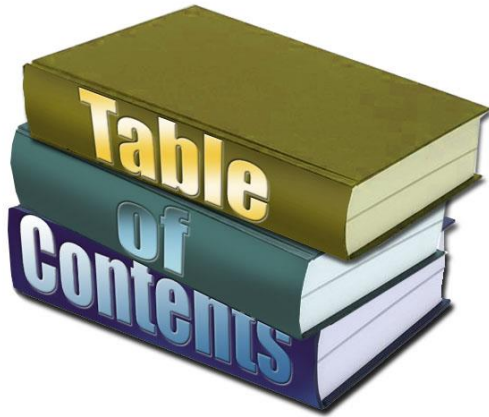


NOVEMBER 2025 CHAMPION CHECK-IN NEWSLETTER

“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 November.



WebMD Update – Reporting

WebMD Update - Reporting

 **Quarterly Challenges – 446 participants registered!** Momentum is strong as employees take part in our latest wellness challenge.

 **Agency Registration & Health Assessment** - Agency participation continues to grow as more employees complete their Health Assessment and explore WebMD tools.

 **Status Level Achievements** Two employees reached the **Star of the North level!** These champions earned top points and modeled what consistent well-being engagement looks like.

 **Top Activities** 10K steps/day for 20 days/month leads the pack! Employees continue to show up for movement goals that make a difference.

 **Top Daily Habits Goals Started Exercise • Nutrition • Weight Loss** - The top three areas employees are focusing on this month!

 **Overall Participation** Just under 8,000 employees on the WebMD portal! The momentum keeps growing—thank you for helping spread the word!



“2 Stars of the North!”



“8,000 strong and still climbing—way to go, team!”

WebMD Update - December Program Planning

WebMD Updates

Looking ahead to the holidays with health and energy!

 ***December Theme: Holiday Health*** – focusing on nutrition, hydration, movement, mindfulness, and sleep

 ***Group Health Coaching*** – sessions continue strong through the season

 ***January 2026 Prep*** – website updates and fresh program planning underway for group health coaching

 ***Holiday Health Challenge*** – kicks off November 10 with 400+ employees registered already!



"Keep your wellness on the nice list this holiday season — move a little, rest a lot, and hydrate like its hot cocoa!"

Wednesday Work Life Webinars

Wednesday Work Life Webinars

Helping employees learn, grow, and thrive together

(October 15): 🧠 Depression in the Workplace

Employees built skills to recognize signs of depression, understand its workplace impact, and learn supportive steps for coworkers in need.

(November 5): ❄️ Healthy Holidays: Finding Balance and Joy

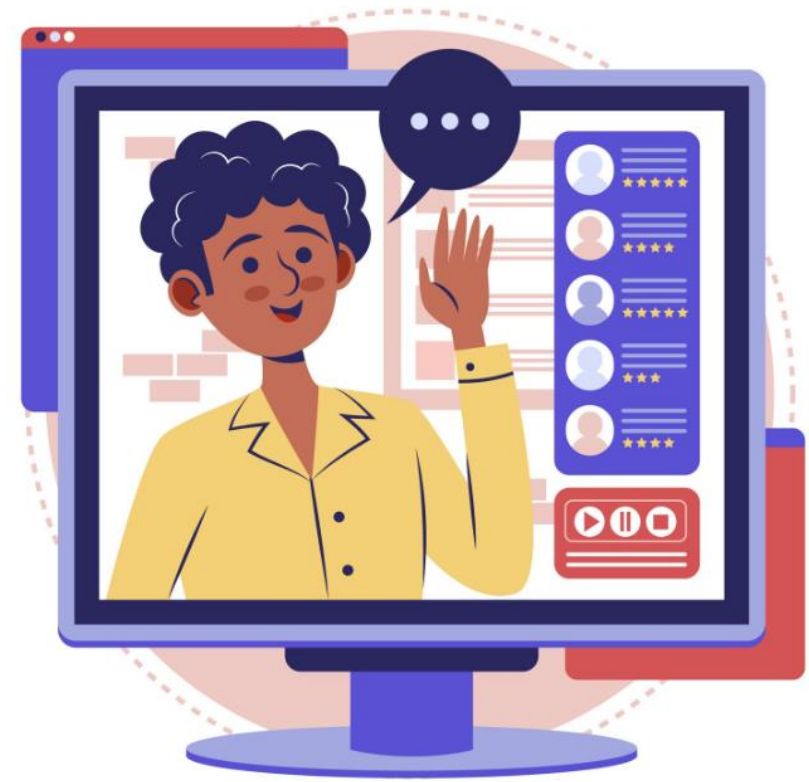
Employees explored ways to enjoy the season while maintaining balance — using five weekly wellness themes: nutrition, hydration, exercise, mindfulness, and sleep.



