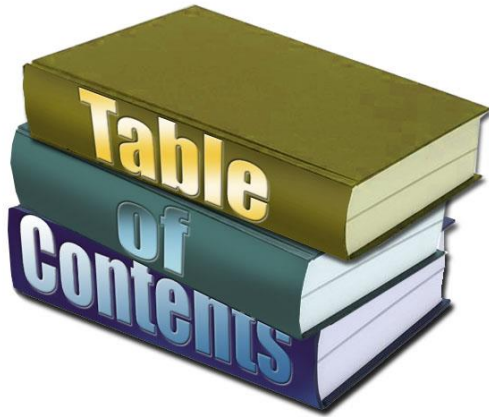


JANUARY 2026 CHAMPION CHECK-IN NEWSLETTER

“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 January.

WebMD Update – New Program Year 2026

WebMD Update – New Program Year 2026

- Senior Well-being Coordinator Hailey Peckat kicked off the new program year with an energizing refresher on the [WebMD Well-being Portal](#), giving Champions a quick tour of key features and spotlighting the activities available on the site to help everyone start 2026 strong.



“WebMD + Champions = Well-being Wins!”

WebMD Update – February Program Planning

WebMD February Program Planning

- Senior Well-being Coordinator **Hailey Peckat** walked Champions through the upcoming **February program plan**, giving everyone a head start on resources and activities.
- February's theme, **Heart Strong February**, continues our **Quarter 1 Focus: Fuel Your Life**—and we'll still be powering through our first **Group Health Coaching series on Weight Management** to keep the momentum going.



WebMD Update – Engagement Tip

WebMD Update – Engagement Tip

- Senior Well-being Coordinator **Hailey Peckat** introduced an exciting new addition for our Champions — a **Monthly Engagement Tip!** Starting in February (with prep happening one month ahead), each themed tip will give Champions fresh, creative ways to spark participation and inspire employees to stay active and engaged in their health and well-being all year long.

February

This month is all about heart, both literally and figuratively. Celebrate love, movement, and the joy of showing up for yourself and others.



4 World Cancer Day
Today is a global reminder of the power of prevention, support and hope. Check in on your health, schedule a screening, or reach out to someone going through a difficult diagnosis. You never know how much it might mean.

8 The Big Game
Enjoy your favorite football snacks without sacrificing any creamy goodness. Swap out sour cream for non-fat plain Greek yogurt in your dips and score big with extra protein and probiotics. It's a touchdown for your well-being!

20 National Love Your Pet Day
Pets have a special way of grounding us. Give your pet (or a furry friend in your life) a little extra love today and let them remind you to slow down, be present and enjoy the moment.

22 Recreational Sports & Fitness Day
Celebrate the joy of staying active by organizing a casual game, joining a steps challenge with friends, or simply trying something new that makes you smile. The goal is fun, not perfection.

International Boost Self-Esteem Month
Build a softer inner voice. Try writing down one thing you appreciate about yourself each day, no accomplishment necessary—just something true and kind. This helps your inner voice become more supportive and self-compassionate.

Find support from The Health and Well-being Portal

February Engagement Tip
-Organize a "Wear Red Day" at your location/across your agency.
-Share photos in Community.

SOURCES
World Health Organization: "Preventing Cancer"
National Alliance on Mental Illness: "Why Self-Esteem Is Important"
Mental Health"

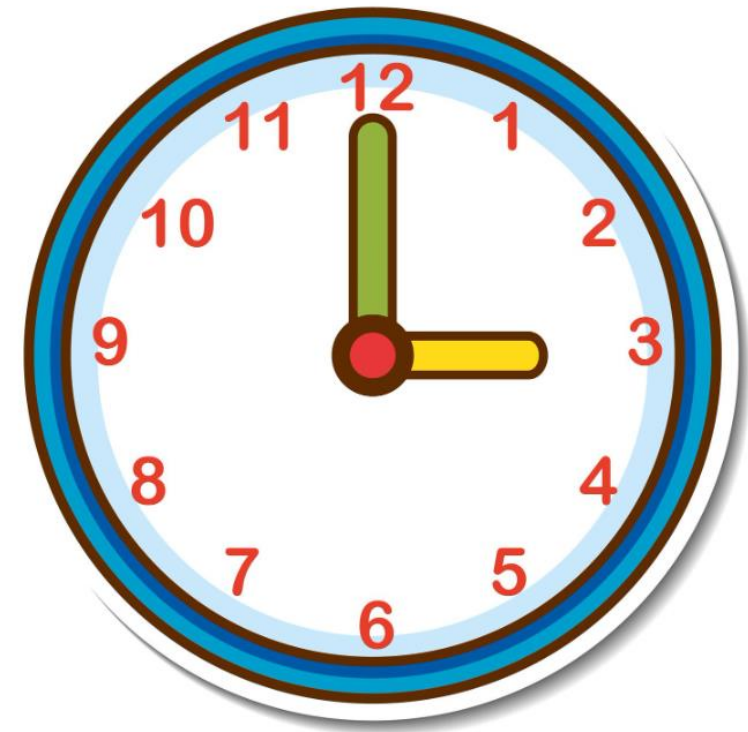
"Engage. Energize. Elevate well-being."

