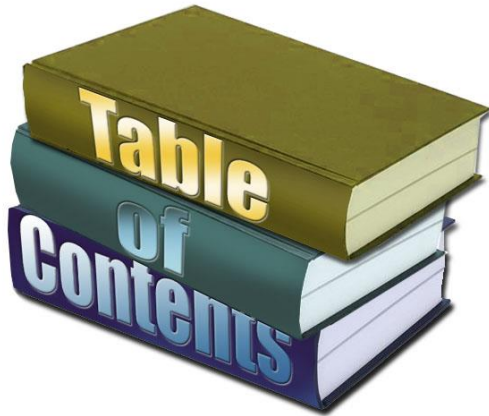


# FEBRUARY 2026 CHAMPION CHECK-IN NEWSLETTER

## *“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 February.

# WebMD Update – New Program Year 2026

## WebMD Update

### January Launch of the New Program Year

#### Portal Engagement Highlights

- 8,098 registrants and steadily climbing
- Coaching sessions leading as the top activity
- “Balance Your Diet” is the most-selected daily habit goal
- 289 employees have already earned points toward status levels
- Tour de Minnesota physical activity challenge coming in April



*“Riding into the new program year—one healthy habit at a time.”*

# WebMD Update – March Program Planning

## WebMD March Program Planning

### March Preview from Senior Well-being Coordinator Hailey Peckat



#### Mindful March Is Coming!

- March theme: **Mindful March**, wrapping up Q1's focus on Fuel Your Life
- Champions encouraged to start planning now for mindfulness-focused activities



#### Group Health Coaching – Session #2

- Second group coaching session happening in March
- Topic: **Nutrition** — supporting healthy habits and fueling well-being



*“Marching into mindfulness—fueling focus, calm, and healthy habits.”*

# WebMD Update – Engagement Tip

## WebMD Update – Engagement Tip

### March Inspiration from Senior Well-being Coordinator Hailey Peckat

#### Embrace Resilience & Renewal

- March’s engagement tip invites us to lean into resilience, renewal, and fresh starts
- As winter fades, it’s the perfect moment to nurture mind, body, and community
- Encourage champions to spark small acts of intention, care, and connection throughout the month



## March

March invites us to embrace resilience and renewal. As winter fades, it's a perfect time to nurture your mind, body, and community with intention and care.



**8 International Women's Day**  
Take a moment today to honor the women who inspire you. Bonus challenge: Support a women-owned business or share a shout-out on social media to spread the love.

**20 International Day of Happiness**  
A quiet moment of gratitude, a smile exchanged with a stranger, a simple activity that lights you up inside: These little things hold so much beauty. Make space today for whatever brings your heart a little happiness.

**22 World Water Day**  
Pause to appreciate the quiet power of clean water. Sip slowly, feel grateful, and think about small ways to protect and cherish clean water. When we care together, even the smallest actions can grow into a wave of change.

**28 Earth Hour**  
At 8:30 p.m. local time, flip the switch and join a global moment of reflection. For one hour, lights go out as a quiet reminder to protect our planet. Use the stillness to reconnect.

**National Credit Education Month**  
Take time this month to check your credit report, learn what impacts your score, and explore tools that support smarter borrowing and budgeting.

Find support at [webmdhealth.com/segip](http://webmdhealth.com/segip)

March Engagement Tip  
-Encourage colleagues to eat one meal per day without distractions.  
-Share a short prompt; for example, "notice the flavor and texture with each bite."