Wednesday Work Life Webinars - November

Wednesday Work Life Webinars – November

- 💰 **November 12 – Psychology of Spending**
 - Employees will discover their “money personality” and how it shapes their attitudes, spending habits, and relationship with money.
 - Learn strategies to manage your finances thoughtfully while understanding your unique tendencies.
- 🥕 **November 19 – Foods that Fuel Immunity**
 - Employees will explore how daily nutrition supports immune function and overall wellbeing.
 - Practical tips to keep your body strong and energized during busy or seasonal periods.



“Explore your money mindset and fuel your body — two ways to feel smarter and stronger!”

Omada December Campaign

Omada Campaign

December Resources to Share (*one month in advance*):

“Celebrate the Season with Health and Joy”

- Help employees maintain balance and wellness throughout the festive season.

✂ Champion Resources:

- **Copy Blurbs:** Short, ready-to-use messages for emails, newsletters, or social media.
- **Flier:** Attach or link in employee communications and on the agency intranet.
- **Banner Ad:** Add to emails or newsletters and display on the agency intranet.

💡 Campaign Objectives / Outcomes:

- Empower employees to manage diabetes with personalized care and expert coaching.
- Support lasting lifestyle changes that improve **A1C, cholesterol, and BMI**.
- Remind employees of the value of Omada and how to apply.



The banner ad features the Omada logo and the Management and Budget State Employee Group Insurance Program logo at the top. The main image shows a group of people celebrating around a table with food and drinks. The text on the banner reads: "Celebrate the season with health and joy", "Make your well-being a priority this holiday season.", "The holidays are a time for joy and celebration—but they can also bring stress and disrupt healthy routines. Omada is here to help you maintain balance and wellness throughout the festive season.", "Thanks to MMB, you have access to Omada — a virtual health program that pairs you with a health coach, smart devices, and resources — at \$0 cost to you if eligible.", "Holiday health tips from Omada Health Coaches:", "Smart swaps: Unsweetened applesauce can replace sugar for healthier treats", "Stay active: Park farther away from your desired destination to add in extra steps to your day", "Relaxation techniques: Start a gratitude journal or try progressive muscle relaxation before bed", "With Omada, you get*:", "A dedicated care team with a health coach.", "Personalized care plan tailored to your lifestyle.", "Welcome kit with smart devices to easily track your progress 24/7*.", "Get started at omadahealth.com/segip".

Omada for Prevention is available at no cost to you when covered by your employer or health plan.
*Certain features and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements.
Images, including apps, do not reflect real members or information about a specific person.

“Celebrate health, share the joy, and help employees thrive with Omada this season!”

LifeMatters Resources

LifeMatters Resources

Featured Fall 2025 Resources for You and Your Team

Featured Articles

-  **Caring for an Elderly or Disabled Loved One** – Tips for balancing care, compassion, and personal well-being.
-  **Don't Forget to Wash Your Hands** – Stay healthy this season with simple hygiene reminders.
-  **Renting vs. Buying Your Home** – Explore the pros, cons, and considerations for each option.
-  **Maintaining a Good Credit Score** – Learn how smart financial habits protect your future.

Feel Better, Spend Smarter

- Discover savings and discounts through the LifeMatters Discount Center—a great way to spend smart and feel good doing it!

November Webinar: Gambling Awareness

- Join the November LifeMatters Webinar to learn the signs of problem gambling and practical steps for support and prevention.

Visit mylifematters.com and log in with your company password. Then, select the Discount Center tile.



Feel better, spend smarter with LifeMart

However you choose to unwind, LifeMart makes self-care more affordable.

Need a break from the kitchen or grocery store? Enjoy discounts on restaurants, meal prep, and food delivery services.

Looking to relax and recharge? Find savings on local spas and salons, gyms, home fitness classes, sleep health, and mental health services.

Need to get out of the house? Find savings on concerts, sporting events, movie tickets and more.

Enroll or login to **START SAVING** with your **FREE ACCESS** to LifeMart



“Learning, saving, and caring — LifeMatters has you covered this fall!”

2026 Webinar Schedule

2026 Webinar Schedule

A full year of learning, inspiration, and well-being ahead!

The 2026 Webinar Schedule is ready!

