

JANUARY 2025 CHAMPION CHECK-IN NEWSLETTER

“Your Monthly Recap”



TABLE OF CONTENTS

1. **Welcome Message** – Slide #3
2. **WebMD Updates** – Slide #4-6
3. **Wednesday Work Life Webinars** – Slide #7
4. **Health and Well-being Updates** – Slide #8-13
5. **Targeted Communication/Highlight** – Slide #14
6. **Interactive Element** – Slide #15
7. **Champion Spotlight & Reporting** – Slide #16
8. **Tips for Success** – Slide #17-19
9. **Meeting Recording** – Slide #20
10. **Contact Information** – Slide #21

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 January.

WebMD – Reporting

WebMD Reporting: Quick Recap

In our champion meeting, we reviewed the highlights of WebMD reporting for 2024, including:

 **Challenge Numbers:** A wrap-up of how we crushed our statewide challenges!

 **Registration Rates by Agency:** Who's leading the charge?

 **Status Level Achievements:** Celebrating progress and milestones.

 **Health Assessment Completions:** Great participation for better insights.

 **Health Coaching Engagements:** Supporting healthier lifestyles across the board.



“Every number tells a story of success. Thank you for making it happen!”

February Program Planning

WebMD Updates

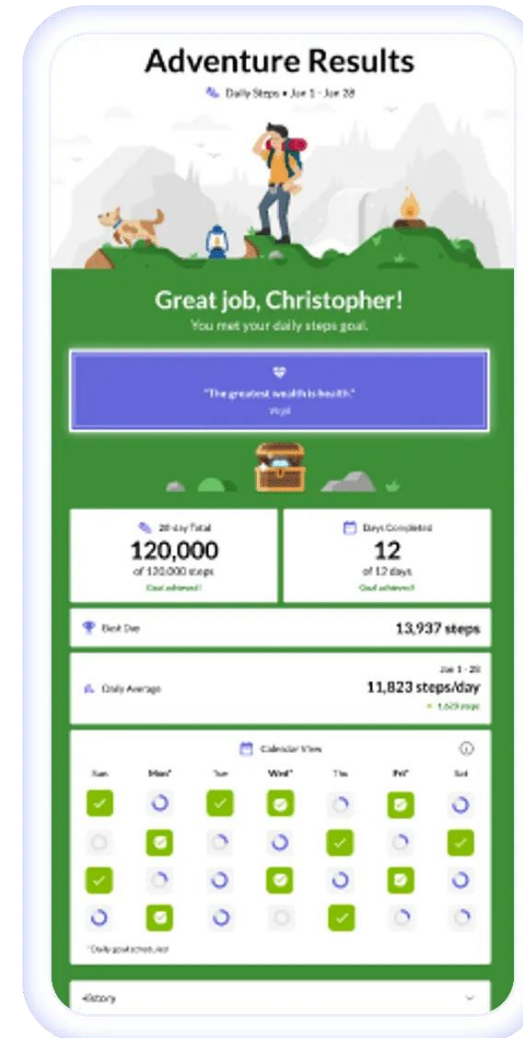
- Senior Well-being Coordinator, Hailey Peckat, shared exciting updates for February:
 - **Theme:** American Heart Month—Let's focus on keeping our hearts healthy! ❤️
 - **Heart Health Statewide Challenge:** Get ready to join in and make February all about heart-healthy habits.
 - **Webinars:** Details about February's learning sessions to keep us informed and inspired.



"Let's make February a month full of heart and health!"

WebMD Side Quests

- Our Senior Well-being Coordinator, Hailey Peckat, introduced us to WebMD's Side Quests—a fun and interactive way to level up your well-being journey! These quests are participant-driven adventures that help uncover personal motivations, set exciting goals, and create a plan that's as fun as it is impactful. 🗺️ 🏆



“Your journey to well-being is a quest worth taking!”