*"Renew. Reset. Rise—March into resilience together."*

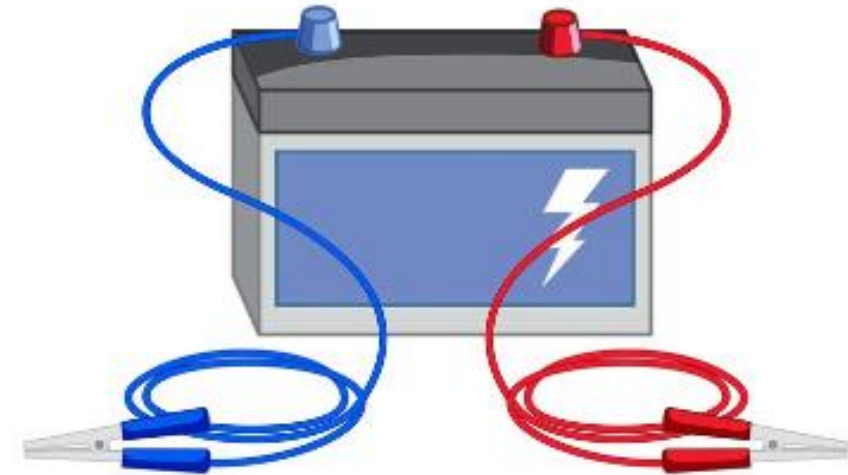
# Wednesday Work Life Webinars

## Wednesday Work Life Webinars

### A Look Back at Jumpstart January

#### January Webinar Highlights

- We kicked off the year with **Jumpstart January**, helping employees learn more about our **Life & Well-being Program**
- Champions and employees also received a helpful **LifeMatters EAP overview**, reinforcing the support and resources available
- A strong start to the year with great engagement and curiosity from teams across agencies
- All sessions require **registration**, and employees receive an email confirmation with a **calendar invite, handouts**, and all session details — making it easy to join and stay engaged.



# January

*"Jumpstarting the year with learning, support, and champion energy."*

# Wednesday Work Life Webinars - February

## Wednesday Work Life Webinars - February

### *What's Coming Up This Month*

#### **February 11 – Getting the Most out of Your Work Life**

- Explore practical ways to realign daily routines with what matters most
- Encourages clarity, balance, and intentional work habits

#### **February 18 – How to Bring Your Best Self to Work**

- Focus on strategies that boost performance and strengthen relationships
- Helps employees contribute positively to their team and organization

#### **February 25 – Engaging to Understand**

- Learn how to use the FUEL coaching model
- Shift from opposing interests to shared goals and collaborative solutions



**Wednesday Well-Being Webinars**

**Live from Noon - 1 p.m.**

- Feb. 11 - Get the Most Out of Your Work Life
- Feb. 18 - Bring Your Best Self to Work
- Feb. 25 - Engage to Understand

**m** Webinar Recordings Available

The graphic features an illustration of a person sitting at a desk with a laptop, looking at a video call on a screen. The screen shows a man in a suit speaking. The background is a light blue and green gradient.

*“Leveling up work life—one Wednesday at a time.”*

# Omada March Campaign

## Omada March Campaign

### March Resources to Share *(one month in advance)*:

#### Promoting Healthy, Nutritious Eating in March

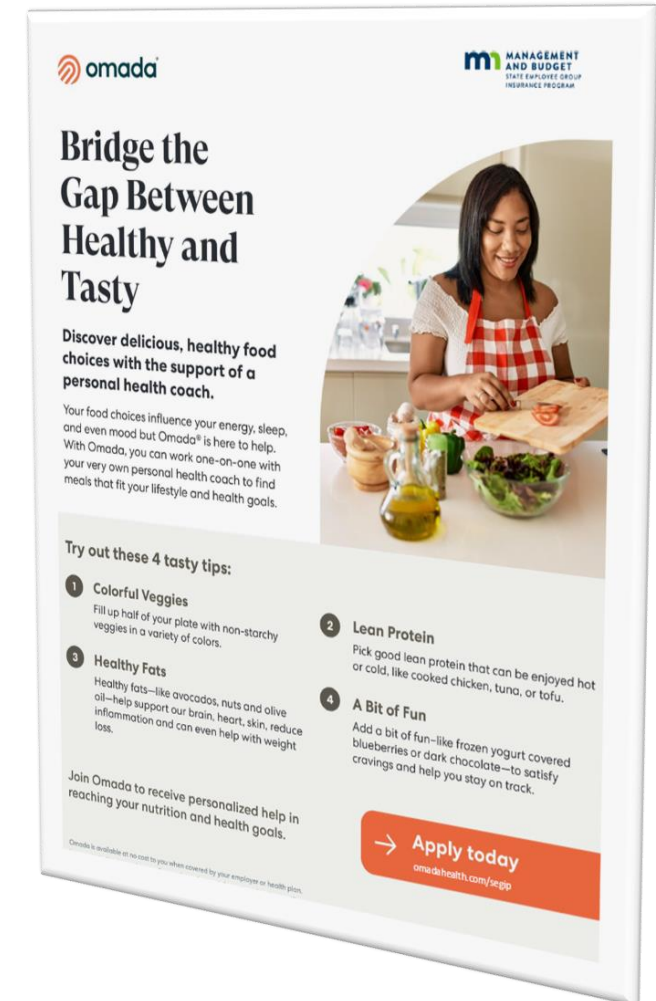
During the meeting, we reviewed the **Omada March “National Nutrition Month” Campaign Reference Guide**, designed to help champions inspire healthier habits across their teams.

