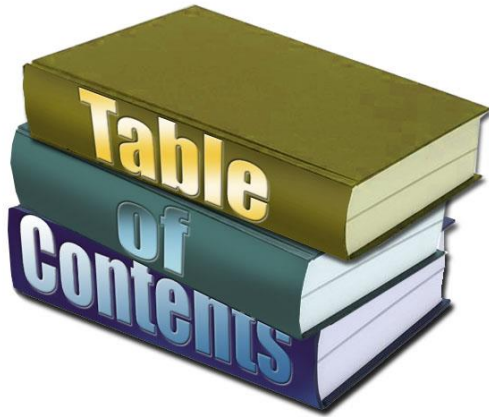


JUNE 2025 CHAMPION CHECK-IN NEWSLETTER

“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 June.



WebMD Update – Reporting

WebMD Reporting

WebMD Platform Momentum (as of May 31, 2025):

- Financial Challenge still in full swing — ending June 15!
- Engagement across the board:
 -  More employees registered
 -  More Health Assessments completed
 -  More total coaching sessions held

Data Highlights Shared:

- Agency registration rates
- Status Level achievements
- Top wellness activities by topic
- Top Daily Habit Goals Started: #1 Balance Your Diet #2 Enjoy Exercise

What It Means for Champions:

The momentum is growing—keep nudging your teams to track habits and try new goals! Use this info to spotlight popular habits at your agency or location!



"Data tells the story—your energy drives the plot."

WebMD Update - July Program Planning

WebMD Updates

📅 Planning Ahead Like Pros!

Hailey Peckat, our Senior Well-being Coordinator, gave us the lowdown on what's coming up in July and beyond:

- 🌞 **New Quarter Theme:** Fuel for Progress
- 💧 **July Focus:** *Sun Safety & Hydration* — because sunburn and dehydration are not our vibe!

👥 Group Health Coaching Pilot:

- Launching the week of **June 16!**
- Huge shoutout to the champions helping test and shape this awesome new program!

🚴 On the Horizon:

- August statewide challenge = **Tour de Minnesota!**
- Registration opens in **July** — get ready to promote it!
- Hailey's cooking up a fresh **Challenge Toolkit** for all your promotion needs. Stay tuned!






"Sun's out, water bottles out. Let's fuel progress, not sunburns."

Wednesday Work Life Webinars

Wednesday Work Life Webinars



Webinars That Move Us (Literally & Mentally)

Since our last meetup on **May 13**, we've hosted three awesome sessions:

-  *Movement and Mental Health Connection*
-  *The Care Model*
-  *Healthy Summer Travel*

All were well-attended and packed with practical tips!

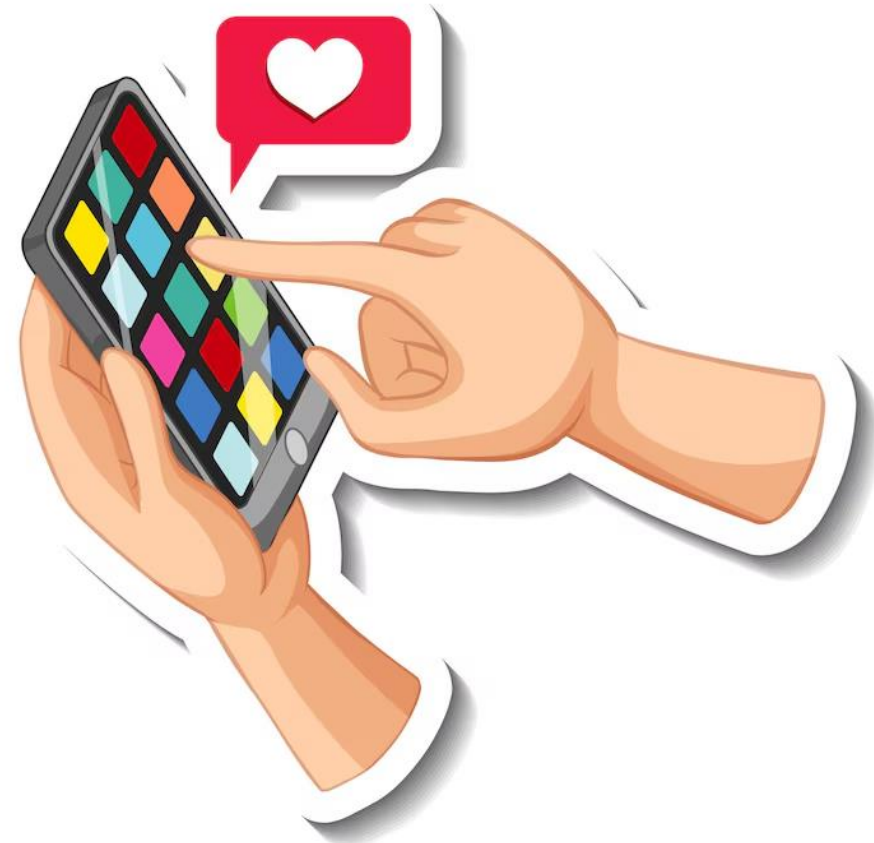
What's Coming Up in June:

-  *How to Bring Your Best Self to Work*
-  *Healthy Social Media Practices*

Mark your calendars and help spread the word about our [webinars](#)!

Engagement Update:

Attendance remains **steady** — and that's thanks to YOU, champions, for promoting, inviting, and showing up with curiosity and heart. Keep that momentum going!



"Webinar wisdom + champion hustle = well-being wins."

Omada July Campaign

Omada July Campaign




We're helping Champions start the month strong!




You now have everything you need to promote [Omada's diabetes and prediabetes programs](#) for **July**.

Campaign #1: Healthy Travel

Keep up your habits *on the go*! This campaign shares tips to stay on track while exploring, road tripping, or jet-setting.  

Campaign #2: Summer Movement

Small steps, big impact. Help others move more during the season of sun. Think walks, stretches, and playful motion.   

Each campaign includes:  Flyer  Banner Ad  Reference guide - *all ready for lift-off in your location!*



Stay healthy on the go this summer

Simple ways to keep up your healthy habits while traveling

Summer may be a time for travel, new experiences, and great food. But staying on top of your health goals doesn't have to take a backseat. With Omada, you get expert guidance and support to help you feel your best—no matter where your summer adventures take you.

Your Omada health coach is here to provide tips on managing stress, improving sleep, and making balanced meal choices, so you can enjoy your vacation without worry



The timing of all the lessons has been perfect. Having a lesson that came up right before I traveled for work made me feel like what I learned was tailored for my life."

—
ALYSSA, OMADA MEMBER

Easy travel-friendly health tips from an Omada health coach

- + Pack healthy snacks like nuts, fruit or low-sugar protein bars to avoid impulse eating
- + Choose grilled, baked or steamed meal options when dining out
- + Stay hydrated by carrying a reusable water bottle and drinking regularly

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

→ **Claim Your Benefit**
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.
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.

"Wellness doesn't take a vacation—and thanks to you, neither does support."






LifeMatters Resources

LifeMatters Resources

June's Tools to Help You Care for Others—and Yourself

June's [LifeMatters promotions](#) are all about **resilience, readiness, and recovery**. These tools help Champions keep well-being top-of-mind across their agencies—especially when stressors strike.

Here's what's featured this month:

-  **Emergency Planning**
-  **Compassion Fatigue**
-  **Caregiver - poster**
-  **Natural Disaster Readiness - poster**
-  **June Webinar** – Preparing Your Family for Emergencies!

 **Pro Tip:** Need more materials? Check out the **promotion archives** anytime on the LifeMatters website.

June Webinar

Title: Preparing Your Family for Emergencies

- Available in June on mylifematters.com
- Sign up for an email alert



© 2021 Emergency, Inc.



Upcoming Statewide Well-being Challenge

Upcoming Statewide Well-being Challenge: Tour de Minnesota

 What's Coming Up?

Get ready for **four weeks of movement, discovery, and community!**

 **Registration:** Opens **July 21** | Closes **August 11**

 **Challenge Dates:** **August 4 – August 31**

 Challenge Highlights:

Track your activity: Aim for **30 minutes of physical activity** on **21 out of 28 days**
= 25 points!

- **Pick your path:** Walk, bike, stroll, or roll—whatever keeps you moving!
- **See the sights:** Explore your neighborhood, trails, or hidden gems across Minnesota.
- **Share and connect:** Swap stories, post your routes, and cheer on fellow adventurers!

