

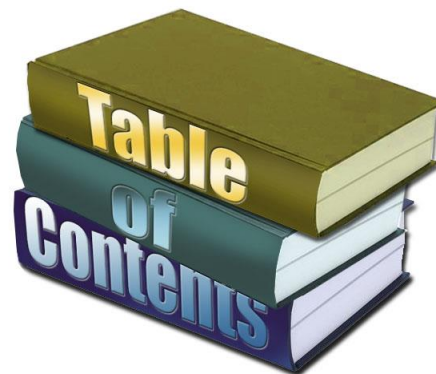
MARCH 2026 CHAMPION CHECK-IN NEWSLETTER

“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 March.

WebMD Update – Reporting

WebMD Update - Reporting

Participation Snapshot

- Total participants continue to rise - 8,177 registered and climbing

Top Activities

- Coaching Sessions lead the top five

Daily Habit Goals

- Lose Weight ranks #1

Status Levels

- Participants steadily progressing through levels

Health Assessments

- Ongoing completion supports personalized wellness



“Champions in action—tracking, trending, and totally thriving!”

WebMD Update – April Program Planning

WebMD April Program Planning

Q2 Focus: Thrive in Motion

- Kicking off the new quarter with movement + momentum

April Theme: Stress Less April

- Month-long push for calm, balance, and resilience

April Challenge: Tour de Minnesota

- First challenge of the year
- Statewide physical activity adventure



“Rolling into April—less stress, more motion, all momentum.”

WebMD Update – Engagement Tip

WebMD Update – Engagement Tip

Vitamin C Day

- Boost your immunity + brighten your day

National Gardening Day

- Grow something green

National Take a Chance Day

- Try something new

Celebrate Trails Day

- Get outside and explore

National Volunteer Month

- Give back, big or small



April

Time to shake off the heaviness of winter and embrace fresh starts and growth. Whether you're planting seeds (literally or metaphorically), it's the perfect month to nurture what matters most.

4 **Vitamin C Day**
Fun Fact: Your body can't make or store Vitamin C, which means you need to regularly include it in your diet. Reach for juicy citrus, crunchy bell peppers, hearty broccoli or tangy kiwi.

14 **National Gardening Day**
Dig into something that grounds you, literally. Gardening can ease stress, improve your mood and reconnect you with the rhythms of nature. All you need is a pot and a dream!

23 **National Take a Chance Day**
What would you try if you weren't afraid to fail? Today is your nudge to say yes to something that excites (and maybe scares) you a little. You never know what might happen until you try!

25 **Celebrate Trails Day**
Need a breath of fresh air? Hit your local trail! Reconnect with the world beyond your screen. Bonus points if you bring a friend.

National Volunteer Month
Volunteering creates connection, builds community bonds and brings a sense of purpose. Whether it's helping a neighbor or supporting a local cause, even small acts of service can make a lasting difference.

SOURCES
WebMD: "Gardening for Health"
American Heart Association: "Help others, help yourself! Why volunteering can be good for you"

Find support from WebMD.

Engagement Tip

"One Minute Reset"
Invite colleagues to take one intentional minute each day to pause, stretch, or breath.

Share reflections or reactions to Community.

Learn more at www.webmdhealth.com/segip..

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"April: fresh starts, bold steps, and good vibes only."

Wednesday Work Life Webinars

Wednesday Work Life Webinars

February Webinar Highlights

- *“Getting the Most Out of Your Life” – 2/11*
- *“How to Bring Your Best Self to Work” – 2/18*
- *“Engaging to Understand: Shifting to Shared Goals” - 2/25*

Participation

- Strong turnout
- High engagement across all sessions



“Learning, leveling up, and loving the midweek boost.”

Wednesday Work Life Webinars - March

Wednesday Work Life Webinars - March

Webinars This Month

March 4 – Mind-Body Wellness

- Explore the importance of mind-body wellness, mindfulness practices, and stress management for overall well-being.

March 11 – Emotional Eating

- Focus on emotional eating, its connections to mental health, and strategies for healthier coping mechanisms.

March 25 – Repair and Reflect

- Learning how to follow up with intention, repair trust, and embrace missteps as learning opportunities.