#### Key objectives include:

- Highlighting how **food choices impact energy, sleep, and mood**
- Sharing **simple, nutritious eating tips** employees can use right away
- Reminding staff about the value of **Omada** and how to apply

#### The guide includes:

- Ready-to-use **copy blurbs**
- A colorful **flier**
- A **banner ad** for easy promotion



*“Fuel your month with flavor, energy, and Omada inspiration.”*

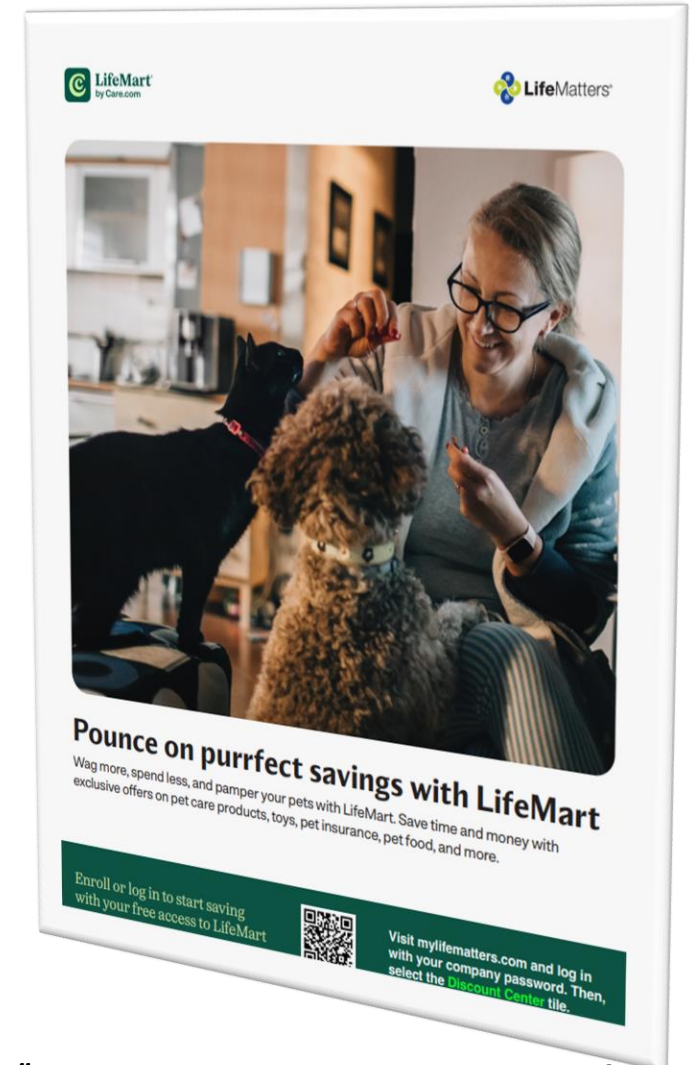
# LifeMatters EAP Resources

## LifeMatters EAP Resources

### *February Featured Resources to Share with Your Teams*

#### What's New This Month

- ❄️ **Winter 2026 LifeMatters PDF**
  - Seasonal tips, tools, and reminders to support employee well-being
  - Great resource for sharing timely guidance during the colder months
- 🐾 **“Pounce on Purrfect Savings” – LifeMart Discount Center**
  - Highlights current LifeMart deals and discounts
  - Easy way for employees to save on everyday purchases
- 🎤 **February Webinar PDF**
  - Overview of this month's LifeMatters webinar
  - Champions can use this to promote attendance and awareness



