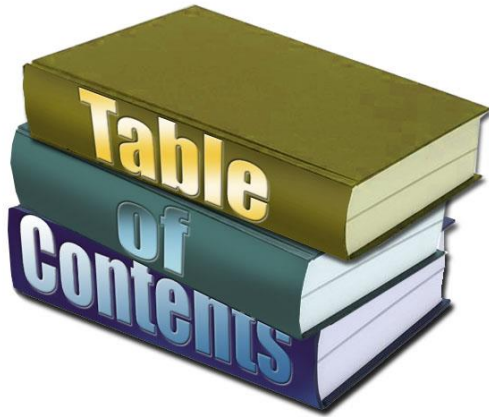


# JULY 2025 CHAMPION CHECK-IN NEWSLETTER

## *“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 July.

# WebMD Update – Reporting

## WebMD Reporting

### Portal Progress Through June 27:

#### Registration Snapshot


- Eligible users - Registered users - Registration rate (%) Health assessments completed

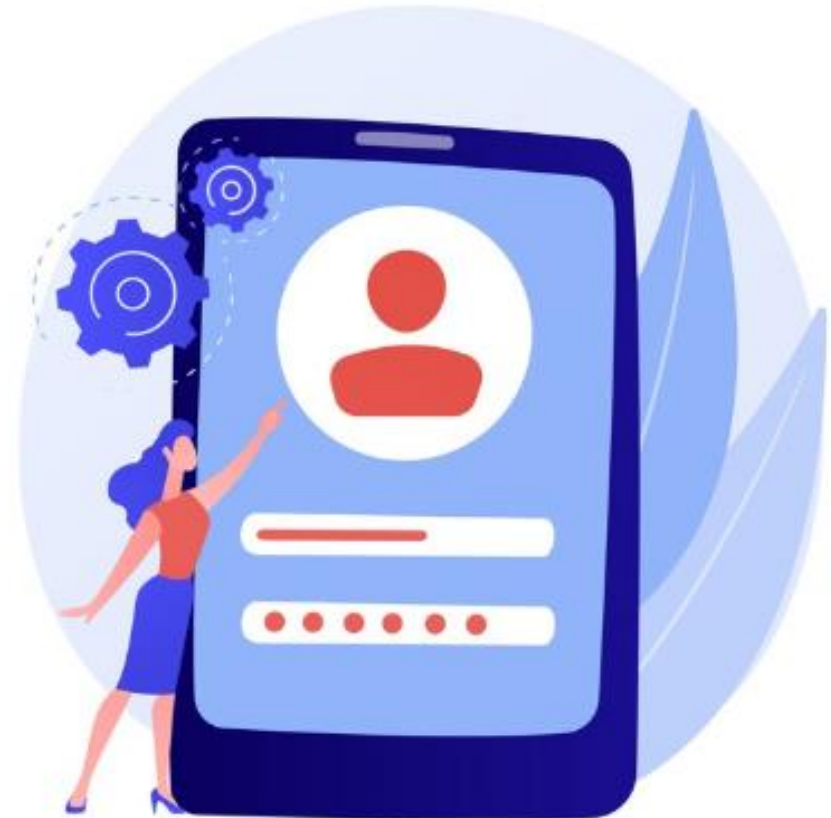
#### Status Level Achievements

- From Bronze to State of Minnesota Well-being Ambassador Status
- Champions encouraged to reach out to teams to increase status level participation

#### Top Wellness Activity Tracked

- Tracking 10K Steps/Day for 20 Days is leading the way!