The graphic features a woman sitting at a desk with a laptop, looking at a video call window showing a man. The background is a light blue and green gradient. The text is as follows:

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

- March 4 - Mind-Body Wellness
- March 11 - Emotional Eating
- March 25 - Repair and Reflect

m1 Webinar Recordings Available

“Midweek wisdom that keeps work life moving.”

Omada April Campaign

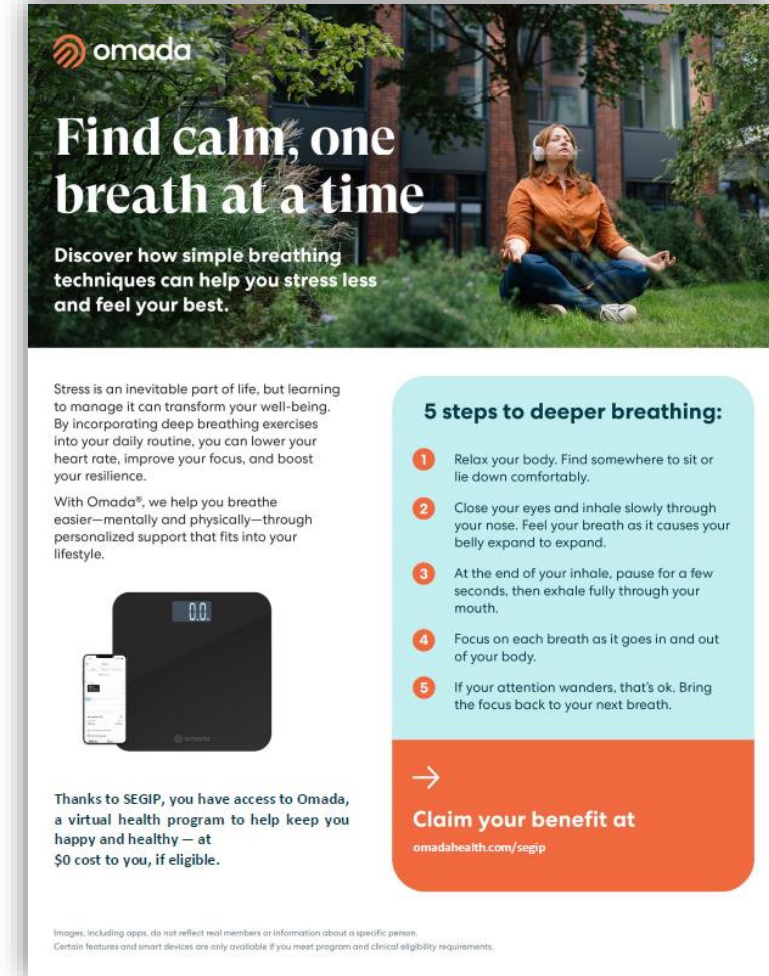
Omada March Campaign

😊 April Focus: Stress Awareness

- Highlight importance of stress management
- Share simple, practical tools
- Reinforce Omada's value + where to apply

📣 Resources for Champions

- Copy blurbs
- Flier
- Banner ad



The flier features a woman in an orange shirt meditating on a lawn. The Omada logo is in the top left. The main headline reads 'Find calm, one breath at a time'. Below it, a sub-headline says 'Discover how simple breathing techniques can help you stress less and feel your best.' The text explains that stress is inevitable but manageable through deep breathing exercises. It lists five steps to deeper breathing: 1. Relax your body, 2. Close your eyes and inhale slowly, 3. Pause at the end of your inhale, 4. Focus on each breath, and 5. Bring focus back if it wanders. A call to action at the bottom right says 'Claim your benefit at omadahealth.com/segip'. A small image of the Omada app on a smartphone is shown on the left side of the flier.

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.

→
Claim your benefit at
omadahealth.com/segip

Images, including apps, do not reflect real members or information about a specific person. Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

“Fuel your month with flavor, energy, and Omada inspiration.”

