reach your weight management goals.

Registration:
Aug. 10–Sept. 4

Sessions:
Sept. 8–Oct. 20

Build healthy habits, learn practical strategies, and stay motivated in a supportive group setting.

REGISTER AT:
webmdhealth.com/segip

- › 4 online sessions
- › Tuesdays
- › Every 2 weeks
- › 45 minutes
- › Webex

“September’s coaching session is shaping up strong!”

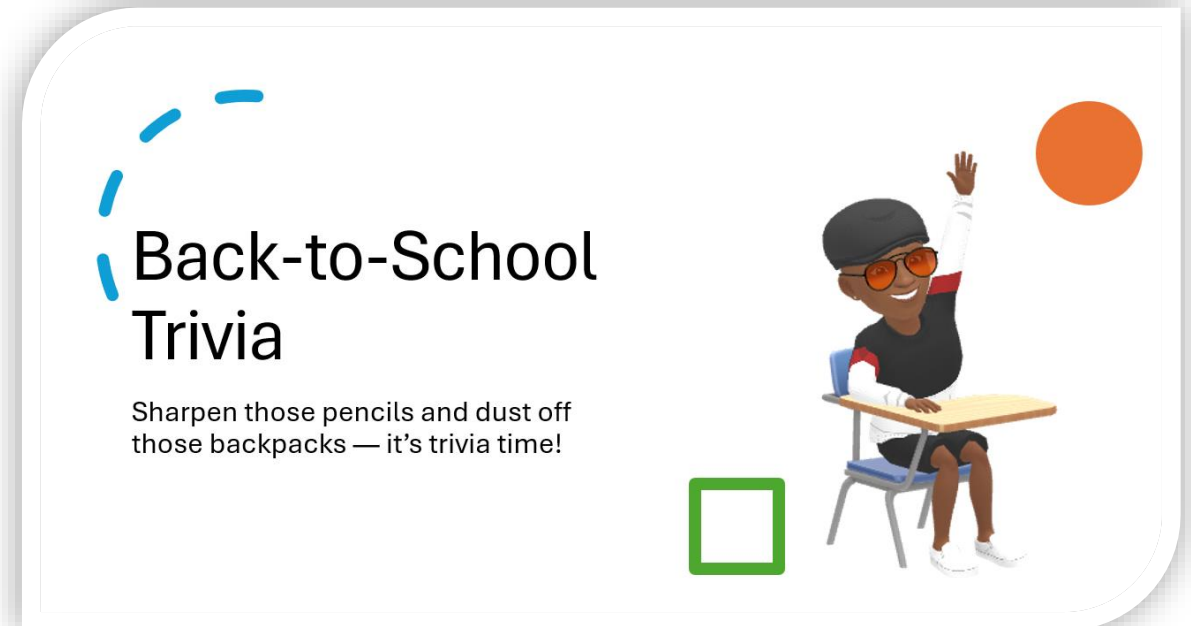
Interactive Element – Back to School Trivia

Back to School Trivia

This part of the meeting is always where the fun happens—our **Interactive Element**!

For August, champions played **Back to School Trivia**, answering school-themed questions in the chat.

We laughed, guessed, debated, and enjoyed a cheerful trip down school-day memory lane. A lighthearted moment that brings everyone together!

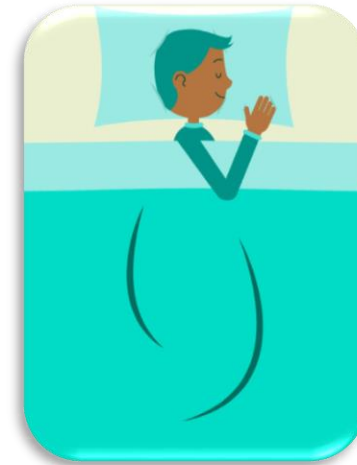
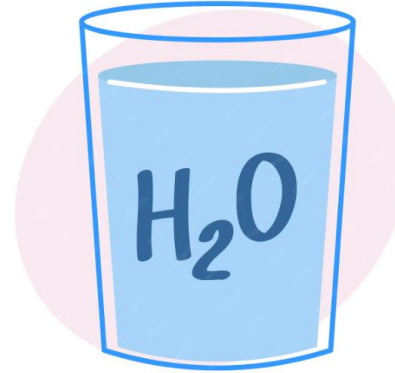


“Fun, laughter, and a little nostalgia—class dismissed!”

