

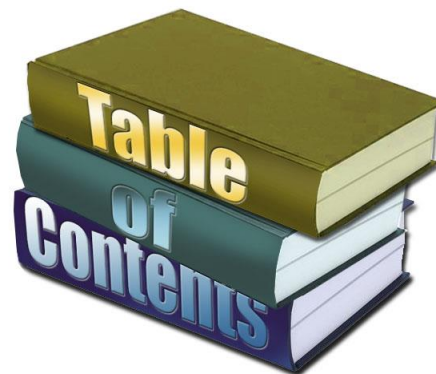
# MAY 2026 CHAMPION CHECK-IN NEWSLETTER

## *“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 May.

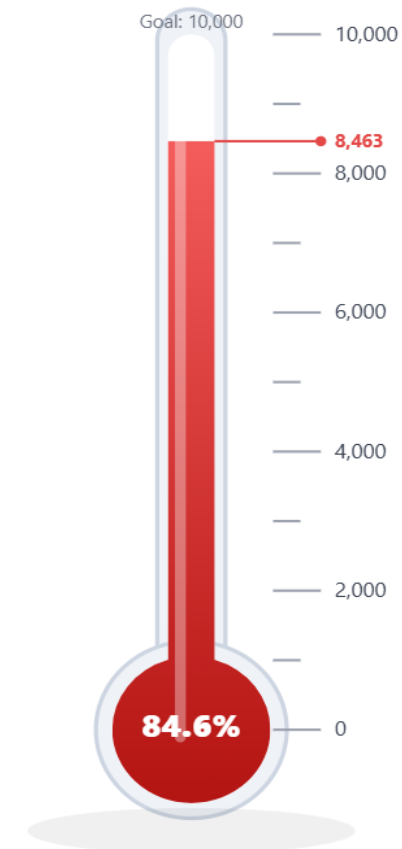
# WebMD Update – Reporting

## WebMD Update - Reporting

- We reviewed WebMD platform metrics through **April 30**—and the month brought exciting momentum!
- April saw **211 new employee registrations**, one of our strongest months this year.
- The highlight: WebMD's new **Registration Progress Meter**, which now shows our progress toward the enterprise goal of **10,000 registered employees**.
- Thank you, Champions, for helping employees discover, register, and engage—your outreach truly moves the meter!

### Registrations Progress

8,463 of 10,000 (84.6%)



*“Keeping Minnesota well—one registration at a time!”*

# WebMD Update – June Program Planning

## WebMD June Program Planning

### Q2 Focus: Thrive in Motion

- We previewed June programming to help Champions prepare one month in advance.
- June's theme: **Financially Fit June** — spotlighting ways to build financial confidence and well-being.
- We will wrap up our **Exercise Group Health Coaching** series.
- June's **Well-being Webinars** will center on financial well-being to support the monthly theme.
- Thank you, Champions, for helping employees stay engaged and informed as we transition into the final month of Q2!



*June is almost here—let's help employees thrive, move, and stay financially fit!"*

# WebMD Update – Engagement Tip

## WebMD Update – Engagement Tip

- We previewed the June Engagement Tip to help Champions plan ahead and spark conversation in their agencies.
- June's Engagement Tip highlights several fun and meaningful well-being observances:
  - ✓ **National CPR & AED Awareness Week**
  - ✓ **National Eat Your Vegetables Day**
  - ✓ **International Day of Yoga**
  - ✓ **Celebration of the Senses Day**
  - ✓ **Professional Wellness Month**
- These events offer great opportunities to inspire colleagues, share resources, and promote whole-person well-being throughout June.
- Thank you, Champions, for bringing these moments to life in your workplaces!



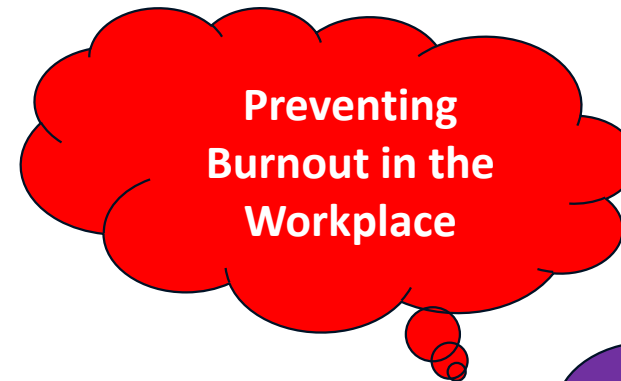
***"June is full of feel-good moments—let's help employees explore them all!"***

