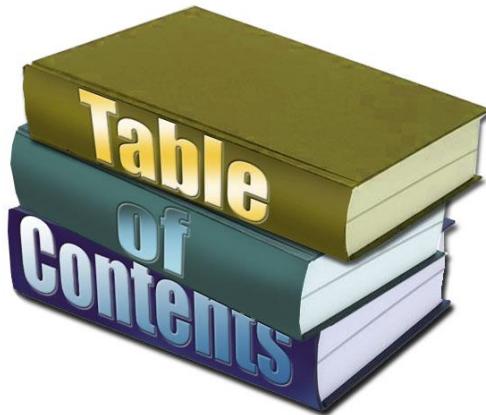


DECEMBER 2025 CHAMPION CHECK-IN NEWSLETTER

“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 December

WebMD Update – Reporting

WebMD Update - Reporting

- **2025 Metrics Snapshot (through Nov. 30):**
 - 7,899 employees registered on the WebMD platform – up 2,085 from last December!
 - 3,707 employees reached a Status Level (from Bronze all the way to Star of the North) by completing healthy activities.
- **Holiday Challenge Highlights:**
 - 462 registrants – our largest challenge participation of the year!
- **Top Activities:**
 - Most popular activity: Steps in a Month.
 - Most-used Daily Habit: “Enjoy Exercise.”

“Steps in a Month”



WebMD Update - Program Planning

WebMD Program Planning

Presented by: Hailey Peckat, Senior Well-being Coordinator

- Reviewed January program plans and a high-level roadmap for the 2026 well-being program year, including quarterly themes, monthly topics, group health coaching, and challenges.
- **Q1 – Fuel Your Life:** Kick off the year with energy, focus, and healthy daily habits.
- **Q2 – Thrive in Motion:** Keep momentum going with movement, activity, and staying on the move.
- **Q3 – Balance and Grow:** Support emotional balance, growth, and sustainable routines.
- **Q4 – Season of Strength:** Finish strong by building resilience, confidence, and overall well-being.



Wednesday Work Life Webinars

Wednesday Work Life Webinars

- Since our last Champion Check-In, employees have taken an hour for their health with three Work Life webinars:
 - **Psychology of Spending** – exploring how thoughts and emotions shape money choices.
 - **Foods that Fuel Immunity** – learning how everyday nutrition can support immune health.
 - **Holiday Stress and SAD** – tools to navigate seasonal stress and low mood during the darker months.
- Thank you, Champions, for spreading the word and encouraging your teams to show up for their well-being!



"Champion Check-In: One hour at a time, you're helping employees learn, reset, and thrive."

Wednesday Work Life Webinars - December

Wednesday Work Life Webinars - December

- ***Holiday Stress and SAD***

Boost your mood, manage stress, and make time for self-care in this empowering seasonal session.

- ***Healthy Living Without Breaking the Bank***

Think healthy living is costly? Think again! This upbeat session will explore practical, budget-friendly ways to eat well, stay active, and support emotional health—making wellness accessible and sustainable.

- ***Conquering Time***

Time management can be tough—but it doesn't have to be. This session explores how to tap into your personal energy cycle, prioritize tasks, cut common time wasters, and build new habits for lasting success.