LifeMatters EAP Resources

LifeMatters EAP Resources

March Resources

- *Making Healthy Food Choices – PDF; Improving Your Sleep Routine – PDF*

Posters

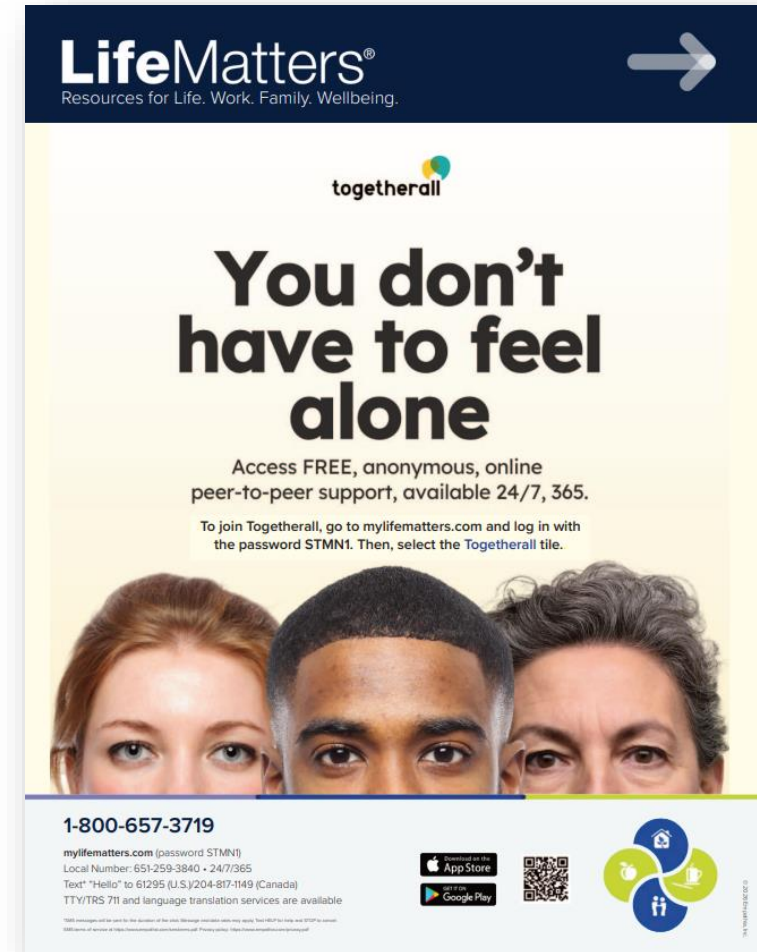
- *Eating Habits; Sleep*

Additional Support

- *You Don't Have to Feel Alone (Togetherall)*
- *Save on Tax Prep (LifeMart Discount Center)*

March Webinar

- *“Exposing Common Healthy Eating Myths”*



The poster features the LifeMatters logo at the top left and the Togetherall logo at the top center. The main headline reads "You don't have to feel alone" in large, bold, black text. Below this, it states "Access FREE, anonymous, online peer-to-peer support, available 24/7, 365." and "To join Togetherall, go to mylifematters.com and log in with the password STMN1. Then, select the Togetherall tile." The bottom half of the poster shows the faces of three diverse individuals. At the bottom, there is contact information: "1-800-657-3719", "mylifematters.com (password STMN1)", "Local Number: 651-259-3840 • 24/7/365", "Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)", and "TTY/TRS 711 and language translation services are available". There are also icons for the App Store and Google Play, a QR code, and a circular logo with icons for home, mail, and a person.

“Resources that support healthier habits, calmer minds, and stronger connections.”

Targeted Highlight

New in WebMD: Coaching Content Tab

- Fresh hub for discovering coaching topics
- Easy way for employees to level up their health

2026 LifeMart Theme Calendar

- Month-by-month savings guide
- Helps employees stretch their dollars all year



“New tools, smart savings—helping employees thrive all year long.”

Interactive Element – The Lucky Guess

The Lucky Guess Game

The Lucky Guess

- *Quick clues*
- *Fast guesses*
- *A little March Magic*

How It Worked

- *Champions read a clue*
- *20 seconds to guess in the chat*
- *Answer revealed...with plenty of laughs and luck*



“Guessing, giggling, and feeling lucky—March magic at its best.”

Agency/Location Reporting - Revenue

Minnesota Department of Revenue

Highlights from Champion Diana C.

Current Well-Being Activities (March)

- The Revenue well-being team is mid-series with “**Nourish to Flourish**,” a nutrition and meal-planning program that continues to receive positive engagement and participation.