# Wednesday Work Life Webinars

## Wednesday Work Life Webinars

### April Webinar Highlights

- We recapped April's Wednesday Work Life Webinars, highlighting strong engagement and rich learning opportunities.
- **Take a Fresh Look at Your Benefits**— Attendees explored employee wellness resources and learned how to make the most of available benefits.
- **Creating a Healthy Mind: Addressing Burnout**— Participants focused on strategies to support mental health, manage stress, and prevent burnout in the workplace.
- **Step into Balance: How Movement Fuels Mind, Mood, and Motivation**— Attendees learned how movement supports mental clarity, boosts mood, and enhances overall well-being.
- Thank you, Champions, for promoting these webinars and continuing to help employees connect with resources that support whole-person well-being!



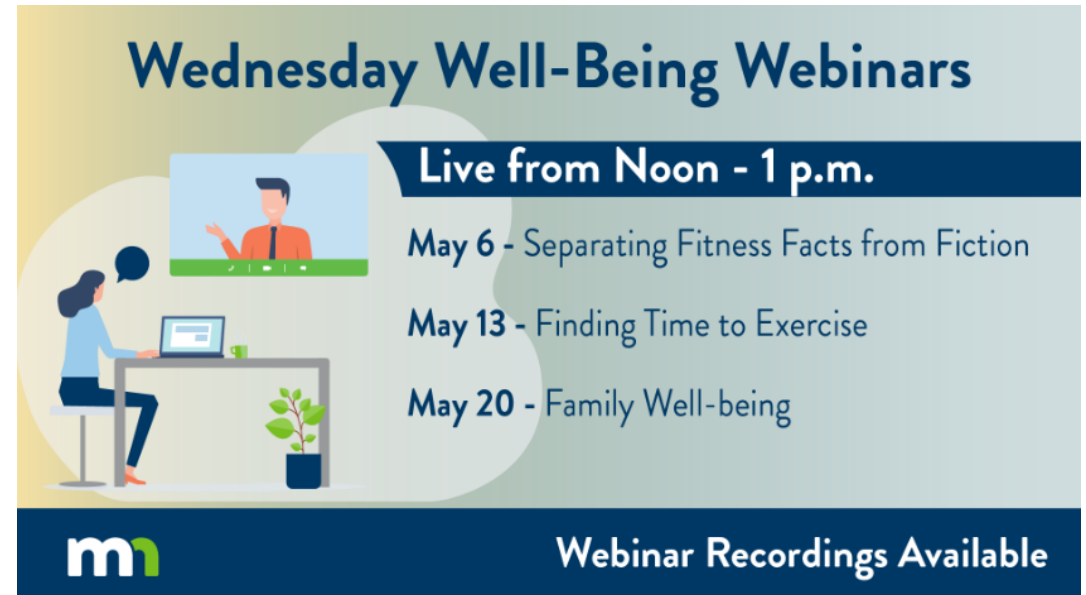
***"Fresh insights, balanced minds, and energized movement!"***

# Wednesday Work Life Webinars - May

## Wednesday Work Life Webinars - May

### Webinars This Month

- We previewed the upcoming May Wednesday Work Life Webinars to help Champions share, promote, and prepare.
- **May 6 – Separating Fitness Facts from Fiction**– Attendees will learn how to cut through fitness fads, debunk common exercise myths, and build a smarter, more effective routine that supports a healthy, active lifestyle.
- **May 13 – Finding Time to Exercise**– This session will explore practical strategies to fit movement into a busy schedule, add activity into daily routines, and use SMART goals to build lasting habits.
- **May 20 – Family Well-being**– Attendees will learn simple ways to help the whole household stay active, eat well, create healthy routines, and manage stress for a more balanced home environment.
- Thank you, Champions, for spreading the word and helping employees engage with valuable well-being learning each week!



The graphic features a woman sitting at a desk with a laptop, participating in a webinar. On the screen, a man is speaking. To the right, the text reads: 'Wednesday Well-Being Webinars', 'Live from Noon - 1 p.m.', 'May 6 - Separating Fitness Facts from Fiction', 'May 13 - Finding Time to Exercise', and 'May 20 - Family Well-being'. At the bottom, it says 'm' and 'Webinar Recordings Available'.