Wednesday Work Life Webinars

Wednesday Work Life Webinars

- In our meeting, we dove into some exciting updates:
 - **Webinar Attendance:** The numbers are in—our webinars are a hit! 🎉
 - **January Webinars:** Get ready to kick off the new year with a stellar lineup. 📅 ✨
 - **2025 Full Schedule:** It's here! Champions, the full webinar schedule is live on the site—time to promote! ✨



Omada February Campaign

Omada February Campaign

In our meeting, we rolled out the February (one month in advance) “American Heart Month” campaign by Omada, packed with heart-healthy inspiration! ❤️ Here’s what we covered:

- **Positive Effects of Physical Activity:** Keep those hearts strong with regular movement! 🙌
- **Tips for Encouragement:** Create a welcoming, uplifting space to inspire activity. ✨
- **Omada Reminders:** Highlight the benefits and remind employees where to apply. 📄

We showcased:

- **Copy blurbs** for easy promotion.
- **A flyer and banner ad** to spread the word at your locations. 📄 Let’s pump up February with heart-healthy vibes! 🏃❤️



The flyer features the Omada logo and the Management and Budget State Employee Group Insurance Program logo. The main headline is "Take the First Step to a Healthier Heart". Below this, it states: "There's no doubt about it—regular physical activity offers numerous benefits, from helping lower your blood sugar and cholesterol to reducing your risk of heart disease and stroke." The flyer lists "3 Ways to Get Moving Today": 1. Ease into it (Exercise doesn't have to be intense...), 2. Listen to your body (Go at your own pace...), and 3. Bring a buddy (Having a support system can make all the difference...). A testimonial from Cindy, an Omada member, is featured in a red circle: "I feel like I am in more control of my life. I realize the importance of daily exercise and now crave it as part of my routine. I've also learned lots of ways to eat better with recipe and website links suggested by my coach." Below the testimonial, it says: "You may have access to Omada to help reach your heart health goals. Get personalized health support from anywhere, at no additional cost to you, if eligible." The flyer also lists benefits: Zero cost for eligible members, Dedicated health team with an Omada health coach (yes, real people), Personalized health plan tailored to each member's lifestyle, and Smart devices to easily track your progress*, 24/7. At the bottom, there is a call to action: "Apply today" with the URL "omadahhealth.com/SEGIP".

“Together, we’re building stronger hearts and communities—one step at a time!”

LifeMatters Resources

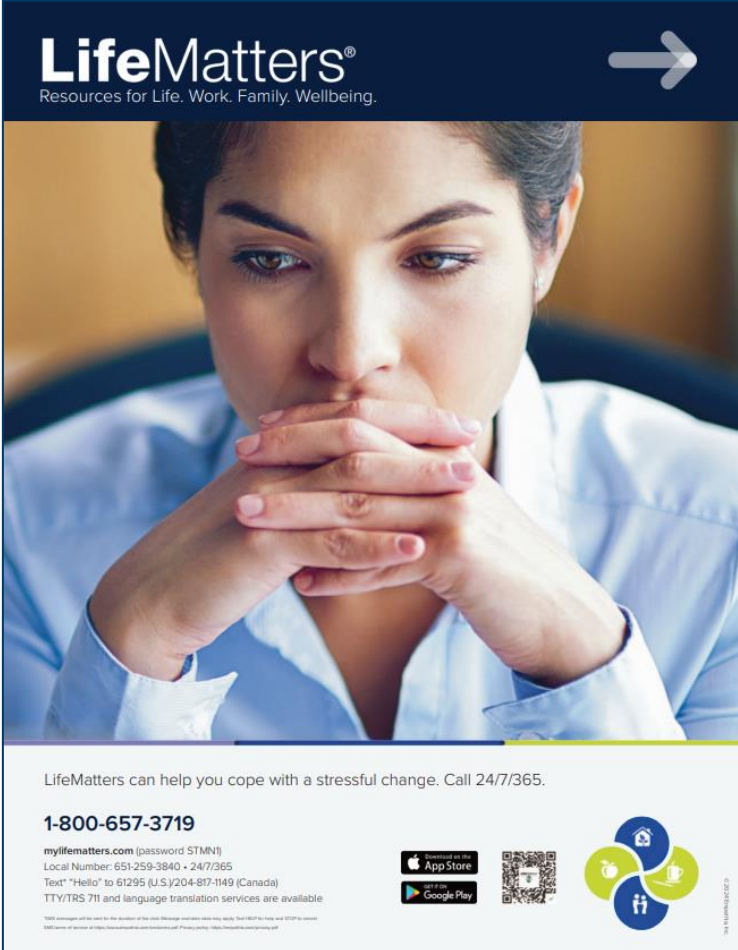
LifeMatters Resources

In our meeting, we dove into the [January LifeMatters EAP Resources](#)—your go-to toolkit for kicking off 2025 with clarity and confidence! ✨