Upcoming Focus (May)

- Planning a mindfulness-themed challenge with flexible, accessible activities employees can do at home or in the office.
- Ideas under consideration include Jigsaw and brain-teaser puzzle stations in kitchenettes – Quiet reading or relaxation area – Coloring activities – A guided-walk worksheet usable indoors or outdoors



“Nourish today. Mindfully thrive tomorrow.”

Wellbeing Tip



“Small Nutrition Tweaks Make a Big Difference”

- Add one extra fruit or vegetable to your day
- Swap sugary drinks for water or sparkling water
- Build balanced meals with protein, whole grains, and colorful produce
- Aim for progress, not perfection — every choice counts





Advocate Tip

“Promote a Culture of Nourishment”

- Encourage healthy snack options at meetings and events
- Share reliable nutrition resources with colleagues
- Support inclusive food choices that honor cultural and dietary needs
- Celebrate small wins—invite others to join you in healthy habits



Leadership Tip



“Lead by Example Through Healthy Habits”

- Model balanced eating and mindful breaks during the workday
- Normalize stepping away for lunch instead of working through it
- Encourage team participation in well-being programs
- Create an environment where healthy choices are easy and supported



Meeting Recording Link

[March '26 State of Well-being Champion Meeting Recording](#)

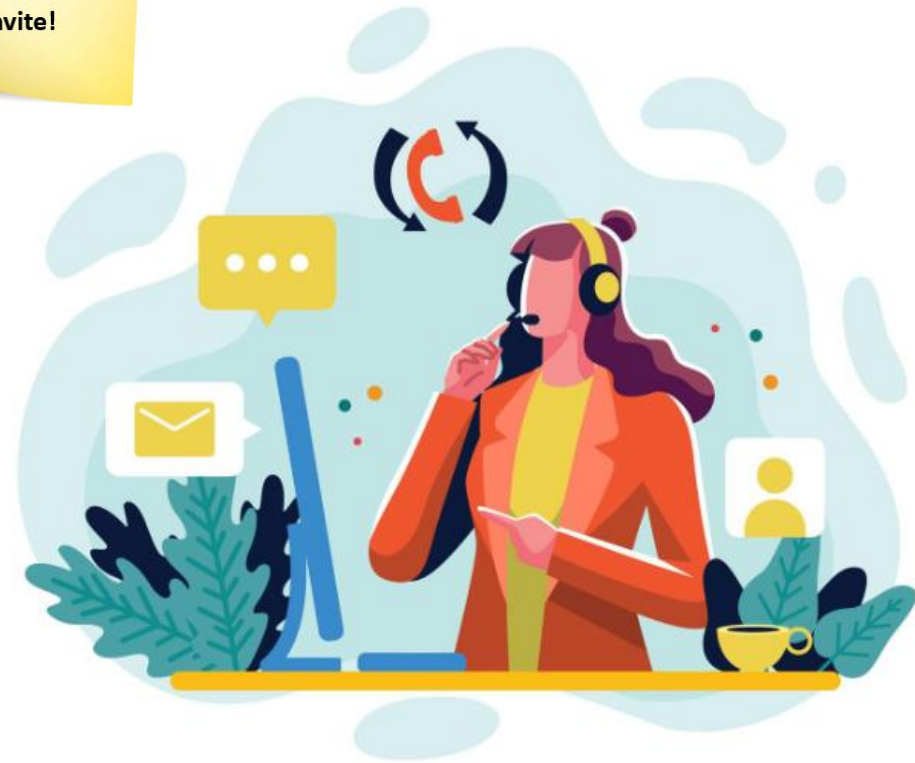


RECORDING TIME STAMP	
Welcome Message	5:30
WebMD Updates	10:05
Wednesday Work Life Webinars	18:30
Health and Well-being Updates	21:20
Targeted Communication/Highlight	31:10
Interactive Element	37:50
Champion Spotlight & Reporting	48:30
Wrap-Up	52:20

Champion Concierge:

Request Support or Share Ideas

- The Champion Concierge is always open for questions, ideas, or support.
- Use the simple Microsoft Form anytime and choose how you want us to follow up.
- A flexible option for those who prefer written communication over live meetings.
- The link is always included in your monthly Champion Meeting invite.



"Support is just a click away—no appointment needed!"

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](#)