The image shows a promotional card for LifeMatters EAP resources. At the top left is the LifeMart logo (a green circle with a white 'c' and the text 'LifeMart by Care.com'). At the top right is the LifeMatters logo (a blue and green cross shape with the text 'LifeMatters'). The central image shows a woman with glasses and a grey sweater sitting on a chair, smiling and holding a small brown dog. A black dog is standing next to her. Below the image, the text reads: 'Pounce on purrfect savings with LifeMart' in a bold, black font. Underneath that, in a smaller font, it says: 'Wag more, spend less, and pamper your pets with LifeMart. Save time and money with exclusive offers on pet care products, toys, pet insurance, pet food, and more.' At the bottom of the card, there is a green banner with white text: 'Enroll or log in to start saving with your free access to LifeMart' on the left, a QR code in the center, and 'Visit mylifematters.com and log in with your company password. Then, select the Discount Center tile.' on the right.

*“Warm resources, cool savings, and champion-powered support all winter long.”*

# Targeted Highlight

## Targeted Highlight Spotlighting WebMD, LifeMatters EAP & Legal Support

### WebMD – Well-Being Rewind

- Now live through March 31, 2026, on the WebMD portal
- Transforms 2025 wellness data into a personalized story of achievements and designed as a celebratory end-of-year reflection to motivate participants for the year ahead

### LifeMatters EAP – “Supporting Minnesota”

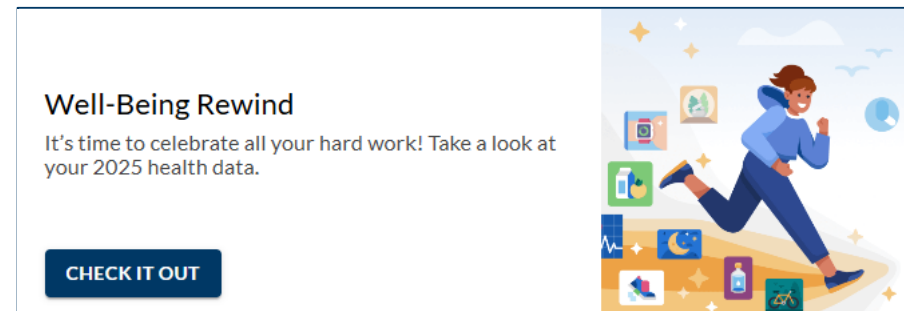
- New website tile created in response to significant community stress across Minnesota
- Provides resources to help employees navigate common concerns during challenging times

### Legal Support – Two Helpful Options

- **LifeMatters EAP:** Free legal consultation for all employees and anyone living in their household
- **MetLife Legal Plan:** Access to 18,000+ attorneys; covers employees, spouses, children, and dependents
- A great reminder that employees have multiple avenues for legal help



Supporting Minnesota



*“Rewind. Support. Empower—champions spotlighting the tools that help our teams thrive.”*

