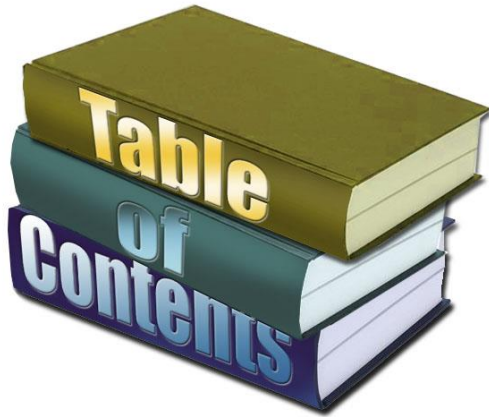


MARCH 2025 CHAMPION CHECK-IN NEWSLETTER

“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 March.

WebMD – Reporting


WebMD Reporting: Insights at a Glance

 **This Month's Highlights (Up Through March 5):** We dove into the **WebMD Monthly Dashboard** and explored the latest metrics:

By Agency: Registration rates and health assessment rates 

Status Level Achievements: Milestones reached across participants 

Wellness Activities: Engagement levels, broken down by topic 

Daily Habits Goals: Top categories started by participants 

Coaching Sessions & Engagements: Insights into interactions and trends 



"Well-being isn't just a goal—it's a journey we track together!"

April Program Planning

WebMD Updates

April Program Planning

Brought to you by Senior Well-being Coordinator, Hailey Peckat

✨ Stress Awareness Month Highlights:

- **April Wednesday Well-being Webinars:**

- **The Stress-Sleep Correlation** 🛏️: Learn how stress impacts sleep and what you can do to break the cycle.
- **Empower Your Mind:** Transform Negative Thought Patterns 🌈: Strategies to shift your mindset for greater mental clarity and happiness.

- **Take a Fresh Look at Your Benefits Webinar:**

- Back by popular demand! Discover how your life and well-being benefits can positively impact your daily life. This is your chance to eliminate stress around benefits and make the most of what's available to you.



"Stress awareness is the first step to stress reduction—let's take that step together!"

Group Health Coaching

WebMD Updates

Group Health Coaching: Let's Get Rolling!

🎉 **Exciting News:** We officially have final approval for **Group Health Coaching!** 🙌

- Approved by our SEGIP Enterprise Director after resolving the legal concern.
- We now have the green light to move full speed ahead! 🚦

🔧 **Next Steps:**

- Developing **website information**, program **format**, **education**, and **schedule**.
- Once ready, we'll launch a **pilot program** featuring participants from **our amazing Champion group!** 🎯



Wednesday Work Life Webinars

Wednesday Work Life Webinars

- **Recap of February 12 Meeting:** We reviewed attendance for [webinars](#) since our last gathering. The numbers are climbing—champions in action! 🍕
- **March's National Nutrition Month Focus:** Get ready to dive into nourishing and educational topics!
 - **Emotional Eating:** Understanding the why behind cravings.
 - **Eat Right, Live Well:** Fueling a healthy and happy life.
 - **Understanding Prediabetes & Diabetes (Omada):** Knowledge for better health choices (flyer sent to champions).
- Let's champion wellness together!




Omada April Campaign

Omada March Campaign

- Theme for **Omada April Campaign** (*one month in advance*): Stress Awareness Month—because feeling good starts with managing stress!
- Meeting Highlights:
 - **Banner Ad Focus:** Use it creatively in employee emails, the company intranet, landing pages, or onsite video screens.
 - **Wellness Flyer:** "Discover how simple breathing techniques can help you stress less and feel your best." Deep breaths = big benefits!
 - **Campaign Reference Guide:** Your go-to resource for combining tools and strategies to promote stress management effectively in April.

Let's empower employees to find their calm and stay energized!



The flyer features the Omada logo at the top left. The main headline is "Find calm, one breath at a time" in a large, bold, teal font. Below it, a sub-headline reads "Discover how simple breathing techniques can help you stress less and feel your best." A photograph of a man in a grey t-shirt and black pants sitting in a meditative pose with his hands in a prayer position above his head is positioned on the right side. The background of the photo is a scenic view of a lake and mountains. Below the photo, there is a testimonial from a member named JAINE, OMADA MEMBER, who says, "I recommend Omada to anyone who wants to make some healthy changes, but isn't sure how to start. Just start, Omada will guide you." To the left of the testimonial, there is a list of "5 steps to deeper breathing:" numbered 1 through 5. At the bottom right, there is a call to action: "Claim your benefit at omadahealth.com/segip" with a right-pointing arrow. A small image of a smartphone and a smart scale are shown above the call to action. At the very bottom, there is a small disclaimer: "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. Certain features and smart devices are only available if you meet program and clinical eligibility requirements."

omada

Find calm, one breath at a time

Discover how simple breathing techniques can help you stress less and feel your best.