Here's what's online this month:

- **Coping with Stressful Change:** Tools to stay calm and resilient.
- **Making Your Goals a Reality:** Turn dreams into doable plans! 🏆
- **Stressful Change & Goals Resources:** Ready to help you tackle the tough stuff.

January Webinar: Don't miss this learning opportunity—growth starts here! 💻 Let's empower employees to thrive with these fantastic resources! 🌈



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Available on the App Store
GET IT ON Google Play

QR code linking to resources

LifeMatters logo

"Access these resources now on LifeMatters!"

Tour de Minnesota Challenge

Tour de Minnesota Challenge

What a ride! During our **Tour de Minnesota Challenge**, we saw incredible engagement and dedication:

- **Total Participants:** 🚴 478 employees hit the road with us!
- **Challenge Champions:** 🏆 189 participants moved their way to completion and earned points toward their status levels.

A big round of applause for everyone who joined the journey—let's keep the momentum going! ✨



Group Health Coaching

Group Health Coaching

Big news! We're in the final stretch:

- The **final format** for **Group Health Coaching** has been sent for legal approval.
- We're aiming for a **March launch**—just around the corner!
- The final plan includes:
 - 📄 **Course format & topics**
 - 🕒 **Coaching schedule**
 - 🔒 **Data privacy protections**
 - ✍️ **How to register**

Stay tuned for more updates—group coaching is almost here to inspire health and connection!



"Group Health coaching made easy—get ready to grow!"

Champion Toolkit

Champion Toolkit

Your All-in-One Resource Hub! 🛠️ ✨

Exciting news for our State of Well-being Champions!

- **Senior Well-being Coordinator, Hailey Peckat,** unveiled the brand-new **Champion Toolkit**.
- This toolkit is a one-stop shop for all the tools, tips, and resources you need to support your workplace well-being initiatives.
- Say goodbye to scattered resources—everything is now all in one place for easy access!

Let's make well-being easier, more fun, and even more impactful together!