**Wednesday Well-Being Webinars**

**Live from Noon - 1 p.m.**

May 6 - Separating Fitness Facts from Fiction

May 13 - Finding Time to Exercise

May 20 - Family Well-being

**m** Webinar Recordings Available

*“May is all about movement, balance, and family.”*

# Omada June Campaign

## Omada June Campaign

- We reviewed the upcoming June Omada campaign, so Champions are prepared to share, promote, and support the work ahead.
- June's focus aligns with **Global Employee Health Month**, spotlighting movement and everyday activity.
- Key campaign objectives:
  - ✓ Encourage employees to add more movement into their daily routines.
  - ✓ Provide simple tools and resources to help employees fit physical activity into busy schedules.
  - ✓ Remind employees of the value of Omada and where to apply for the program.
- Thank you, Champions, for continuing to amplify Omada and helping employees stay engaged with healthy habits across the enterprise!

The graphic is a promotional poster for the Omada June Campaign. It features a man in a green shirt and blue jeans walking on a treadmill while talking on a phone. The background is a light orange color. The Omada logo is in the top left corner. The main headline is "Fitness that fits your life" in a large, bold, black font. Below it, a sub-headline reads "Small moves today can lead to big health wins tomorrow." A paragraph of text follows, stating: "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." Another paragraph says: "Let's work together to help you move more, feel better, and live your healthiest life—one step at a time." Below this, the text "Omada helps you beat the excuses." is centered. There are three sections, each with a quote in a light blue box: "I don't have time..." (with text: "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..." (with text: "Your Omada health coach has your back. They'll point you in the right direction with a wellness plan tailored to fit your life."), and "I don't like the gym..." (with text: "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."). To the right of these sections, there is a photo of a smartphone and a scale, with text: "Thanks to Minnesota Management and Budget (MMB), you have access to Omada at \$0 cost to you, if eligible." At the bottom right, there is a red button that says "Get Started Today" with the URL "omadahealth.com/segp". At the very bottom, there is small text: "©Omada, Sandra LaMonte. 'Just 10 Minutes of Exercise a Day Could Save Lives, Study Says.' CNN, 24 Jan. 2022. Images, including apps, do not reflect real members or information about a specific person."

omada

## 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.

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

→ **Get Started Today**  
omadahealth.com/segp

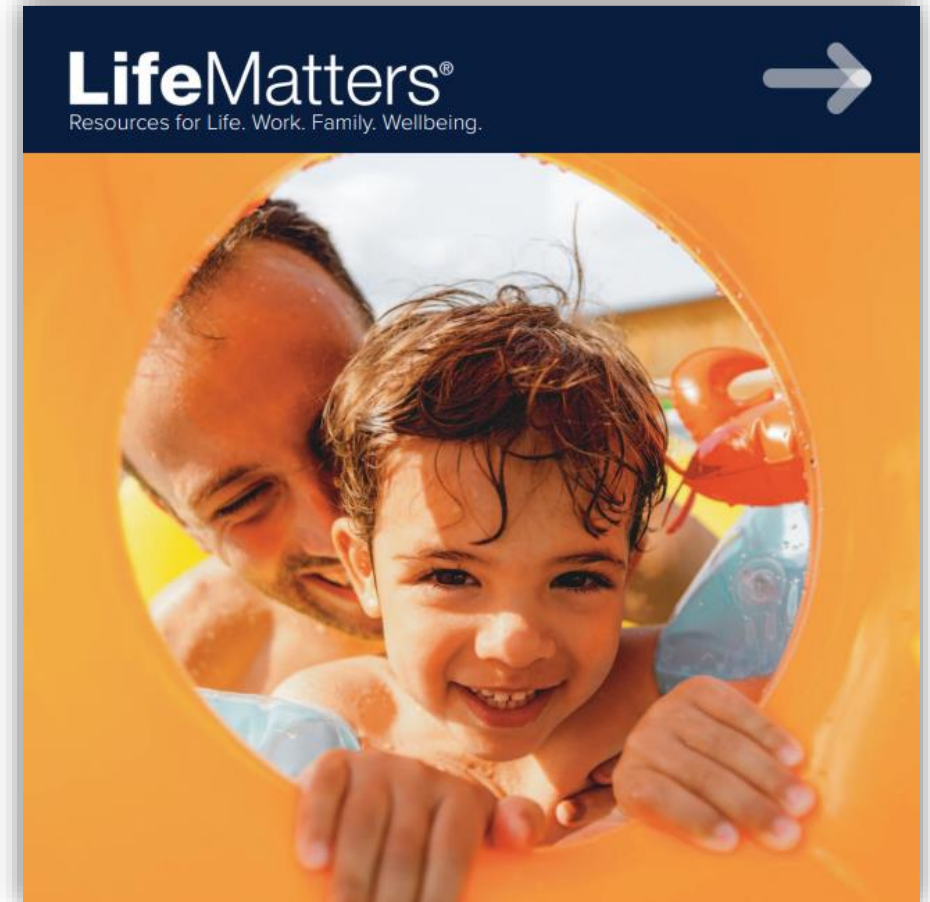
©Omada, Sandra LaMonte. "Just 10 Minutes of Exercise a Day Could Save Lives, Study Says." CNN, 24 Jan. 2022. Images, including apps, do not reflect real members or information about a specific person.