Stress is an inevitable part of life, but learning to manage it can transform your well-being. By incorporating deep breathing exercises into your daily routine, you can lower your heart rate, improve your focus, and boost your resilience.

With Omada®, we help you breathe easier—mentally and physically—through personalized support that fits into your lifestyle.

5 steps to deeper breathing:

- 1 Relax your body. Find somewhere to sit or lie down comfortably.
- 2 Close your eyes and inhale slowly through your nose. Feel your breath as it causes your belly expand to expand.
- 3 At the end of your inhale, pause for a few seconds, then exhale fully through your mouth.
- 4 Focus on each breath as it goes in and out of your body.
- 5 If your attention wanders, that's ok. Bring the focus back to your next breath.

You have access to Omada, a virtual health program to help keep you happy and healthy - at \$0 cost to you, if eligible.

→ Claim your benefit at omadahealth.com/segip

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. Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

"A happy workplace starts with a calm mind—breathe easy and conquer the day!"

LifeMatters Resources

[March LifeMatters Resources Recap](#)

Step Up Your Game! 🧑 👣 - Explore *Adding More Steps to Your Day* and *Increasing Your Step Count* posters.

- **Master Your Emotions!** 😊 - Learn about *Emotional Intelligence* and how to *Regulate Your Emotions* with new resources.
- **Pet or Not?** 🐶 🐱 - Did you catch the *March Webinar: "So, You Think You Want a Pet?"*

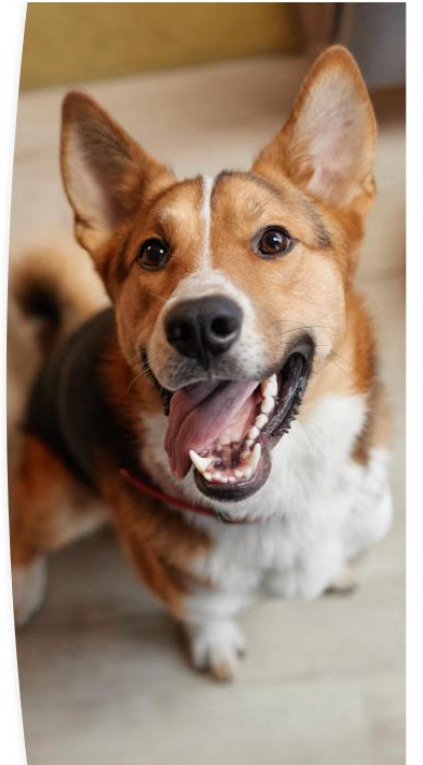
March Webinar

Title: So, You Think You Want a Pet?

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



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Heart Health Challenge

Heart Health Challenge

- 🍌 **Challenge Update:** 435 employees are on the journey to a healthier heart!
- 🚩 **Challenge Timeline:** Feb 17 – Mar 16: One month of heart-healthy habits!
- ❤️ **Weekly Focus Areas:**
 - **Week 1** 🏃🏠: Exercise & Sleep
 - **Week 2** 🍎⚖️: Weight & Diet
 - **Week 3** 😊🚭: Stress & Tobacco
 - **Week 4** 🩺🛑: Screenings & Prevention

❤️ **Why It Matters:** Small steps today = a stronger heart tomorrow!



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 Your Rate"
WebMD: "Heart Health Tips"

Doctor Verified | Melinda Ratini, DO MS | November 2024

WebMD Health Services

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"A happy heart beats to the rhythm of healthy choices!"

Well-being Request Form

Well-being Request Form

- ✨ **Exciting News brought to you by Senior Well-being Coordinator, Hailey Peckat! Our new [Well-being Request Form](#) is live!**
- 📱 **What's It For?**
 - Host a **virtual** or onsite **well-being presentation**
 - Request a **website walkthrough** for Life and Well-being resources
 - Invite a well-being expert to **staff a table at your event**
- 🌍 **Where to Find It?** The form is available on our [Life and Well-being website!](#)
- 💡 **Take Action!** Let's make well-being more accessible for all employees.



"Great ideas start with a little form and a lot of well-being!"

Interactive Element

Let's Raise the (Chocolate) Bar!

During our meeting, we had an absolute blast with our interactive element!

Champions were put to the test with their candy bar knowledge in a fun online game 🍫 .

🕵️ **Challenge:** Identify candy bars just from pictures of the candy (no wrappers allowed!).

Perfect for chocoholics 🤩 and sweet-toothed detectives!

What a delicious way to engage and have fun together!



Champion Spotlight

Champion Spotlight

👋 Meet Marlee!

A passionate **State of Well-being Champion** helping to build a connected, healthy workplace.

