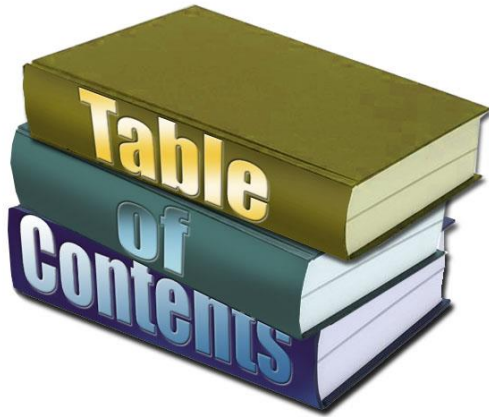


MAY 2025 CHAMPION CHECK-IN NEWSLETTER

“Your Monthly Recap”



TABLE OF CONTENTS



- ☐ **Welcome Message** – Slide #3
- ☐ **WebMD Updates** – Slide #4-5
- ☐ **Wednesday Work Life Webinars** – Slide #6
- ☐ **Health and Well-being Updates** – Slide #7-9
- ☐ **Targeted Communication/Highlight** – Slide #10
- ☐ **Interactive Element** – N/A
- ☐ **Champion Spotlight & Reporting** – Slide #11-12
- ☐ **Tips for Success** – Slide #13-15
- ☐ **Meeting Recording** – Slide #16
- ☐ **Contact Information** – Slide #17

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 May.



WebMD Update – Reporting

WebMD Reporting: Insights at a Glance

Financial Challenge Kickoff: 💰 A new challenge has begun, encouraging employees to take daily steps toward financial well-being. Each week focuses on a different aspect of financial health, helping participants build sustainable habits for long-term success.

Spotlight on Metrics:

📊 We reviewed registration and health assessment trends.
🏆 Recognized achievements across all status levels—Bronze, Silver, Gold, Platinum, State of MN Well-being Ambassador, and Star of the North.

Celebrating Wellness Wins:

🌱 Highlighted top wellness activities.
🌟 Reflected on progress with daily habit goals.

Tracking 2025 Progress:

📈 Notable increases in registrations, health assessments, and coaching sessions.

Let's keep moving forward and inspire lasting well-being for everyone!



"Your well-being is like a savings account—small, consistent investments pay off big in the long run!"

WebMD Update - June Program Planning

WebMD Updates

June is National Safety Month!

We're spotlighting safety in all its forms—physical, mental, and emotional. Be sure to weave in a well-being twist at your agency!

The May Financial Challenge

It's full steam ahead! Employees are budgeting, tracking, and flexing those financial fitness muscles. Keep encouraging participation and shout out their wins!

Group Health Coaching: Green Light GO!

We've got the final approval! The test group is gearing up for launch. Think: support, accountability, and real-life progress—all in a group setting.



Wednesday Work Life Webinars

Wednesday Work Life Webinars

[Webinars](#) employees enjoyed:

💰 **The Well-being Wallet: Achieving Financial Freedom** - Helping folks turn “someday” into “save today.”

🧠👣 **Movement & Mental Health Connection** - Because sometimes the best therapy is a good walk—and maybe a little shimmy.

💛 **The Care Model: Tools for Support During Tough Times** - We all need a lifeline sometimes. This session gave practical tools and heart.

📊 **Webinar Attendance = Still Rockin’!** - Reporting shows strong, steady engagement. These sessions are clearly hitting home!

👏 **Shoutout to Our Champions!** - Thanks for spreading the word and encouraging your teams to tune in. You make this work work!



"Good vibes, great content, and your support—Wednesdays just hit different."

Omada June Campaign

Omada June Campaign

🌐 **June = Global Employee Health Month!**

We're going worldwide with well-being. The campaign toolkit includes:

🔔 Banner ad 📄 Flyer 📘 Quick reference guide (It's basically the Swiss Army knife of health campaigns!)

🧳 **June 4 Webinar: Healthy Summer Travel** - Brought to you by Omada! Tips, tricks, and a few friendly hacks for staying healthy on the go.

💪 **June is Also Men's Health Month!** We're doubling down on wellness! This campaign also includes:

🔔 Banner ad 📄 Flyer 📘 Reference guide - Time to normalize the check-ups and champion that mental and physical strength.

👏 Thank you, Champions! Your promo power helps keep these resources flying off the digital shelves!