Wednesday Work Life Webinars

Wednesday Work Life Webinars

- We shared an overview of the **2026 [Wednesday Work Life Webinar schedule](#)**, now live on our website! Champions were encouraged to help spread the word so employees can take a dedicated hour to focus on their health and well-being.
- 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.

“Take an hour for your health!”



“Click. Register. Learn. Repeat.”

Wednesday Work Life Webinars - January

Wednesday Work Life Webinars - January

- ***Take a Fresh Look at Your Benefits – Jan. 14***

A fresh, energizing look at all the no-cost tools, resources, and benefits that can boost your well-being and make everyday life a little easier.

- ***Diagnosing the Conflict and Preparing to Listen – Jan. 21***

Turn conflict into opportunity with practical tools to uncover root causes, build psychological safety, and spark productive team conversations that transform tension into alignment.

- ***LifeMatters Services Overview – Jan. 28***

Get a quick, helpful tour of LifeMatters and discover how its no-cost services, support tools, and everyday resources can become a powerful part of your well-being toolkit.

“Big topics, fresh ideas, and everyday support—all in one place.”



The graphic is a promotional poster for 'Wednesday Well-Being Webinars'. It features a light blue background with a yellow sun-like shape on the left. In the center, there is an illustration of a person sitting at a desk with a laptop, looking at a video screen that shows a man speaking. To the right of the illustration, the text 'Wednesday Well-Being Webinars' is written in a bold, dark blue font. Below this, a dark blue banner contains the text 'Live from Noon - 1 p.m.' in white. Underneath the banner, three dates and topics are listed: 'Jan. 14 - Take a Fresh Look at Your Benefits', 'Jan. 21 - Diagnosing the Conflict and Preparing to Listen', and 'Jan. 28 - LifeMatters Services Overview'. At the bottom left, there is a logo with the letters 'm' and 'n' in green and blue. At the bottom right, the text 'Webinar Recordings Available' is written in white on a dark blue background.

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

Jan. 14 - Take a Fresh Look at Your Benefits

Jan. 21 - Diagnosing the Conflict and Preparing to Listen

Jan. 28 - LifeMatters Services Overview

m n

Webinar Recordings Available

Omada February Campaign

Omada February Campaign

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

- We previewed the **February Omada Campaign** so Champions can get a head start on promoting **American Heart Month**. This micro-campaign gives Champions ready-to-use tools to spark conversations about heart health and encourage employees to stay active, supported, and informed.
- The campaign's objectives include:
 - **Highlighting** how regular physical activity boosts heart health
 - **Sharing tips** that inspire movement and create a positive, comfortable environment
 - **Reminding employees** about the value of Omada and how to apply

The graphic features the Omada logo at the top left and the MetLife Management and Budget logo at the top right. The main title is "Take the First Step to a Healthier Heart". Below the title, a paragraph 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." This is followed by a section titled "3 Ways to Get Moving Today:" with three numbered points: 1. "Ease into it" (Exercise doesn't have to be intense to be effective. Start with small steps, like regular walks or trying out a yoga session.), 2. "Listen to your body" (Go at your own pace, take breaks as needed, and gradually increase your activity over time. Consistency is key for long-term health.), and 3. "Bring a buddy" (Having a support system can make all the difference. Find a friend to join you on walks, or set up regular check-ins to keep each other motivated.). To the right of this text is a photograph of four people walking in a snowy, wooded area. Below the text, a section titled "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." lists four benefits: "Zero cost for eligible members", "Smart devices to easily track your progress, 24/7*", "Personalized health plan tailored to each member's lifestyle", and "Dedicated health team with an Omada health coach (yes, real people)". At the bottom right, there is a call to action: "Apply today omadahealth.com/segip". Small text at the bottom left states: "Omada is available at no cost to you when covered by your employer or health plan. *Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person."