 **Top 5 Daily Habits Goals Started:** 1. Enjoy Exercise 2. Balance Your Diet 3. Lose Weight 4. Back Health 5. Cope with the Blues



*“Progress looks good on you—keep stepping forward!”*

# WebMD Update - August Program Planning

## WebMD Updates

### Planning Ahead for August!

### Upcoming Month-at-a-Glance: August Highlights

- **Quarter 3 Theme:** Fuel for Progress continues
- **Monthly Focus:** Immunization Awareness Month
  - Encourage annual preventive care & vaccine updates

### Tour de Minnesota Challenge Begins!

- Stay active while discovering iconic MN destinations in August
- Track 30 mins of activity, 21 of 28 days, to earn 25 points

### Upcoming Webinar: “Annual Preventive Labs: Know Your Numbers”

- **Date:** Tuesday, August 6
- **Goal:** Empower employees to understand their health metrics and take preventive action







*“Prevention is the best performance fuel—fill your tank before it runs low.”*

# Wednesday Work Life Webinars

## Wednesday Work Life Webinars

### June Webinar Recap & Summer Participation Highlights

-  **Healthy Summer Travel** - *Presented by Omada*
  - Tips for staying active and eating well on-the-go
-  **How to Bring Your Best Self to Work** - *Presented by LifeMatters EAP*
  - Insights on emotional well-being, boundaries, and positivity at work
-  **Healthy Social Media Practices** - *Presented by WebMD*
  - How to balance screen time and support mental wellness online
-  **Engagement:**
  - Continued summer participation!
  - Champions encouraged to keep promoting upcoming sessions



**LifeMatters**<sup>®</sup>



**WebMD**<sup>®</sup>  
health services

*"Learning never takes a summer vacation."*

# Wednesday Work Life Webinars - July

## Wednesday Work Life Webinars - July

### Upcoming Webinars:

- **July 9 – Natural Ways to Boost Energy**

*Simple strategies for sustained energy without relying on caffeine*

- **July 16 – Take a Fresh Look at Your Benefits**

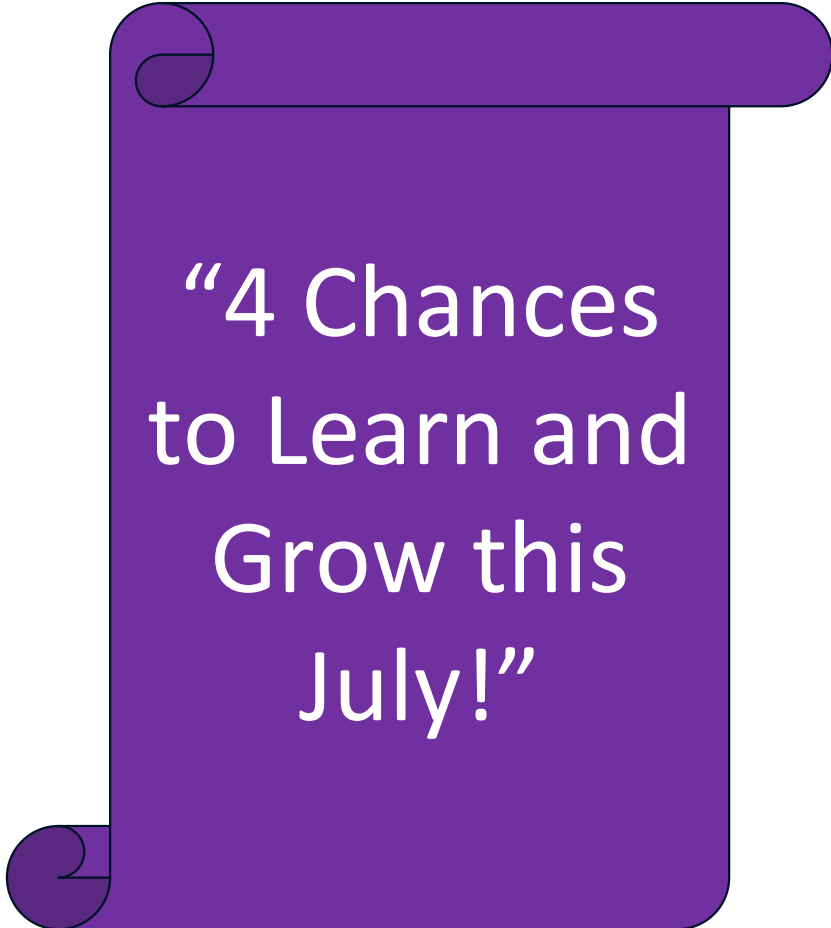
*Quarterly resource spotlight: Learn how your Life and Well-being Program supports you*