We've planned 37 webinars (with a few more to come!) following our Annual Planning Calendar monthly themes — from mental well-being to financial resilience and more that are ready to go for January 2026.

"Your feedback shaped our 2026 lineup — we listened to what matters most to you!"



"37 webinars, 12 themes — 1 year of well-being ahead!"

Targeted Communication/Highlight

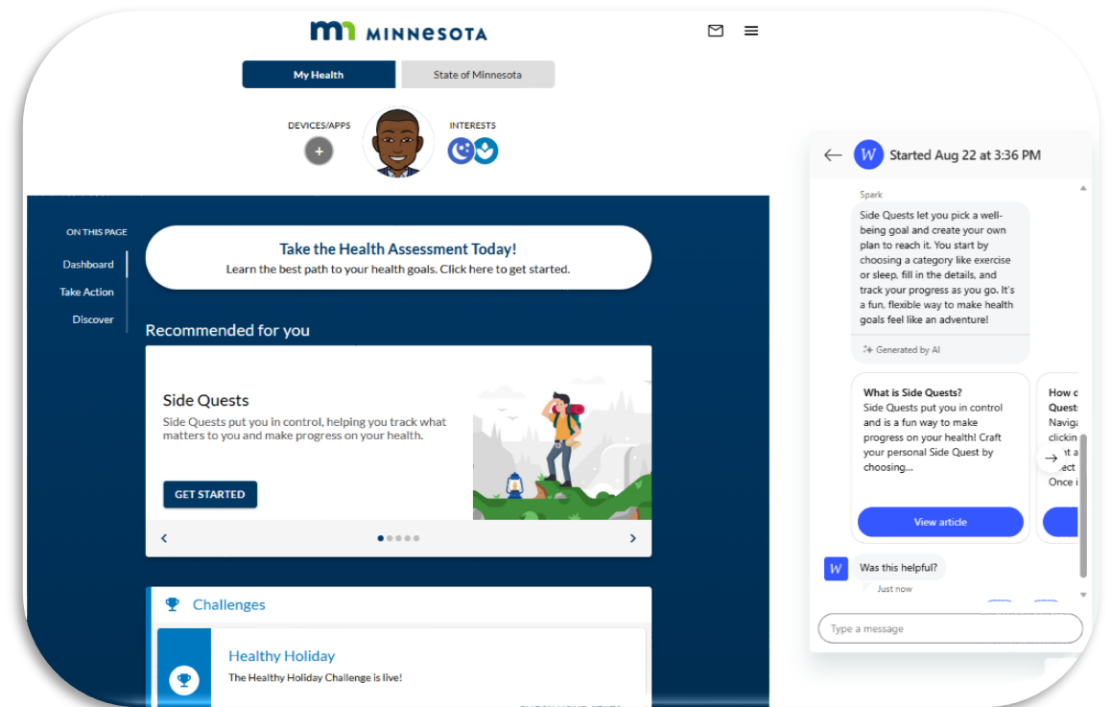
WebMD Portal – Spark Virtual Assistant

Spark Virtual Assistant is an AI-powered tool that delivers instant, self-service support within the WebMD ONE platform.

“Instant Self Service” – Fix common issues fast -
Update info without waiting - Fewer support tickets

“Smoother User Experience” – Guided step-by-step help - Less frustration navigating - More confidence using WebMD ONE

“Smart Escalation” - Sentiment-based routing - Urgent issues get priority - Faster resolutions



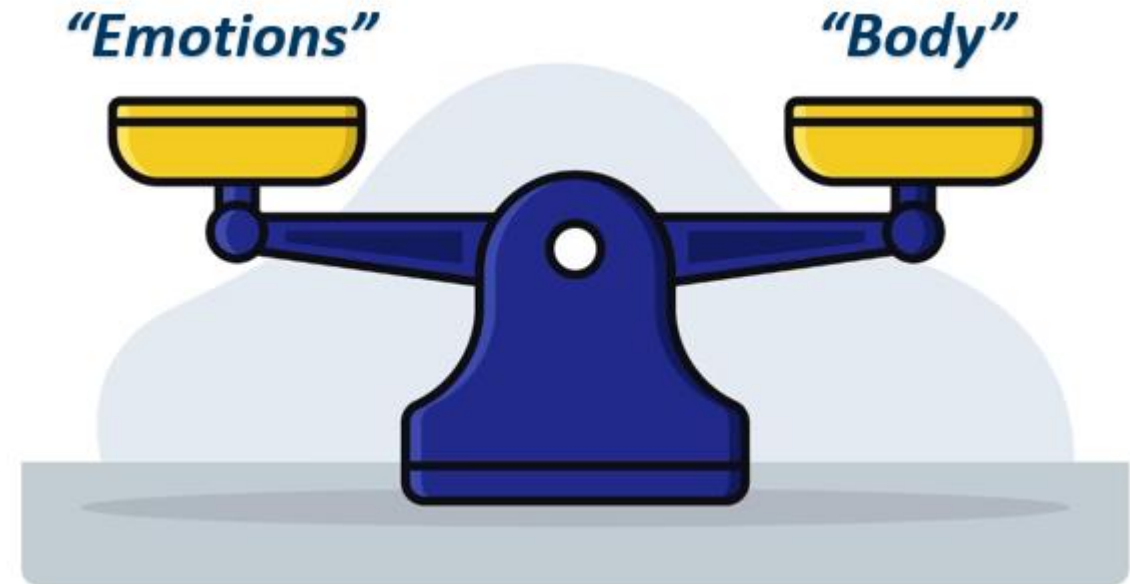
“Spark: Faster answers. Smoother support. Better experience.”