LifeMatters EAP Resources

LifeMatters EAP Resources

January Featured Resources to Share with Your Teams

- We highlighted the January LifeMatters EAP resources (link in meeting invite), giving Champions a quick snapshot of tools employees can use to support their financial, physical, and emotional well-being. January's lineup included:
 - **Reducing Debt: A Key to Achieving Life Goals** – PDF
 - **Protecting Your Vision as You Age** – PDF
 - **Senior Years** – Poster
 - **Smart Spending** – Poster
 - **January Webinar** – PDF
 - **Work Out Without the Markup** (Discount Center) – PDF
- A great mix of financial wellness, healthy aging, and practical savings tips to kick off the year strong.

January Webinar

- BASIC Essential Elements of Wellbeing
- Available in January on mylifematters.com
- Sign up for an email alert

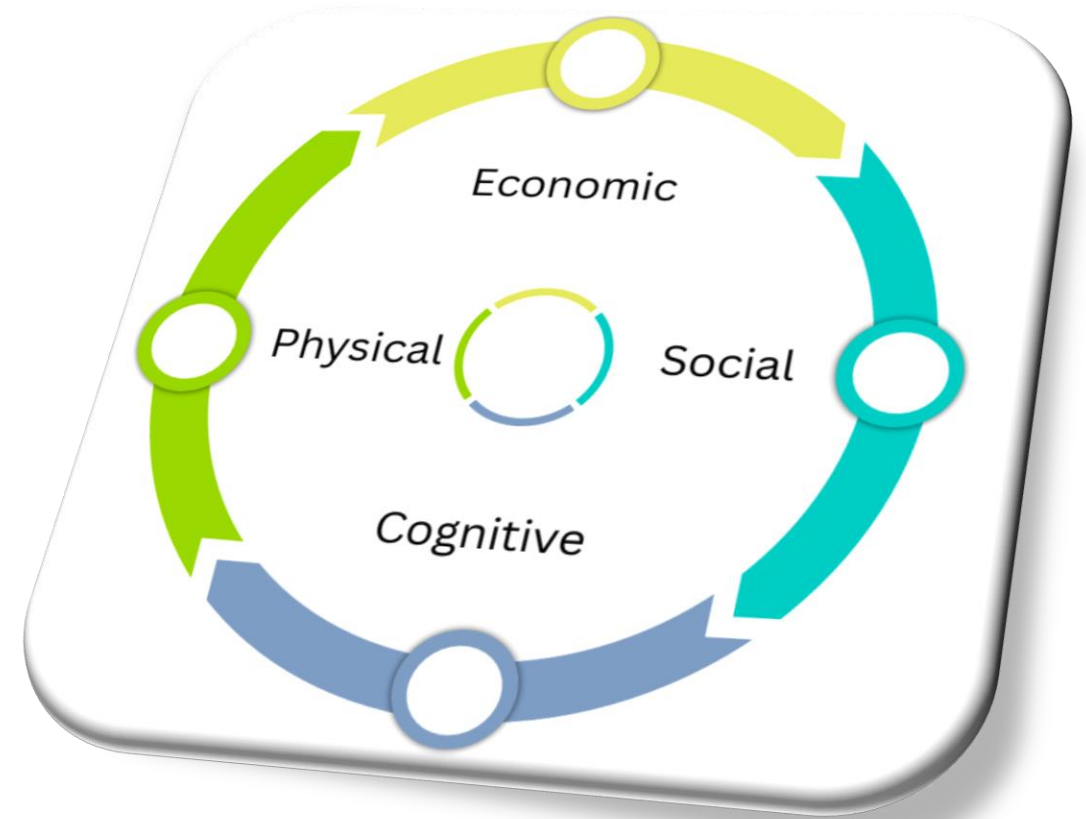


“Start the year with smart habits and strong support.”

Targeted Highlight – Group Health Coaching

Targeted Highlight

- Senior Well-being Coordinator **Hailey Peckat** shared exciting updates on our brand-new [Group Health Coaching](#) program. The first cohort is officially underway, diving into the **Weight Management** topic with Hailey leading the sessions and supporting participants every step of the way.
- Hailey also walked Champions through the refreshed **Champion Toolkit**, giving everyone a one-stop resource packed with everything they need to promote well-being, spark engagement, and stay organized throughout the year.



Interactive Element – The 2026 Riddle Round

The 2026 Riddle Round

- This was our “no reports, no updates—just fun” moment of the meeting.
- We revealed riddles on the screen, Champions dropped their best guesses in the chat (right, wrong, and hilariously off-track), and we celebrated every clever, creative, and comedic answer.
- It was a chance to warm up our minds, spark curiosity, and connect through pure, joyful brainpower.



“Riddles, giggles, and Champion magic.”

Agency/Location Reporting - Revenue

Minnesota Department of Revenue

During our Champion share-outs, Diana C. highlighted that the Revenue wellness team is cooking up something new—an upcoming **meal-planning event** slated for the first quarter. Details are still simmering, but the team is gearing up to bring fresh, practical wellness support to their employees.