The flyer features the Omada logo and the Management and Budget State Employee Group Insurance Program logo. The main headline is "Fitness that fits your life". Below it, a sub-headline reads "Small moves today can lead to big health wins tomorrow." The text continues: "Finding time for fitness doesn't have to feel impossible. With Omada, you can take small steps toward better health that fit seamlessly into your busy day. Whether it's 10 minutes of movement or building healthy habits over time, we're here to make it achievable. Let's work together to help you move more, feel better, and live your healthiest life—one step at a time." A circular photo shows a woman smiling while holding a resistance band. Below the photo, a quote from Steven, an Omada member, says: "Omada has been life changing. I'm very grateful for the use of the scale to track my weight, and also for the educational lessons that are shared in the program". To the left of the quote, three common excuses are listed with checkmarks: "I don't have time..." (You only need 10 minutes a day...), "I don't know where to start..." (Your Omada health coach has your back...), and "I don't like the gym..." (A gym can help but you can also do a lot at home...). At the bottom right, a call to action says "Get Started Today" with the URL omadahealth.com/SEGIP. A small disclaimer at the bottom left states: "© Omada, Seneca LaMotte. 'Just 10 Minutes of Exercise a Day Could Save Lives,' Study Says." CHL 24 Jun 2022. 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.

omada

MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Fitness that fits your life

Small moves today can lead to big health wins tomorrow.

Finding time for fitness doesn't have to feel impossible. With Omada, you can take small steps toward better health that fit seamlessly into your busy day. Whether it's 10 minutes of movement or building healthy habits over time, we're here to make it achievable.

Let's work together to help you move more, feel better, and live your healthiest life—one step at a time.

Omada helps you beat the excuses.

"I don't have time..."

- ✓ You only need 10 minutes a day. On average, Omada members engage in their program 1-2 hours each week.

"I don't know where to start..."

- ✓ Your Omada health coach has your back. They'll point you in the right direction with a wellness plan tailored to fit your life.

"I don't like the gym..."

- ✓ A gym can help but you can also do a lot at home. Omada shows you how to add more physical activity into your daily routines.

Omada has been life changing. I'm very grateful for the use of the scale to track my weight, and also for the educational lessons that are shared in the program"

— STEVEN, OMADA MEMBER

You may have access to Omada at \$0 cost to you, if eligible.

Get Started Today
omadahealth.com/SEGIP


© Omada, Seneca LaMotte. "Just 10 Minutes of Exercise a Day Could Save Lives," Study Says." CHL 24 Jun 2022. 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.


"From passports to prevention—June is a wellness trip worth taking."


LifeMatters Resources


May's Topics Were Real!


Here's what LifeMatters served up this month:


 *The Benefits of Realistic Optimism* - Because blind positivity is out—and grounded hope is in.


 *Dealing with Difficult People* - For those coworkers who test your patience and your acting skills.


 *Finding the Right Neighborhood* - Whether you're relocating or just dreaming, this one's for the planners.

 *Budgeting for Seasonal or Variable Employment* - Perfect for gig workers, summer staff, and anyone whose paycheck plays hide and seek.

 *May's Webinar: Boosting Your Confidence* - Confidence isn't just a vibe—it's a skill. This session gave it a serious glow-up!

 Thanks, Champions! We love how you're pointing folks to these practical, powerful resources. Keep it up!


Resources for Life. Work. Family. Wellbeing.



The Benefits of Realistic Optimism

Are you an optimist or a pessimist? Regardless of your natural tendencies, it may be beneficial to consider the merits of a third approach, which is called "realistic optimism."


Realistic optimists take a clear-eyed view of circumstances and challenges. Instead of assuming that everything will simply work out in the end, realistic optimists address problems head-on and use a practical, solution-focused approach to overcoming difficulties.

If your worldview could benefit from a dose of realistic optimism, these tips may help:

- **Take action.** Break a problem or goal into steps. Sometimes, focusing on the highest priority step and then moving on to the next may work best. In other situations, it may make more sense to chip away at several steps simultaneously. The key is to keep moving forward.
- **Accept your limits.** Keep in mind that your influence is limited to what you can control, such as your own planning and effort. Factors that may be beyond your control include:
 - The actions of others
 - Unforeseen circumstances
 - Financial challenges
 - A disaster, injury, or illness
- **Focus on effort, not results.** If you define success as achieving a goal, with no room for any other possible outcome, you may be disappointed (particularly in competitive situations). Instead, focus on giving your best effort and learning as much as you can.
- **Stay adaptable.** If it appears that your initial plan will not succeed, consider pivoting to a backup plan or reworking your goal. Being adaptable creates space for growing in new and sometimes surprising directions.