# Interactive Element – Love It or Leave It

## Love It or Leave It

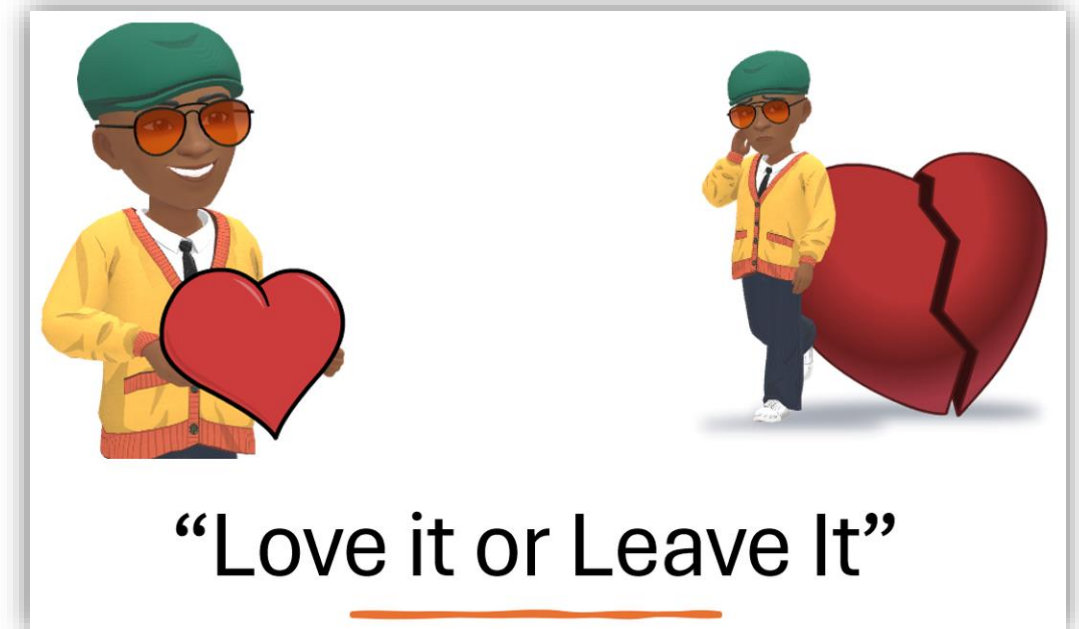
### *A Quick Burst of Fun & Connection*

#### This Month's Game: "Love It or Leave It"

During the meeting, champions jumped into a fast-paced connection game where pairs of items popped up—related to **work, wellness, or everyday life**—and everyone had to instantly drop "**Love It**" or "**Leave It**" in the chat.

Bonus points went to the most **dramatic, funny, or over-the-top** reactions.

It was a light, energizing way to spark conversation and get everyone smiling.



*"Love it, leave it, laugh about it—champions bring the fun every month."*

# Agency/Location Reporting - Revenue

## Minnesota Department of Revenue

### Quarter 1 Highlights from Champion Diana C.

#### Nutrition & Meal Planning Series

- Multi-week well-being focus
- Weekly tips, tricks, and real-life examples
- Week-long challenge to apply new skills and share experiences

#### Roving Readers Project

- Book Swap Event on Feb. 18 during lunch
- Open to all Stassen agencies
- Partnering with senior leadership to create a **Book Exchange Station (“BEST”)** in the Revenue Library, inspired by the Free Little Library model



*“Nourishing minds and meals—one champion idea at a time.”*

# Agency/Location Reporting - Education

## Minnesota Department of Education

### Quarter 1 Highlights from Champion Kristie A.

#### 🌟 Words & Intentions of the Year

- Partnering with agency committees to collect staff “words or intentions of the year”
- Encouraging reflection, positivity, and personal focus

#### 📺 Food Drive Collaboration

- Co-hosting a drive to support local food banks
- Promoting community care and giving back

#### 🧘 Yoga Program Refresh

- Exploring new options as their current coordinator steps back
- Keeping movement and mindfulness accessible for staff

#### 🍲 Soup/Chili Cookoff in March

- A warm, tasty way to bring people together
- Friendly competition + delicious bragging rights



*“Fueling focus, community, movement, and flavor—Education champions do it all.”*

## Wellbeing Tip



### ***Be “Heart Strong” in Everyday Moments***

*February Heart Health: Be Heart Strong Every Day*

- Make movement a daily habit: even 5–10-minute walk breaks help your heart and your mood.
- Choose one “heart-strong” swap this month (more water, fewer sugary drinks, or adding a veggie to lunch).
- Protect your heart from stress: try a 1-minute pause to breathe deeply between meetings or tasks.