Agency/Location Reporting – MDOR

MN Department of Revenue

- The Department of Revenue’s wellness crew, led by Champion Hannah S., turned August into a feel-good adventure with their Sip, Snooze, and Sweat Challenge!
- Employees jumped in by tracking goals in one of three energizing categories—getting active, staying hydrated, and catching quality sleep.
- Whether folks were power-walking, chugging water, or prioritizing their pillow time, the team is loving the friendly motivation and had a blast boosting their well-being all month long.



“Celebrating healthy habits, teamwork, and a fun August boost.”

Wellbeing Tip



“Hydrate Smarter, Feel Better”

Your body depends on water to do almost everything—from regulating temperature to supporting focus, energy, and physical performance. Even mild dehydration can leave you feeling tired, distracted, or sluggish.

Try these simple habits:

- 💧 Start your day with a glass of water.
- 🍷 Carry a reusable water bottle.
- 🍓 Add fruit or herbs for natural flavor.
- ⌚ Drink water consistently throughout the day instead of waiting until you're thirsty.





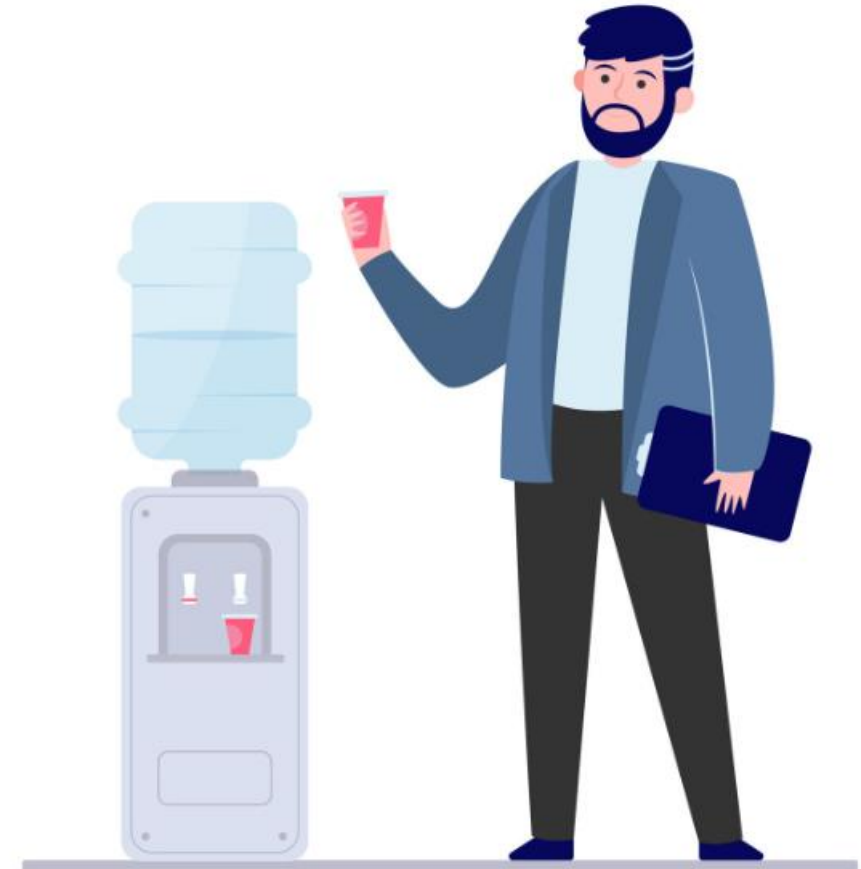
Advocate Tip

“Help Make Hydration Easy”

Healthy habits are easier when the environment supports them. As a well-being advocate, you can help create simple opportunities that encourage hydration throughout the workday.

Ideas to promote hydration:

-  Share the location of nearby water bottle filling stations.
-  Encourage coworkers to bring reusable water bottles.
-  Suggest infused water at meetings or events.
-  Promote "water break" reminders during long meetings.