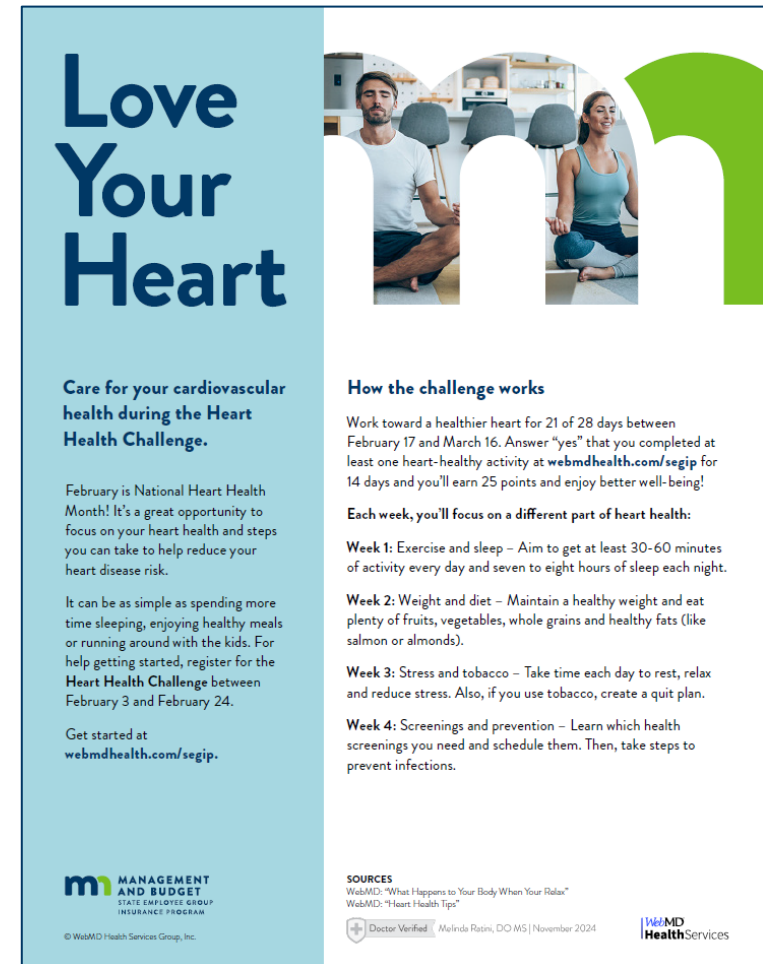
Heart Health Challenge

Heart Health Challenge

Get ready for February's big event—the **Heart Health Challenge!**

- **Senior Well-being Coordinator, Hailey Peckat**, shared all the exciting details:
 - **When:** February 17 – March 16.
 - **Weekly Focus Areas:**
 - **Week 1:** Exercise & Sleep 🏃💤
 - **Week 2:** Weight & Diet 🥗⚖️
 - **Week 3:** Stress & Tobacco 🚫😞
 - **Week 4:** Screenings & Prevention 🏠✅
- Resources for champions will be available once registration opens on **February 3.**

Let's work together to make this challenge a heart-thumping success!



Love Your Heart

Care for your cardiovascular health during the Heart Health Challenge.

February is National Heart Health Month! It's a great opportunity to focus on your heart health and steps you can take to help reduce your heart disease risk.

It can be as simple as spending more time sleeping, enjoying healthy meals or running around with the kids. For help getting started, register for the **Heart Health Challenge** between February 3 and February 24.

Get started at webmdhealth.com/segip.

How the challenge works

Work toward a healthier heart for 21 of 28 days between February 17 and March 16. Answer "yes" that you completed at least one heart-healthy activity at webmdhealth.com/segip for 14 days and you'll earn 25 points and enjoy better well-being!

Each week, you'll focus on a different part of heart health:

Week 1: Exercise and sleep – Aim to get at least 30-60 minutes of activity every day and seven to eight hours of sleep each night.

Week 2: Weight and diet – Maintain a healthy weight and eat plenty of fruits, vegetables, whole grains and healthy fats (like salmon or almonds).

Week 3: Stress and tobacco – Take time each day to rest, relax and reduce stress. Also, if you use tobacco, create a quit plan.

Week 4: Screenings and prevention – Learn which health screenings you need and schedule them. Then, take steps to prevent infections.

SOURCES
WebMD: "What Happens to Your Body When You Relax"
WebMD: "Heart Health Tips"

Doctor Verified | Melinda Ratini, DO MS | November 2024

WebMD Health Services

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"Healthy Hearts, Strong Team!" | "Registration Opens February 3!"