*"June is on the move—let's help employees move with it!"*

# LifeMatters EAP Resources

## LifeMatters EAP Resources

- We highlighted the current LifeMatters EAP promotions to help Champions share timely, seasonal well-being resources with their teams.
- Featured June materials include:
  - ✓ **Summer Safety** (PDF)
  - ✓ **Men's Health Month** (PDF)
  - ✓ **Summer Safety – Poster– Struggling to See the Bright Side** (Togetherall resource)
  - ✓ **Make Dad Happy Without Overspending** (Discount Center resource)
  - ✓ **June Webinar: Healthy Families, Healthy Future**
- These resources provide employees with practical tools for safety, mental health, financial well-being, and family support throughout June.
- Thank you, Champions, for helping promote EAP offerings and ensuring employees know what's available!"



***"Summer support is here—share the tools that help our employees thrive!"***

# Group Health Coaching

## Group Health Coaching

- We highlighted the updated **Group Health Coaching** webpage, now refreshed with the full **2026 topic list**, **session dates**, and **registration details**.
- Employees can now easily see what's coming, choose a topic that fits their goals, and register directly through **WebMD ONE**.
- This update makes it even easier for employees who want support, structure, and accountability while building healthy habits in a group setting.
- Thank you, Champions, for helping employees discover these opportunities and stay connected to ongoing coaching resources!



**“Updated  
Webpage”**

*“Healthy habits grow stronger together—share the coaching boost!”*

# Targeted Communication/Highlight

## SWC Video

- We showcased our new **State of Well-being Champion recruitment video**, designed to grow and strengthen our statewide network of volunteers.
- The video highlights how Champions help improve workplace health, culture, and connection through our State of Well-being programs.
- This new tool will support outreach efforts and help agencies share the value of becoming a Champion with potential volunteers.
- Thank you, Champions, for being the inspiration behind this video—and for continuing to spread wellness across the enterprise!



***"Shining a spotlight on our Champions—one video at a time!"***

# Interactive Element – Name Three Things

## Name Three Things

- We wrapped up the meeting with a fun interactive game: **Name Three Things**.
- Champions received a category and had 20 seconds to type their first three things into the chat—fun, serious, creative, anything goes!
- This activity sparked energy, quick thinking, and great conversation while connecting Champions across agencies.
- Thank you to everyone who joined in and brought your quick instincts to the challenge!



*“Fast, fun, and full of ideas—thanks for playing along!”*

# Agency/Location Reporting - Revenue

## Minnesota Department of Revenue

- Champion **Hannah S.** shared a creative wellness initiative from the Department of Revenue centered around **May Mindfulness**.
- Throughout the building, the wellness team set up:
  - ✓ **Puzzles and brain teasers**
  - ✓ **Coloring sheets** placed across multiple floors
  - ✓ **Mindfulness table tents** with tips and simple explanations
- These resources give employees easy ways to pause, take a break, and practice mindfulness during the workday.
- Employees have responded positively and are enjoying the chance to step away, reset, and refocus.
- Thank you to the Revenue team for elevating mindfulness in such accessible and thoughtful ways!



***“Mindfulness made easy—one puzzle, color break, and deep breath at a time!”***

## Wellbeing Tip



### ***“Move More for a Healthier You”***

Even brief movement supports well-being—  
reducing stress, improving sleep, and  
strengthening long-term health.

- Movement can lift your mood and help clear your mind.
- Just 10 minutes of activity can help improve energy levels and reduce stress.
- Regular movement supports deeper, more restorative sleep.





## Advocate Tip

### ***“Help Others Find Ways to Move More”***

Support your colleagues by helping them discover simple, fun, and accessible ways to add more movement into their day—no gym required.

- Promote short stretch or movement breaks during the workday.
- Suggest walking meetings or outdoor check-ins when possible.
- Share simple “movement snacks” that coworkers can do between tasks.
- Highlight that activity can improve mood, reduce fatigue, and increase focus.