Incorporating realistic optimism into your daily routine may lead to more contentment with your life's journey. It may also improve your ability to make decisions, manage stress, and maintain a mindful outlook.

To learn more about the benefits of realistic optimism, contact LifeMatters. We're here to help!



"From budget hacks to better vibes—May's LifeMatters lineup had something for every mood."

LifeMatters Balance Program Update

LifeMatters Balance Program Update

🌟 **New Look, Same Smart Money Vibes!** The **Balance** section of the LifeMatters EAP site just got a refresh! It's cleaner, sleeker, and easier to navigate.

🔓 **Free Account = Full Access** - To unlock everything, employees now need to create a free account. Once they're in? They'll find:

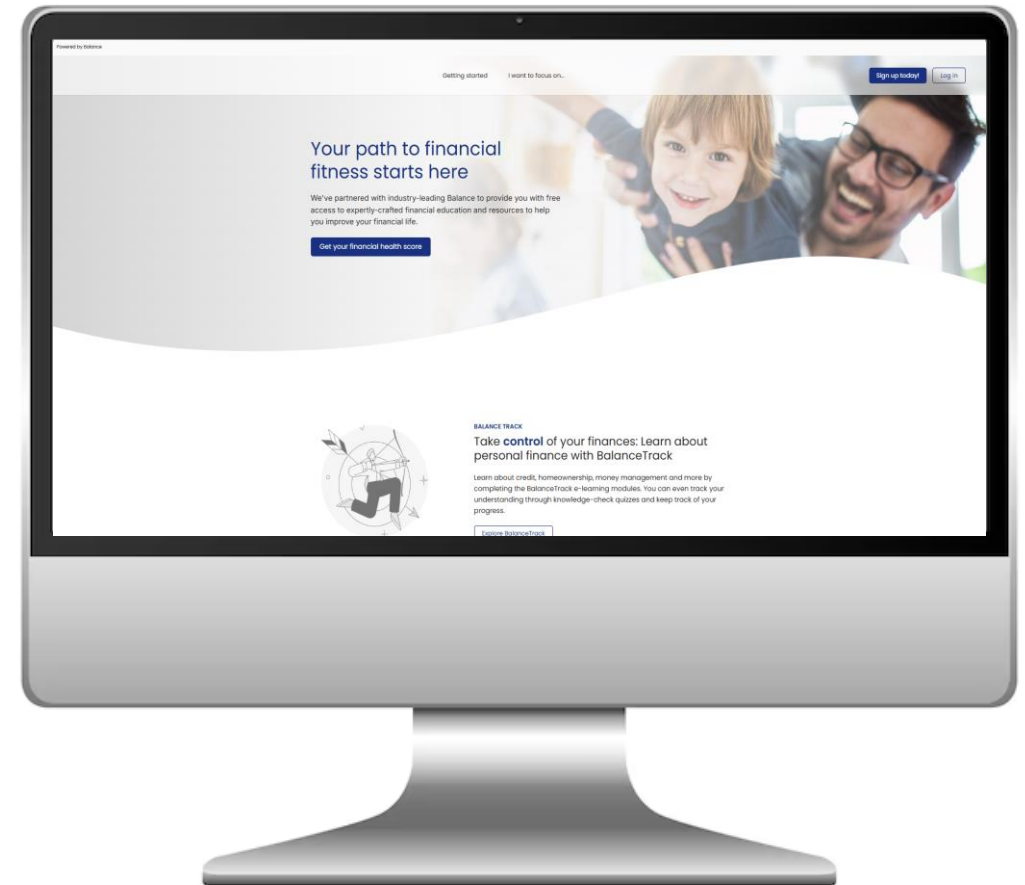
💡 **Expertly-crafted financial education**

📊 Tools to boost money skills

💰 Support for budgeting, saving, and planning for what's next

🗺️ **Think of it like a GPS for your financial life—just without the traffic.**

👏 **Champions, Help Us Spread the Word!** Point employees to the new login process so they don't miss out on these game-changing resources!



"New site. Same mission. Better money moves."

Financial Challenge

Financial Challenge

 Toolkit = Total Game Plan


We walked Champions through the **Financial Challenge Toolkit**—a one-stop shop packed with everything needed to launch the challenge at your site.

 **Challenge Dates: May 19 – June 15**

Four weeks of smart money moves, financial focus, and a little friendly competition.