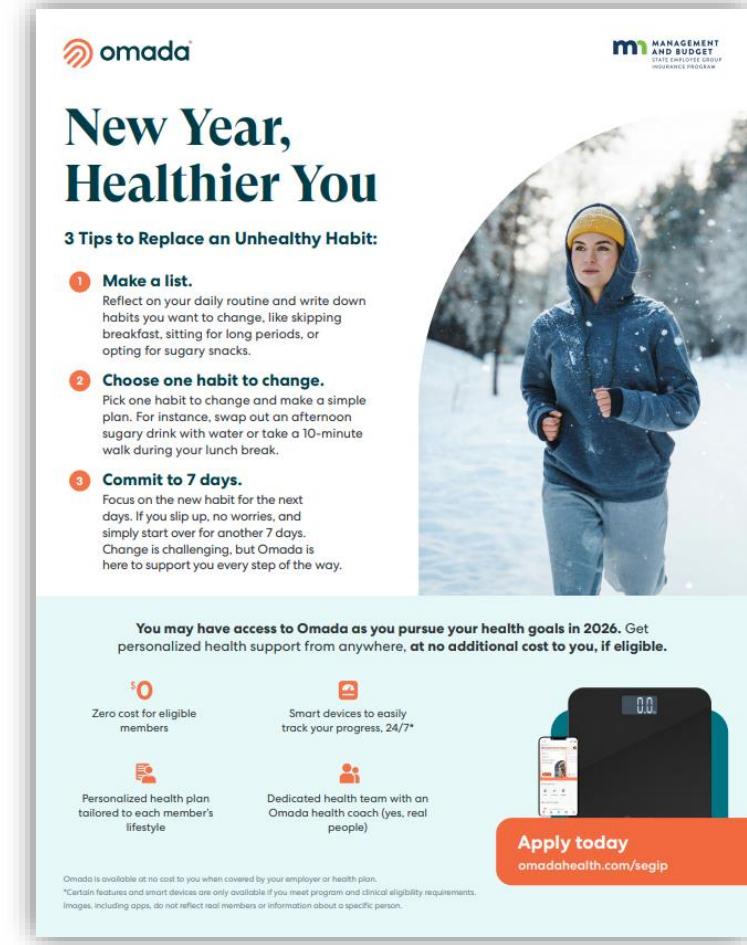


Omada January Campaign

Omada January Campaign

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

- We previewed the **January “New Year, Healthier You” Omada campaign** so Champions can kick off 2026 strong.
- Champions received a **campaign reference guide** with:
 - Ready-to-use **copy blurbs**
 - A printable **flier**
 - A **banner ad** for intranet/email
- These resources make it easy to promote Omada and support employees in setting realistic, health-focused New Year’s resolutions.



“Champion Check-In: Equipping you now so your employees can start 2026 with a ‘New Year, Healthier You.’”

LifeMatters Resources

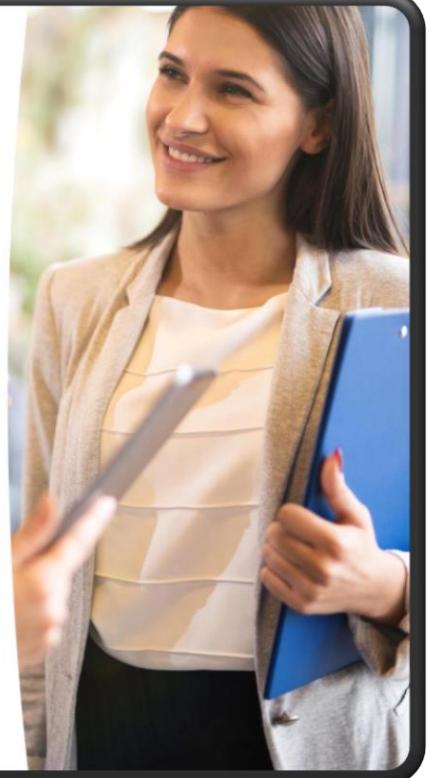
LifeMatters Resources

December Featured Resources to Share with Your Teams

- Champions were reminded of key LifeMatters EAP resources to share with their teams:
 - **2026 LifeMatters Promotional Calendar**
 - **2026 LifeMatters Webinars**
 - **Grief, Stress, and the Holiday Blues**
 - **Unwrap Savings (Discount Center)**
 - **Mindful Gratitude**
- Featured posters:
 - **Holiday Memories**
 - **Gratitude**
- Don't forget the featured December LifeMatters EAP webinar for your employees!