***“As a State of Well-being Champion, you can model small, realistic habits and remind coworkers that tiny changes add up to better heart health.”***





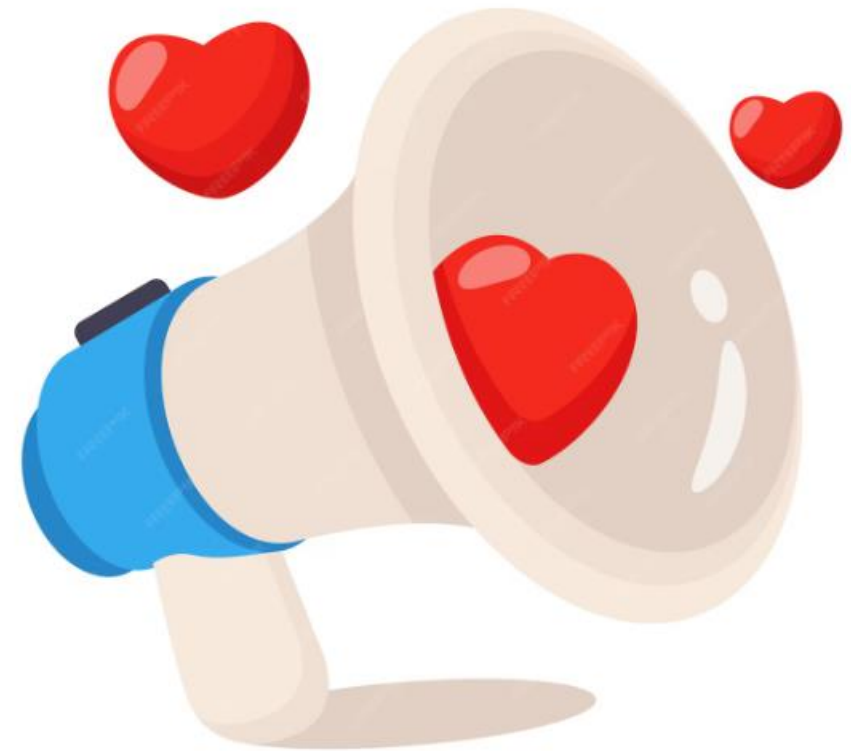
## Advocate Tip

### ***Champion Heart-Healthy Choices at Work***

*Bring “Heart Strong” to Your Workplace*

- Highlight heart health in your agency: share a quick tip or resource in a team meeting, email, or intranet post.
- Encourage heart-healthy breaks: suggest a short walk, stretch, or “stand and move” moment during longer meetings.
- Point coworkers to resources: promote February heart-focused webinars, EAP support, and WebMD tools that help track activity, stress, or nutrition.

***“Your voice matters—when you speak up for heart health, you make it easier for others to participate and feel included.”***