- **July 23 – Healthy Hydration**

*Explore hydration myths, facts, and how to stay cool in the summer heat*

- **July 30 – Active for Life: Practical Solutions for Building a Healthy Movement Routine**

*Realistic ways to add more physical activity to your life—even if you're not a gym person*



**“4 Chances  
to Learn and  
Grow this  
July!”**

*“Soak up knowledge like sunshine—one session at a time.”*



# Omada August Campaign

## Omada August Campaign

**Theme:** *National Wellness Month – Prioritize Your Well-being*

Omada is helping employees turn self-care into a lasting habit through small, meaningful changes.

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

-  **Campaign Reference Guide**

Tips for using Omada resources effectively in your agency/location.

-  **"Prioritize Your Well-being Month" Flyer**

Encourages employees to focus on small steps for lasting change.

-  **Omada Banner Ad**

Ready-to-use for emails, intranet posts, Microsoft Teams, or wellness pages.

**Goal:** Empower employees to take daily steps toward better health with easy-to-use, actionable tools.



The banner ad features the Omada logo and the Management and Budget State Employee Group Insurance Program logo. The main headline reads "Prioritize your well-being this month". Below this, it says "Make self-care a habit with small, meaningful changes". A quote from Rick, an Omada member, is featured: "When I began looking over my previous weeks/months, I loved seeing my weight progress. When I felt I was plateaued, I could see, over the long journey I was consistently making progress. Again, small steps, over time." Three self-care ideas are listed: "Set a bedtime routine to improve sleep quality", "Take breaks throughout the day to stretch and reset", and "Plan screen-free time to unwind and recharge". A section titled "Thanks to Minnesota Management and Budget, you have access to Omada at \$0 cost to you, if eligible." lists benefits: "A dedicated care team with a health coach", "Personalized care plan tailored to each member's lifestyle", and "Smart scale and app to easily track your progress 24/7". A call to action button says "Claim My Benefit" with the URL "omadahealth.com/SEGIP".

**omada**

**MANAGEMENT AND BUDGET**  
STATE EMPLOYEE GROUP  
INSURANCE PROGRAM

## Prioritize your well-being this month

**Make self-care a habit with small, meaningful changes**

Taking care of your health isn't just about eating right or exercising—it's also about managing stress, getting enough rest and setting time aside for yourself. Omada is here to help you build self-care habits that fit your lifestyle.

**Here are a few self-care ideas to try this month**

- Set a bedtime routine to improve sleep quality
- Take breaks throughout the day to stretch and reset
- Plan screen-free time to unwind and recharge

**Thanks to Minnesota Management and Budget, you have access to Omada at \$0 cost to you, if eligible.**

**Omada members get\*:**

- A dedicated care team with a health coach.
- Personalized care plan tailored to each member's lifestyle.
- Smart scale and app to easily track your progress 24/7.

**Claim My Benefit**  
[omadahealth.com/SEGIP](https://omadahealth.com/SEGIP)

\*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Omada is available at no cost to you when covered by your employer or health plan. Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

*"Small steps, big impact—in August, put yourself on the to-do list."*



# LifeMatters Resources

## LifeMatters Resources

### July Featured Resources to Share with Your Team

#### Skill-Building Topics:

- *Strengthening Your Communication Skills*
- *Making the Most of Time with Family*

#### Visual Tools:

- *Family Time - Poster* (great for bulletin boards or intranet posts)
- *Communication - Poster* (supports workplace connection)

#### Upcoming July Webinar:

***"Financial Basics — Aligning Lifestyle and Income for Future Security"***

*Encourage attendance and share in agency communications!*

 *Tip: These resources are perfect for lunch-and-learns, newsletters, breakroom tables, or employee onboarding emails.*

***"Well-being starts with strong conversations and smart decisions."***



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\*SMS messages will be sent to the number of the user. Message content may vary. Text 1800 for help and 1800 for support.  
SMS service of service at https://www.lifematters.com/privacy-policy. Privacy policy: https://www.lifematters.com/privacy-policy

# Champion Gear

## Champion Gear

### Well-being Looks Good on You!

We're grateful for your commitment to employee well-being and building a culture of care in your workplace.