Targeted Communication/Highlight

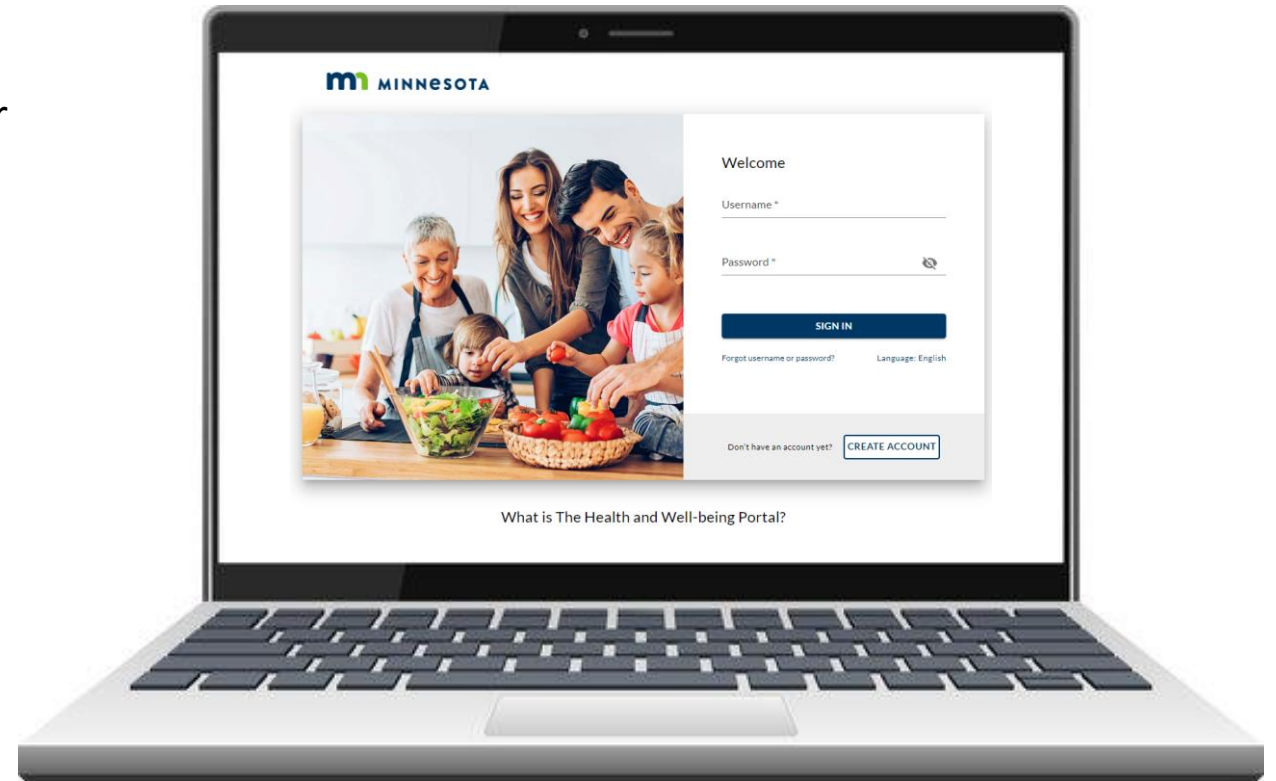
Targeted Communication/Highlight

Senior Well-being Coordinator, Hailey Peckat, gave us a quick and exciting tour of the **WebMD portal**—perfect for new champions and a great refresher for all!

- **What we covered:**

- Creating an account (it's easy peasy!).
- Exploring awesome features:
 - **Community:** Connect and share! ✨
 - **Daily Habits:** Build better routines. ✅
 - **Health Assessment:** Know your numbers. 🧠
 - **Status Levels:** Track your progress. 📊
 - **Health Coaching:** Expert support at your fingertips! 🎧

- Want more details? Reach out to Hailey for a deeper dive into the portal.



Interactive Element

Interactive Element

Champion Poll Fun! 🎉

During our meeting, we got interactive with three polls to reflect on our Champion journey!

- **Poll 1:** What type of passion fuels your Champion work?
❤️ 🔥
- **Poll 2:** Which Champion duties do you engage in the most?
🔧 💪
- **Poll 3:** How do you emphasize getting leadership buy-in?
💼 ✨

It was inspiring to see everyone's input and learn from each other's perspectives. Thanks for sharing your Champion spirit! ✨



"Your input helps make our Champion community thrive!"

Champion Spotlight

Champion Spotlight

In January's **Champion Spotlight**, we celebrated **Xiongmee Lor** from MPCA! 🎉

- **Inspiration:** Xiongmee shared what motivated her to step into the role of a State of Well-being Champion. 💡
- **Impact:** She highlighted the positive changes her wellness efforts have brought to employees at her agency. 🌱
- **Advice:** Encouraged other Champions with tips on making a meaningful impact. 💪