## Leadership Tip

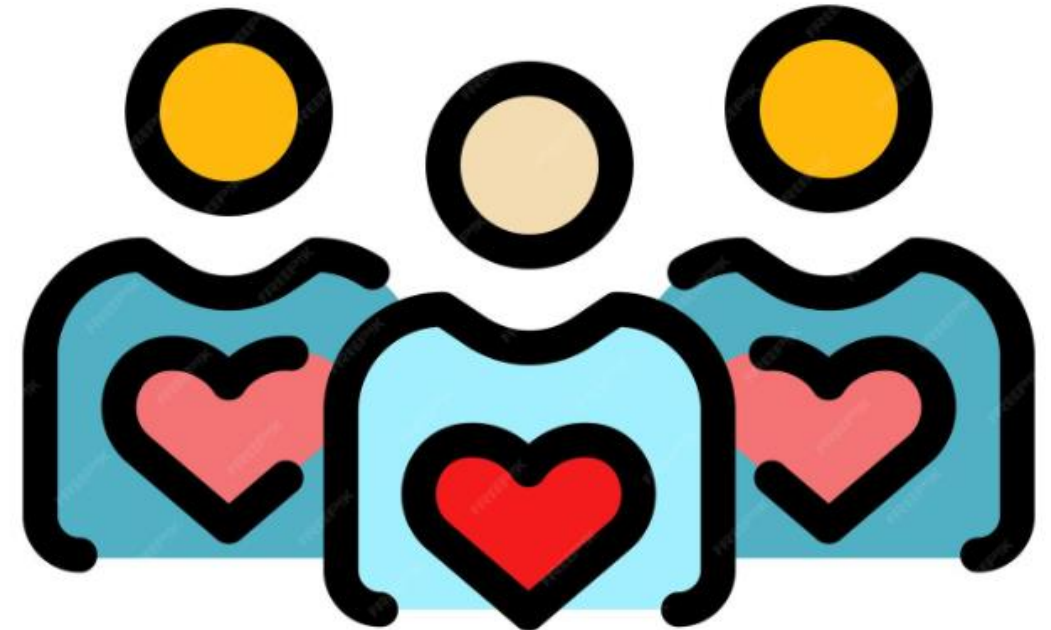


### *Create a Heart-Strong Culture*

#### *Create a Heart-Strong Culture*

- Normalize healthy habits: open meetings with a quick reminder it's okay to stretch, stand, or bring water.
- Make space for recovery: when possible, avoid back-to-back meetings and encourage employees to use breaks for movement or stress relief.
- Connect to support: remind teams about EAP, WebMD, and other State of Well-being resources that can help with stress, sleep, and lifestyle changes.

***“Even if you don’t supervise others, you can lead from your role—model heart-healthy behavior and share resources in a way that feels supportive, not prescriptive.”***



# Meeting Recording Link

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



RECORDING TIME STAMP	
Welcome Message	4:04
WebMD Updates	10:04
Wednesday Work Life Webinars	17:05
Health and Well-being Updates	19:36
Targeted Communication/Highlight	28:20
Interactive Element	40:00
Champion Spotlight & Reporting	53:30
Wrap-Up	55:35

# Champion Concierge

## Champion Concierge: Request Support or Share Ideas

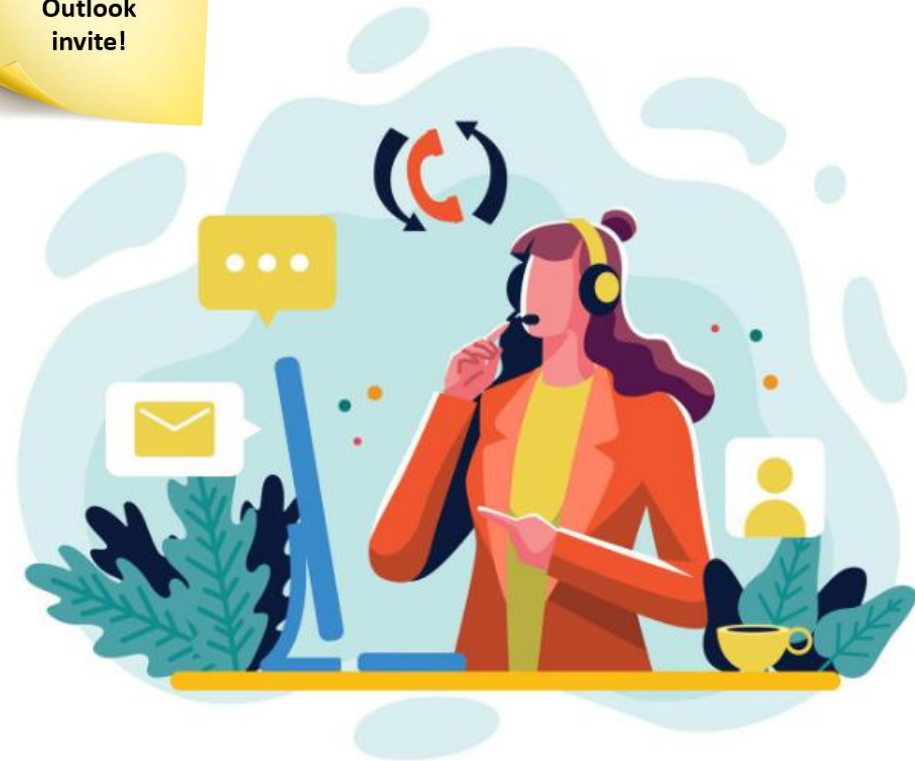
As a standing reminder: our **Champion Concierge** is always open!

💡 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!).



*"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](http://webmdhealth.com/segip)



- **EMAIL**

[work.well.mmb@state.mn.us](mailto: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](#)