December Webinar

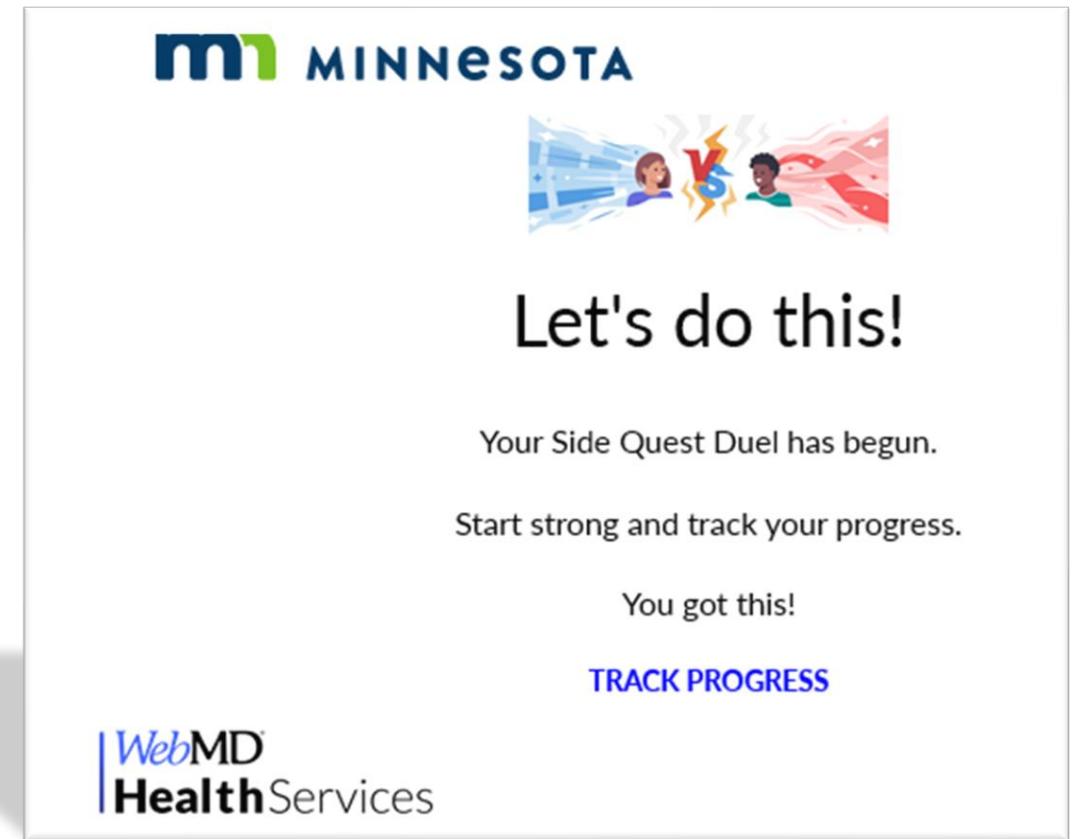
- Emotional Intelligence: Enhancing Your Personal and Interpersonal Effectiveness
- Available in December on mylifematters.com
- Sign up for an email alert



Targeted Highlight – Side Quest Duels

Side Quest Duels

- Senior Well-being Coordinator Hailey Peckat introduced Side Quest Duels, a new friendly competition feature now available on the WebMD portal!
- Champions can encourage employees to challenge colleagues, track progress, and celebrate healthy habits together.
- This gamified approach makes wellness engaging and fun, motivating teams to support each other's goals.



"Champion Check-In: Adding a little friendly competition to make wellness even more exciting in 2026."

Interactive Element – The Acronym Olympics

The Acronym Olympics

- We had some fun with **The Acronym Olympics**—where creativity rules and wrong answers win!
- Champions saw an acronym on screen, typed their best guess in the chat, and enjoyed the funniest (and most creative) answers.
- After the laughs, we revealed what the acronym actually means.
- A great way to connect, laugh, and learn together!



"Champion Check-In: Where creativity and laughter are the real gold medals!"

Minnesota Department of Public Safety

Presented by *Champion Amy S.*

DPS Champion Update:

- Amy S. shared that Minnesota State Patrol is launching a new Wellness Advisory Committee to support wellbeing efforts and engagement.



Agency/Location Reporting - DOT

Minnesota Department of Transportation

Presented by *Champion Lizzie M.*

- Champion Lizzie M. shared that MnDOT Organizational Health has grown to a two-person team, expanding capacity to support employee well-being.
- The team recently hosted a Lunch & Learn on Holiday Financial Stressors and Tips to Avoid Overspending, giving employees practical tools to navigate the season with less money stress and more confidence.