## Leadership Tip



### ***“Model Movement for Your Teams”***

When leaders prioritize physical activity, teams are more likely to follow suit—strengthening workplace well-being and team connection.

- Show that you value wellness by taking walking breaks or hosting optional movement activities.
- Encourage flexible schedules that allow time for activity.
- Share how movement boosts mood, improves sleep, and even strengthens relationships.
- Celebrate team efforts—big or small—to move more during May.



# Meeting Recording Link

## May '26 State of Well-being Champion Meeting Recording



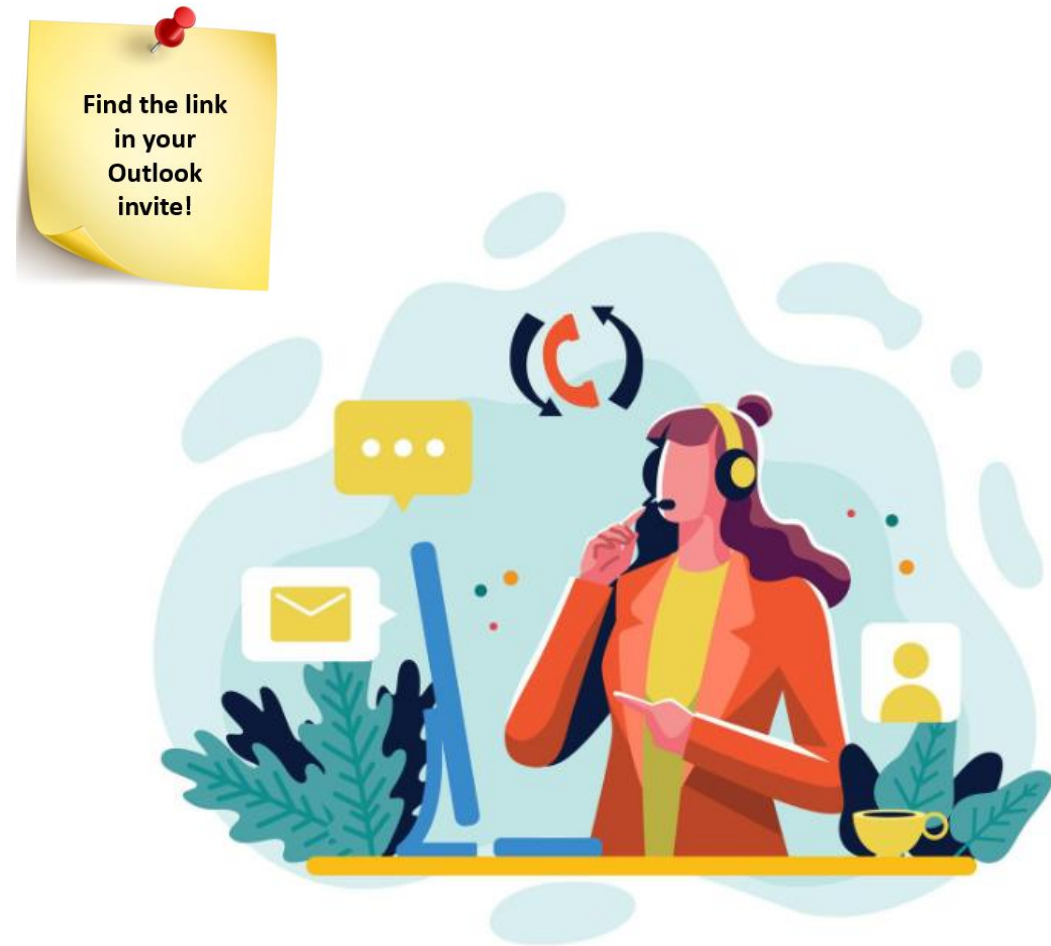
| RECORDING TIME STAMP             |       |
|----------------------------------|-------|
| Welcome Message                  | 3:20  |
| WebMD Updates                    | 7:00  |
| Wednesday Work Life Webinars     | 12:50 |
| Health and Well-being Updates    | 14:40 |
| Targeted Communication/Highlight | 21:03 |
| Interactive Element              | 27:17 |
| Champion Spotlight & Reporting   | 45:00 |
| Wrap-Up                          |       |

# Champion Concierge

## 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](http://webmdhealth.com/segip)



- **EMAIL**

[work.well.mmb@state.mn.us](mailto: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](#)