Wellbeing Tip



Emotional Wellness: The Heart of Well-being

- Emotional well-being is just as vital as physical well-being—don't let it be an afterthought!
- Prioritizing emotional wellness means managing stress, nurturing healthy relationships, adapting to change, and fostering positivity.
- When we invest in emotional health, we build resilience that benefits every aspect of our lives, including work.



"Nourish your mind, as well as your body!"



Advocate Tip

Champion Emotional Wellness at Work

- Be a champion for psychological safety—create spaces for open dialogue and support.
- Encourage colleagues to participate in team check-ins, share resources, or learn about self-care basics.
- Advocate for healthy boundaries, regular breaks, and access to emotional health resources that benefit everyone.



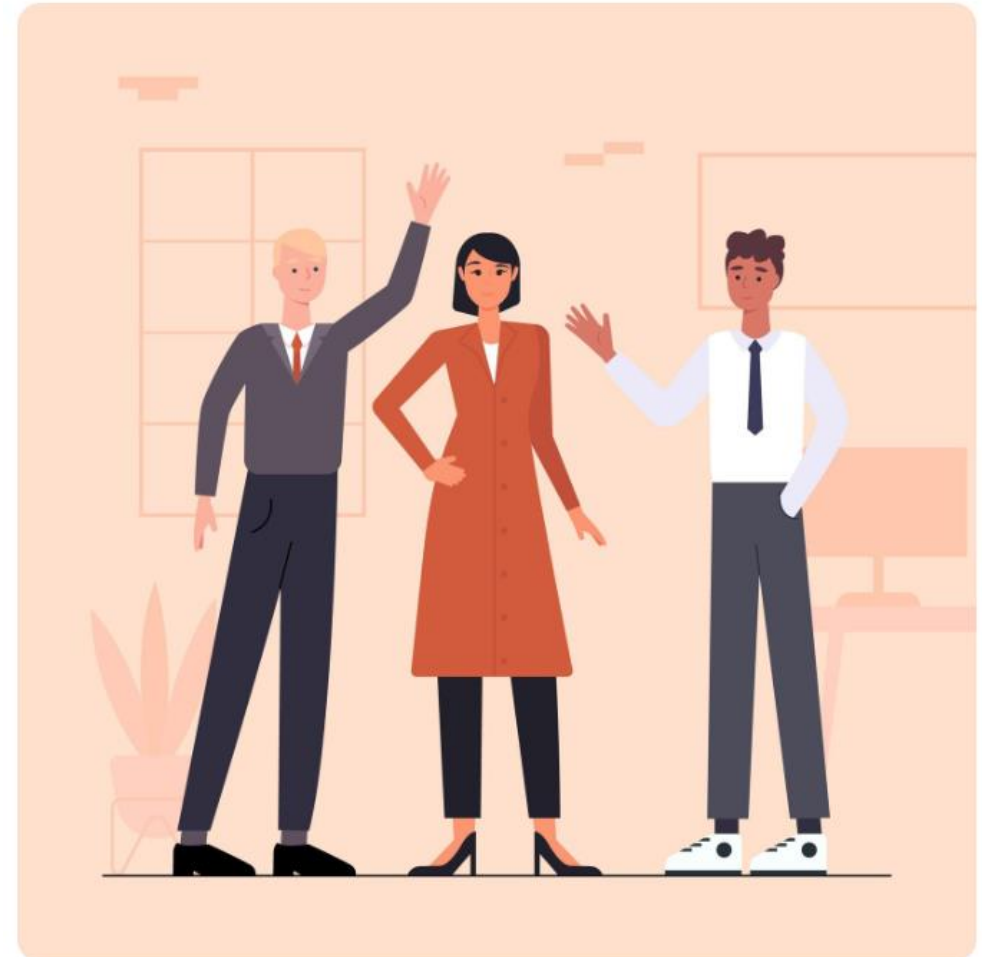
"Every voice matters—let's support emotional wellness together!"