Agency/Location Reporting - MDE

Minnesota Department of Education

Presented by *Champion Kristie A.*

- Champion Kristie A. shared that MDE is wrapping up 2025 by co-sponsoring a blood drive with their local MAPE chapter.
- This partnership supports the community while building connection and purpose among staff.
- The team is also looking ahead to 2026, planning new ways to keep well-being front and center in the year to come.



Agency/Location Reporting - Revenue

Minnesota Department of Revenue

Presented by *Champion Diana C.*

🎉 One Year of the Roving Readers Channel!

Stats:

- 📚 546 books read
- 💬 29 team posts in the last 6 months
- ✨ 76 book mentions/shares

🧠 December Spotlight: “Revenue of Wellness:
Investing in Yourself with Generative AI”



Wellbeing Tip



Holiday Well-being Tip: “Good Enough” is Great

- Holidays don't have to be picture-perfect—focus on moments of connection, not performance.
- Protect your energy: set a realistic budget, say no when you need to, and choose traditions that feel nourishing, not draining.
- Treat your body with kindness: sleep, move a little, hydrate, and give yourself permission to do less when life feels full.



Advocate Tip



Spread Inclusive, Compassionate Cheer

- Normalize that holidays can bring joy *and* stress, grief, financial strain, or complicated family dynamics—and that all of this is valid.
- Share inclusive messages and activities that honor many traditions and use neutral language, so everyone feels welcome.
- Gently point colleagues to supports like EAP, financial wellness tools, grief resources, and self-care programs so no one has to “white-knuckle” the season alone.



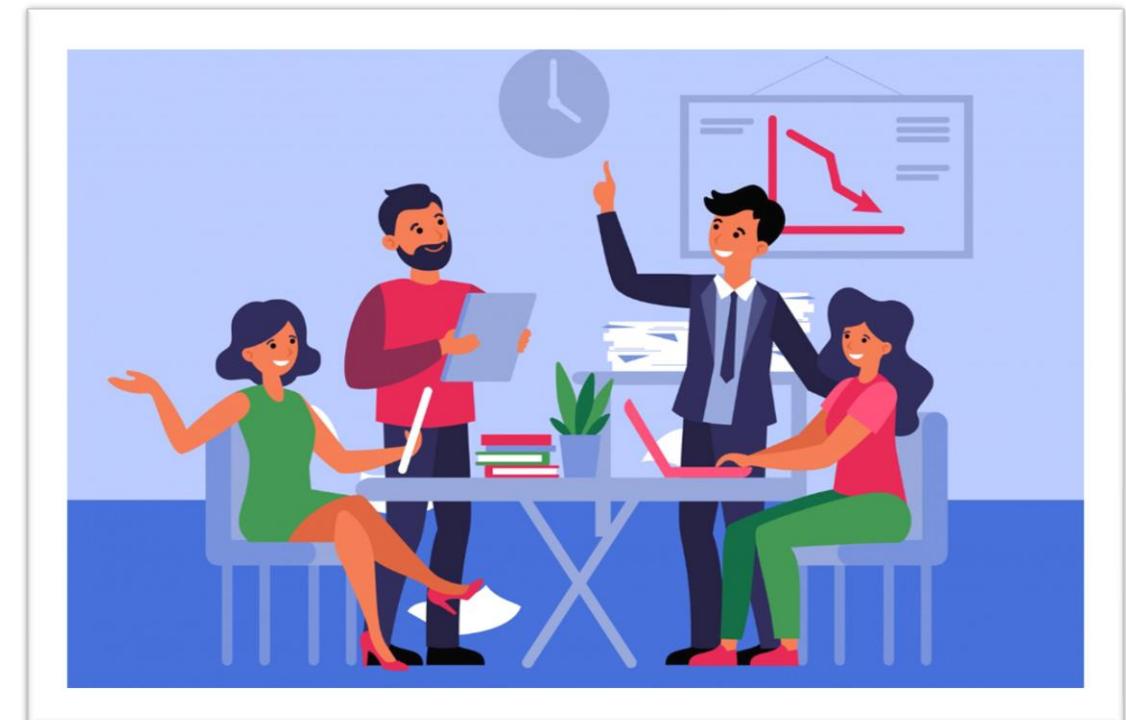
Leadership Tip

Leadership Tip



Lead with Flexibility and Empathy

- Acknowledge openly that people experience the holidays differently and invite employees to set boundaries around schedules, events, and workloads.
- Offer practical flexibility—time off, adjusted deadlines, or “optional” status for social events—so employees can manage family, finances, and rest.
- Proactively remind teams about EAP, well-being, and mental health resources, modeling that it’s okay to reach out for support during this busy season.