Leadership Tip



“Lead by Example – One Sip at a Time”

Leaders influence workplace culture through everyday actions. Modeling healthy hydration habits sends a simple but powerful message that employee well-being matters.

Ways to lead:

-  Keep a water bottle visible during meetings.
-  Encourage water breaks during long training sessions.
-  Offer water as the default beverage at team events.
-  Celebrate healthy workplace habits—not perfection



Meeting Recording Link

August '26 State of Well-being Champion Meeting Recording



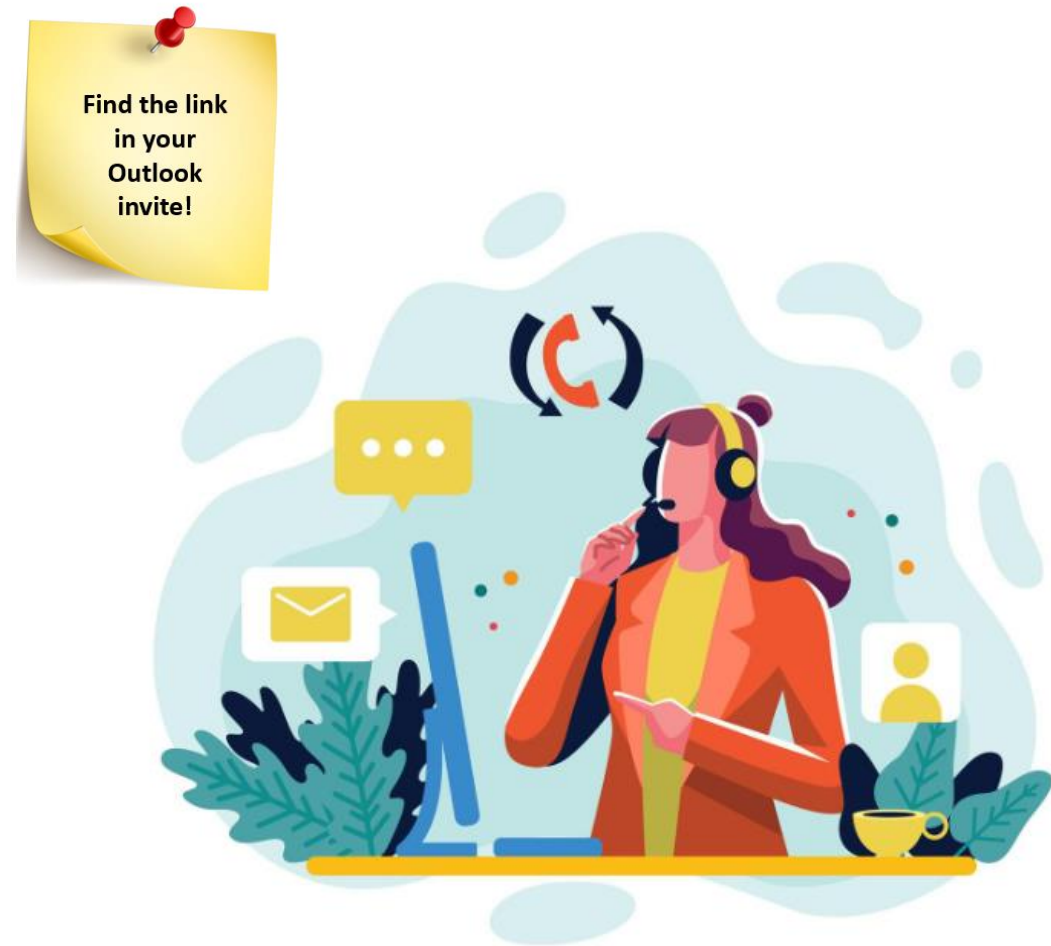
RECORDING TIME STAMP	
Welcome Message	6:47
WebMD Updates	11:10
Wednesday Work Life Webinars	18:56
Health and Well-being Updates	21:40
Targeted Communication/Highlight	28:06
Interactive Element	30:30
Champion Spotlight & Reporting	43:20
Wrap-Up	44:40

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](#)