 Perfect for building momentum after the Financial Challenge!



"Move your body. Explore your backyard. Discover your Minnesota."

Targeted Communication/Highlight - Health Coaching

Targeted Communication/Health Coaching

One-on-one, group-style, or chronic care support—we've got options!

☀️ What We Covered:

This month's *Targeted Communication/Highlight* was all about **Health Coaching**—a powerful, free resource to help employees level up their well-being.

🩺 Who Can Benefit?

- **All benefits-eligible employees:** Can access *individual or group health coaching* through **WebMD ONE**.
- **Employees + covered family members on SEGIP insurance:** Get coaching through **Omada** for support with prediabetes and chronic condition prevention.

👉 Whether you need **accountability, encouragement, or a game plan**, coaching meets you where you are.

📌 Check out the [Health Coaching page](#) on the Life and Well-being site for all the info you need to share!

"Welcome to our health coach session today!"



"Coaching isn't about perfection—it's about progress with a teammate."

Interactive Element

Interactive Element

This Month's Activity: The Price is Right – Wellness Tools Edition!

We had a blast flexing our pricing smarts during this month's interactive game: **The Price is Right – Wellness Tools Edition** 🛒💪

Champions were challenged to guess the prices of various wellness-related items – from luxury water bottles to fancy juicers and everything in between. Let's just say...some of us might spend a little too much time browsing fitness gear online!

🏆 We definitely saw who had the sharpest pricing instincts. Bragging rights earned!



Agency/Location Reporting - Revenue

Minnesota Department of Revenue

Champion Diana gave us a full download of all the amazing wellness initiatives happening over at Revenue. Check out their packed calendar of events! 🙌

📅 **May** - Wrapped up their *Spring into Reading* challenge and hosted a meaningful presentation from NAMI titled: “**Early Warning Signs of Mental Illness in Youth.**”

🎨 **July** - Held an in-person **Art Crawl**, showcasing employee creativity and featuring a **make-your-own-art** station!

📅 **August** - Revenue’s Wellness Team is hosting **their Annual Planning Session** (in person!) to map out their 2026 programming. 🔍

👉 **September** - Upcoming event focused on **volunteering and community service**. Details are still in the works!

Let’s give Diana and her wellness crew a round of applause for keeping wellness engaging, creative, and future-focused! 🙌



"When wellness meets creativity, everybody wins. Shoutout to Team Revenue!"

Wellbeing Tip

Wellbeing Tip






Small Habits, Big Wins

 ***Healthy habits don't need to be huge!***

This month's tip is all about keeping it simple—and sustainable.

Here are a few easy wins to share (or try!):

-  Sip more water throughout the day
-  Take a 1-minute stretch or movement break
-  Carve out 5 minutes for mindfulness

 **The secret? Consistency.**

These little changes stack up over time. Regular practice = long-term payoff. Start small, stay steady, and watch the magic happen!

 **Champions—model it, share it, live it.**



Advocate Tip






Celebrate Small Wins to Encourage Growth

 *Progress deserves a party—even the tiny steps!*

Don't wait for big milestones to cheer. Recognizing small victories builds big motivation.

Ideas to try:

- ✓ Give a shoutout for someone's new healthy habit
-  Start a **"Success Board"** to spotlight progress
-  Share stories of growth during team check-ins

 **Positive vibes = lasting momentum.**

Celebrating small wins turns good habits into team culture!



Leadership Tip

Leadership Tip



Empower Teams to Build on Their Strengths

💡 **Strong teams start with strong individuals.**

Encourage leaders to help employees tap into their **personal strengths** and put them to work in well-being efforts.

🔍 When people know their strengths—and feel seen for them—they're:

- ✓ More engaged
- ✓ More motivated
- ✓ More likely to stick with wellness goals

🎯 **Well-being feels better when it's personal. Ask:**

What lights them up? How can their unique skills support a healthier culture?
How can we recognize and build on that?

💬 Leadership isn't just about directing—it's about unlocking potential.



Meeting Recording Link

June '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	2:50
WebMD Updates	3:58
Wednesday Work Life Webinars	8:10
Health and Well-being Updates	9:40
Targeted Communication/Highlight	22:15
Interactive Element	N/A
Champion Spotlight & Reporting	27:20
Wrap-Up	32:30

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](#)