### *To say thank you...*

You can now **order your exclusive State of Well-being Champion Quarter-Zip Pullover!**

This comfy and stylish layer is a small token of appreciation for all you do. Wear it proudly as you inspire well-being across your agency!

 **Don't forget your Champion lanyard!** It's another way to show your role—and spark conversations about wellness.



*"Wellness looks good on you—zip it up and wear it proud!"*









# Targeted Communication/Highlight – Tour de MN Toolkit

## Targeted Communication – Tour de MN Toolkit

### Everything You Need to Roll Out the Tour de Minnesota Challenge!

This all-in-one **Champion Toolkit** is your go-to resource for promoting the Tour de Minnesota—whether you're onsite, remote, or somewhere in between.

#### Toolkit Includes:

-  **Welcome Email Template** – Kick things off with excitement
-  **Challenge Overview Flyer** – Easy-to-share flyer with key dates & goals
-  **Challenge FAQs** – Quick answers for common employee questions
-  **Challenge Monitor Ad** – Perfect for office screens
-  **Microsoft Teams Background** – Bring the challenge to every virtual meeting
-  **Email Signature Banner** – Champion-branded flair for your daily emails
-  **Create a Meeting Request Template** – For hosting in-person or virtual kickoff events 

Use the tools, make it yours, and help your colleagues get moving across Minnesota!



*“The right tools make the ride smoother—gear up and go!”*

# Agency/Location Reporting - Revenue

## Minnesota Department of Revenue

### July: "Revenue Makes" Creativity Showcase

- Think of it as an **employee art fair meets creativity celebration**
- A space for employees to share and discuss their personal creative work
- Supports **social and intellectual wellness** through self-expression
- Open to **all mediums** — painting, music, photography, poetry, etc.

### August: Annual Planning Session

- The Revenue Wellness Team begins planning for **calendar year 2026**
- Goal: Align wellness efforts with future priorities and employee needs

### September/October: Volunteering Initiative (Details TBD)

- Focusing on **purpose-driven connection**
- More info coming soon — stay tuned!



## Wellbeing Tip



### *Stay Cool, Stay Protected*

Summer fun is better when you're safe.

Protect your body by practicing smart sun safety and hydration habits:

- Drink water consistently throughout the day—don't wait until you're thirsty.
- Wear broad-spectrum SPF 30+ and reapply every 2 hours.
- Opt for hats, sunglasses, and light, long sleeves when outdoors.
- Schedule breaks in the shade or indoors if you're outside for long stretches.
- Eat water-rich foods like watermelon, cucumbers, and citrus fruits.





## Advocate Tip



### *Be the Reminder Everyone Needs*

Wellbeing Champions can help set the tone for a safe and hydrated summer:

- Post sun safety tips in breakrooms or on digital boards.
- Bring extra sunscreen or water bottles to outdoor team events.
- Start conversations about hydration at staff meetings or huddles.
- Model the behavior: show up with your reusable water bottle and a floppy sunhat!
- Share quick "Sun Smart" facts in your agency's newsletters or emails.



## Leadership Tip



### ***Make Summer Safety Part of the Culture***

Leaders play a key role in reinforcing the importance of sun safety and hydration:

- Encourage outdoor breaks—but in shaded or indoor areas.
- Offer sunscreen stations or water refill coolers during outdoor events.
- Send a brief email or talking point to supervisors about modeling healthy habits.
- Support flexible schedules for employees working outdoors during peak heat hours.
- Recognize teams or employees promoting wellness behaviors.





# Meeting Recording Link

## July '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	4:00
WebMD Updates	4:50
Wednesday Work Life Webinars	10:04
Health and Well-being Updates	11:50
Targeted Communication/Highlight	19:30
Interactive Element	N/A
Champion Spotlight & Reporting	25:45
Wrap-Up	27:25

# QUESTIONS?



## • **SEGIS 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)



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