Thank you, Xiongmee, for being a beacon of well-being at MPCA! ✨🌟



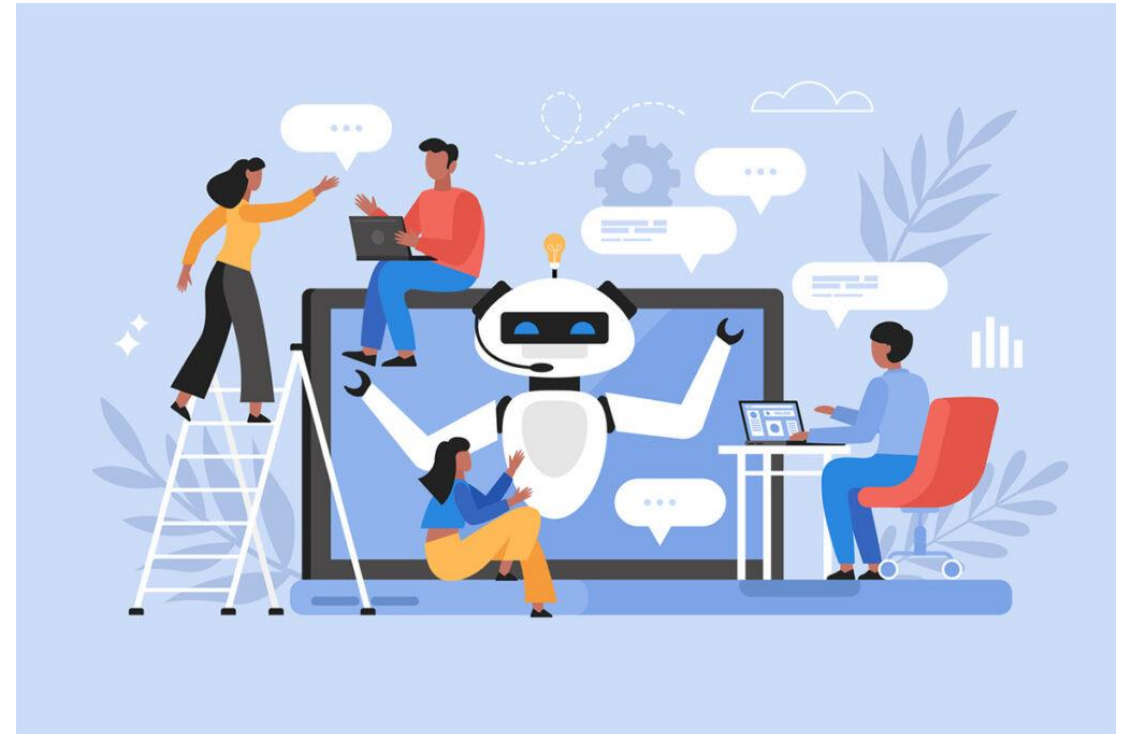
"Keep shining, Xiongmee! You're an inspiration to us all."

Wellbeing Tip



AI as a Catalyst for Change in Employee Well-being

AI is poised to transform workplace well-being by optimizing experiences through data analytics, enabling personalized solutions, and improving benefits administration. While AI won't replace clinical well-being support, it can streamline administrative tasks and enhance communication strategies. However, organizations must address concerns around privacy, data misuse, and bias to build trust and ensure ethical implementation.



Advocate Tip



Supporting Women's Health at Every Stage

With five generations of women in the workforce, employers must address diverse health needs from childbearing to menopause and beyond. Emerging trends include supporting menopause with workplace accommodations, raising awareness to normalize conversations, and offering holistic caregiving benefits. Listening to employee feedback is key to building a strategy that supports women's well-being throughout their lives.



Leadership Tip



Leadership's Role in Well-being

When leaders prioritize employee well-being, it fosters engagement, reduces burnout, and enhances loyalty. Employees are three times more likely to feel engaged and five times more likely to advocate for their company as a great place to work. Key actions for 2025 include open communication, leadership training, modeling healthy behaviors, and integrating well-being into performance accountability.



Meeting Recording Link

January '25 State of Well-being Champion Meeting Recording



| RECORDING TIME STAMP | |
|----------------------------------|---------|
| Welcome Message | 6:20 |
| WebMD Updates | 11:20 |
| Wednesday Work Life Webinars | 22:05 |
| Health and Well-being Updates | 27:00 |
| Targeted Communication/Highlight | 44:00 |
| Interactive Element | 52:45 |
| Champion Spotlight & Reporting | 59:25 |
| Wrap-Up | 1:10:00 |

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

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