💡 Why She Became a Champion:

- Joined MNIT's well-being committee to promote health & connection.
- Inspired by **other agencies** and the **State of Well-being Champions network**.

🎯 Recent Initiative:

- Led the **February FOCUS Challenge** on **mindfulness & gratitude**.

🚀 Challenges & Wins:

- **Struggled with engagement & turnout** → Re-structured the committee & participation is growing!
- Uses **SharePoint & GovDeliveries** to keep colleagues involved.

📣 Best Part?

- Learning from **other well-being ambassadors** & sharing ideas!

Thank You!



"Well-being grows when we share it—one idea at a time!"



Agency/Location Reporting - Revenue



Minnesota Department of Revenue



Department of Revenue: Wellness in Action!

This month, Champion Diana Crear shared the latest updates and insights on the well-being happenings at Revenue:

What's Happening:

Decluttering Challenge: Wrapped up successfully—congrats to all participants!  

Spring Into Reading Challenge: Bingo-type boards are in full swing from **March 3 – May 23**.   Time to grab a book and start checking off those squares!

Wellness Committee Planning Session: Mark your calendars for March 19! A half-day session for the Revenue group to brainstorm and plan exciting Q3 & Q4 wellness events.  



"Spring is the perfect time for new beginnings—and new challenges!"

Agency/Location Reporting - Education

Minnesota Department of Education

Department of Education: A Wellness Boost!

🎉 Exciting Updates from Champion Kristie Anderson:

New Fitness Room/Wellness Center Opened! 🏋️‍♀️ 🧘‍♀️

- Equipped with workout machines, free weights, and a versatile space for yoga and group classes.
- A great place to recharge, connect, and focus on health and well-being!

Recruitment in Progress: The wellness team is looking for new members to join and grow this fantastic initiative! Know someone passionate about wellness? Encourage them to get involved! ✨



Agency/Location Reporting – Anoka Ramsey

Anoka Ramsey Community College

Anoka Ramsey Community College: A Wellness Boost!

 **Exciting Updates from Champion Joyce Traczyk:**

 **Yoga Classes:**

- **Coon Rapids** – Mondays, 12-1 PM, Riverview Room (SC200)
- **Cambridge** – Tuesdays, 12-1 PM, G202

 **Wellness Workshops:**

March 26 (12-1 PM): How Sleep Works: How to Stop a Bad Night's Sleep From Becoming a Habit – Richard Blackburn (Nystrom & Associates)

April 23 & 24 (12-1 PM): iBrain: Learning in the Age of Distraction – Erin Walsh (\$2500 funded through mental health/wellness program & student life)



Agency/Location Reporting - ARCC

Anoka Ramsey Community College – cont'd

Anoka Ramsey Community College: Wellness Spotlight!

 **Exciting Updates from Champion Joyce Traczyk:**

 **Fitness Center Orientations:**

February 5

- 11-12 PM, Coon Rapids – Erin Kasmarik-Mallett
- 12-1 PM, Cambridge – Mandy Crittenden

 **Mocktail Event:**

- **April 2**, 12-2 PM, Courtyard Commons

 **Counseling Programming:**

- **March:** Financial Literacy
- **April:** Substance Use Prevention & Awareness



"Wellness is the art of balancing your mind, body, and spirit—ARCC is here to help you thrive!"

Wellbeing Tip



Eat Smart, Waste Less

Celebrate National Nutrition Month by eating right and reducing food waste. Plan your meals and use a shopping list to avoid overbuying. Get creative with leftovers and try composting food scraps to enrich your garden. Let's make mindful eating and sustainability a priority!.



Advocate Tip



Food: Connecting Cultures and Health

Food is a powerful connector that links us to our cultures, families, and friends. This National Nutrition Month, celebrate the diverse traditions and stories behind the meals we share. Encourage your teams to explore how food impacts health and fosters community by sharing recipes and learning about sustainable practices. Together, we can build stronger connections through the joy of eating well.



Leadership Tip



Budget-Friendly Nutrition Tips

Eating right on a budget starts with a little planning. Cook more at home and eat out less to save money and eat healthily. Use a grocery list and look for sales to make smart shopping choices. Buy in bulk and use leftovers creatively to make nutritious meals without breaking the bank.



Meeting Recording Link

March '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	6:23
WebMD Updates	12:00
Wednesday Work Life Webinars	26:29
Health and Well-being Updates	29:35
Targeted Communication/Highlight	34:00
Interactive Element	37:20
Champion Spotlight & Reporting	42:41
Wrap-Up	1:01:30

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



- **SUPPORT**

WebMD Customer Service: 866-696-7322

Available: Monday – Friday; 7:30 am – 7:00 pm CST

[Contact WebMD](#)