 **What's Inside the Toolkit?**

 Welcome Email  Challenge Overview Flyer  FAQ Sheet 
 Monitor Ad  Teams Background  SWC Signature Banner 
Meeting Request Template

 Champions, your mission (should you choose to accept it): Deploy these tools and help your teams flex those financial wellness muscles!



"Champions don't just talk about budgeting—they bring the challenge to life."

Champion Spotlight

Champion Spotlight

🌈 Meet Frida Alvarez!

Frida is a Well-being Champion at **MnDOT, Central Office – St. Paul**, and has been with the State of Minnesota since **2016**. She joined the Champion crew about a year ago and is already making waves!

💬 Why Frida Stepped Up: “I was asked to bring in an equity lens to our health initiatives. I’m still learning what that looks like in the wellness world—but it’s a fun space to be creative in how we talk about health.”

📅 Latest Wellness Win: Frida and her team **hosted gym tours** and are encouraging memberships to help fund **future wellness events**. Movement with a mission!

🔧 Overcoming Challenges: Their group is still shaping its identity after a revival. It’s a work in progress, and Frida’s helping lead the charge with grace and curiosity.

🧘 What’s Working Well: They’ve tapped into **employee-led classes** like Zumba and yoga during lunch—keeping it real, fun, and community-driven.

👏 **Way to go, Frida!** Your creative leadership is helping shape what well-being looks like—equity and all.



"Still learning, still growing—and having fun along the way." – Frida

Agency/Location Reporting - Revenue

Minnesota Department of Revenue

🌟 Revenue's Rockin' the Wellness Scene!

Here's what the Department of Revenue's well-being crew has been up to—and what's coming soon:

🏠 **May Happenings:** Held an **in-person Employee Fair** focused on ways to get involved in Committees and Teams. Handed out: 📖 Roving Readers Bookmarks 🌀 Fidget Spinners ❄️ Hot/Cold Packs. Hosted a **NAMI speaker session: "Early Warning Signs of Mental Illness in Youth."** Wrapped up the **Spring Into Reading Challenge**—well-read and well-done!

🎨 Coming Up:

July: Revenue is launching an **Art Crawl + Take-Home Activity**, tied into the **Commissioner's Forum**

🎭 **August:** Early planning is already underway for their **2026 Annual Meeting**. Long game = strong game!

👏 Shout-out to the Revenue team for their creativity and consistent energy! You're making well-being part of the everyday culture.



"Bookmarks, brain health, and a splash of art—Revenue's got the wellness heart!"

Wellbeing Tip



Boost Mental Health with Anonymous Feedback

Creating a mentally healthy workplace starts with open and honest communication—but sometimes, employees may hesitate to share concerns directly. That's where anonymous surveys and confidential feedback tools come in!

✅ Encourage Open Dialogue – Pulse surveys, digital suggestion boxes, and confidential one-on-one check-ins allow employees to voice concerns safely.

💡 Gain Valuable Insights – Leadership can use anonymous feedback to understand workplace well-being and tailor mental health programs.

👉 Foster a Supportive Culture – When employees feel heard without fear of judgment, they're more engaged, motivated, and mentally well.

Consider incorporating regular feedback opportunities to empower employees and build a healthier work environment. Every voice matters! 💙 ✨



Advocate Tip



Be a Mental Health First Responder

Creating a supportive workplace starts with mental health first aid training! Just like CPR prepares people to assist in emergencies, this training equips employees, managers, and leaders to recognize signs of distress and respond with care.

✨ Why It Matters:

- 🔍 **Spot early signs of mental health struggles** before they escalate
- 🤝 **Offer meaningful support** to colleagues in need
- 📞 **Connect employees to helpful resources** and professional assistance
- ❤️ **Build a culture of compassion** where everyone feels seen and supported
- 🔄 **Keep mental health a priority** with regular emotional support coaching



Leadership Tip



Keep Mental Health Awareness Going!

Mental Health Awareness Month is a great time to reinforce our organization's commitment to employee well-being—but the momentum shouldn't stop there! Make mental health a priority all year long with engaging initiatives and ongoing support.

✨ Ways to Celebrate & Sustain Awareness:

- 🎉 Host special events to spark meaningful conversations
- 🧠 Invite experts for discussions on mental health topics
- 💬 Encourage open dialogue through team workshops
- 🔔 Promote awareness campaigns that highlight available resources
- 🔁 Keep the conversation going beyond just one month—mental health matters every day!



Meeting Recording Link

May '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?



- **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](#)