Meeting Recording Link

December '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP

Welcome Message	4:35
WebMD Updates	8:50
Wednesday Work Life Webinars	17:00
Health and Well-being Updates	27:40
Targeted Communication/Highlight	32:10
Interactive Element	37:35
Champion Spotlight & Reporting	48:50
Wrap-Up	51:08

Champion Concierge

Champion Concierge: Request Support or Share Ideas

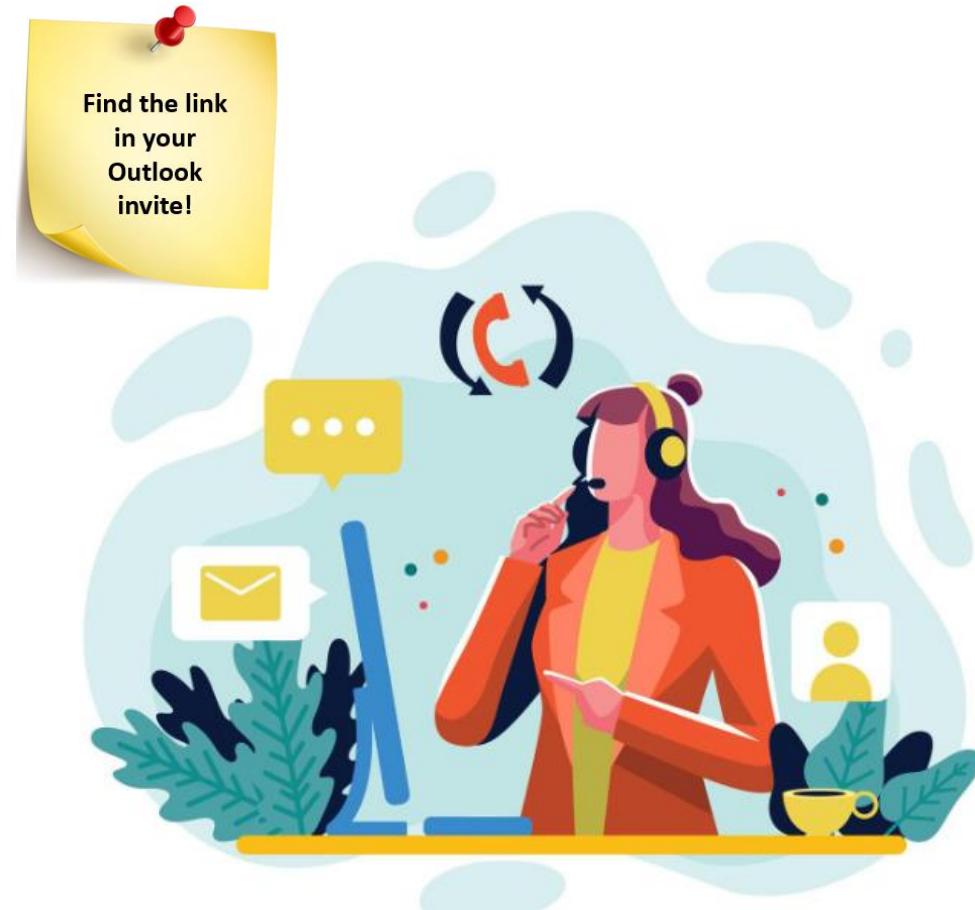
As a standing reminder: our **Champion Concierge** is always open!

💡 Use the simple Microsoft Form anytime to:

- Submit **questions, concerns, or ideas** when they pop up
- Choose the follow-up style that works best for you—one-on-one chat, team conversation, or a written response
- Get **personalized support** without the pressure of squeezing into a live Teams meeting

This format keeps things flexible and respects your time—especially for those who prefer writing over talking.

👉 **Don't forget:** You'll always find the link to the Champion Concierge form in your monthly Champion Meeting invite (check Outlook!).



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](#)