"Something tasty is on the horizon!"

Wellbeing Tip



Care at Work Really Matters

- When employees feel truly cared for, they're 56% more engaged and 34% more likely to stay with their organization.
- They're also 37% less likely to experience persistent burnout—which means more energy, focus and resilience day to day.
- Organizational care isn't a “nice-to-have”; it's a daily experience that shapes how people feel, work and show up.





Advocate Tip

Help People Feel the Care

- As a well-being advocate, you can close the gap between what leaders intend and what employees actually feel by sharing clear, timely information about policies, programs and changes.
- Invite honest feedback in your corner of the organization—and make sure people see that their input is being heard and passed along.
- Use everyday moments (team emails, huddles, chats) to highlight examples of care in action so colleagues don't feel left guessing.



Leadership Tip



Make Care a Daily Practice

- Regularly keep people in the loop—share updates, decisions and “what this means for you” so employees don’t have to fill in the blanks themselves.
- Listen with intent: ask for input, reflect back what you heard, and turn at least one piece of feedback into visible action so people see their voice matters.
- Build psychological safety and belonging by responding constructively to questions and mistakes; when employees feel safe, engagement, performance and retention all rise.



Meeting Recording Link

January '26 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	9:35
WebMD Updates	15:20
Wednesday Work Life Webinars	23:55
Health and Well-being Updates	29:15
Targeted Communication/Highlight	35:55
Interactive Element	45:50
Champion Spotlight & Reporting	57:15
Wrap-Up	1:00:44

Champion Concierge

Champion Concierge: Request Support or Share Ideas

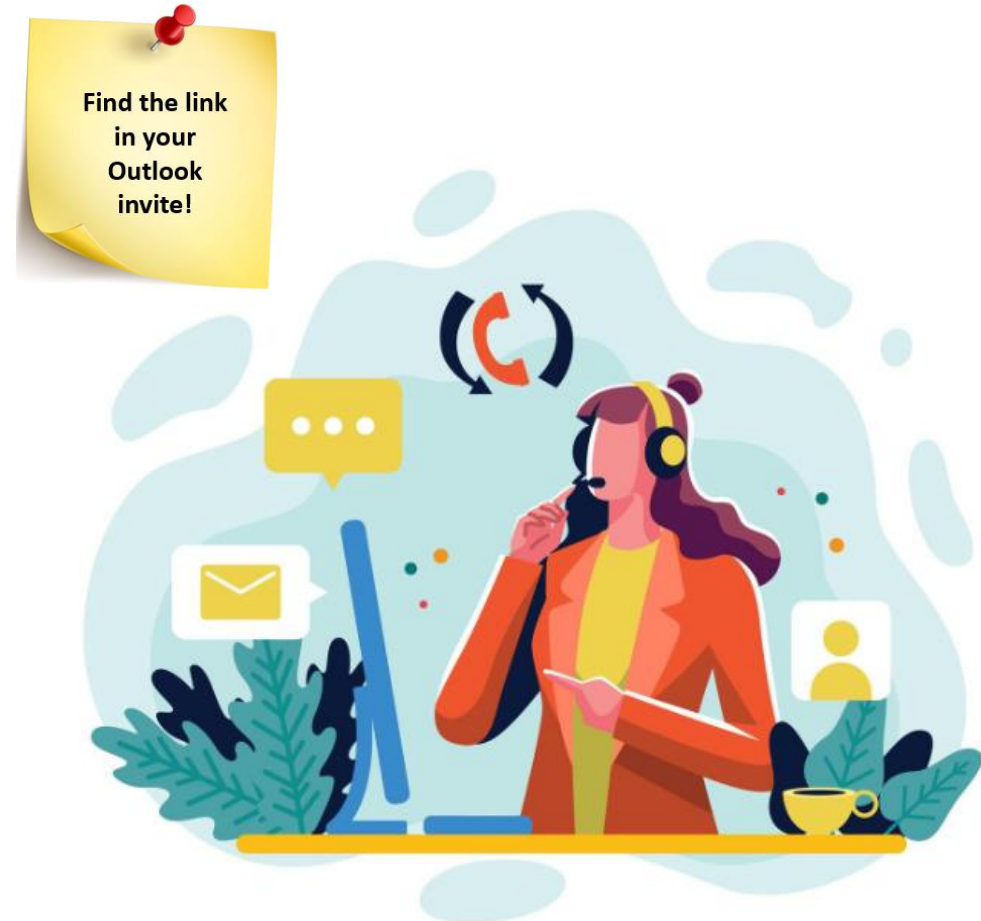
As a standing reminder: our **Champion Concierge** is always open!

💡 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?



• **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](#)