Leadership Tip



Lead the Way to Emotional Wellness

- Leaders, create psychologically safe spaces where employees feel valued and supported.
- Model empathy, discuss emotional health openly, and encourage use of support programs like [EAP](#) and [mental wellness resources](#).
- Set the example—share your self-care habits and respect work-life boundaries to build a resilient, positive team.



“Strong leaders build strong minds—and strong teams!”

Champion Concierge

Champion Concierge: Request Support or Share Ideas

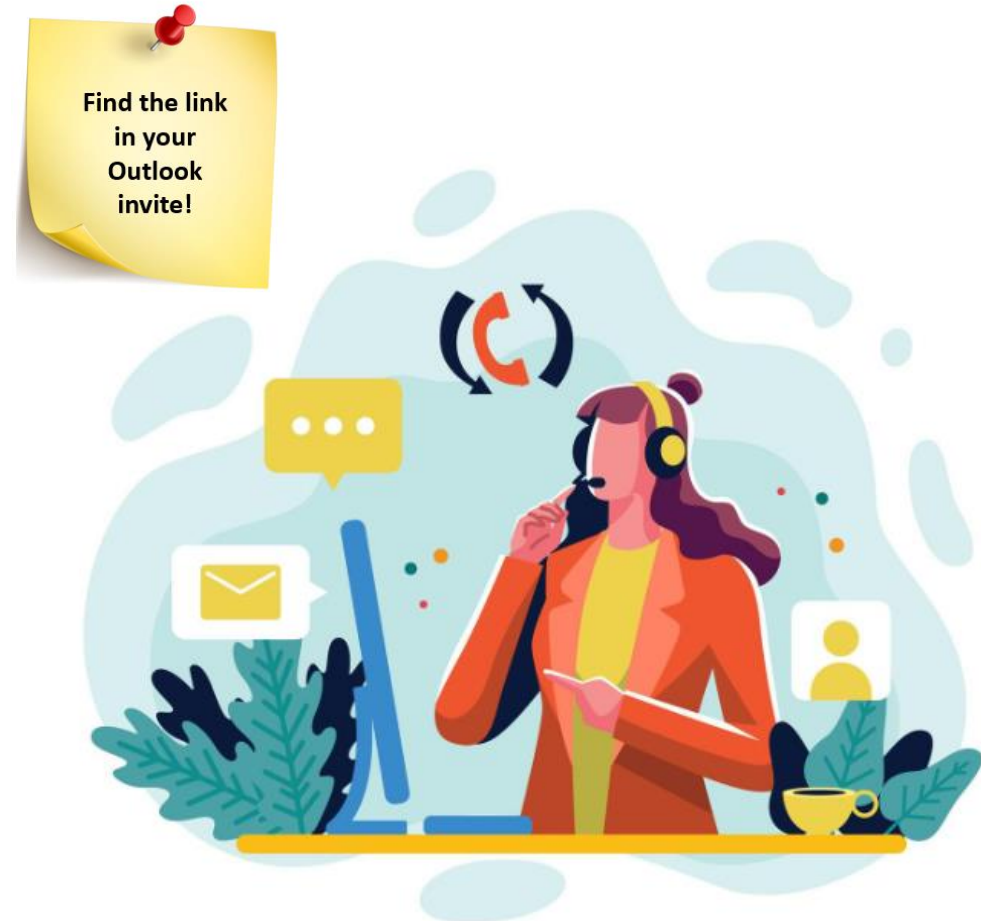
As a standing reminder: our **Champion Concierge** is always open!

💡 Use the simple Microsoft Form anytime to:

- Submit **questions, concerns, or ideas** when they pop up
- Choose the follow-up style that works best for you—one-on-one chat, team conversation, or a written response
- Get **personalized support** without the pressure of squeezing into a live Teams meeting

This format keeps things flexible and respects your time—especially for those who prefer writing over talking.

👉 **Don't forget:** You'll always find the link to the Champion Concierge form in your monthly Champion Meeting invite (check Outlook!).



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](#)