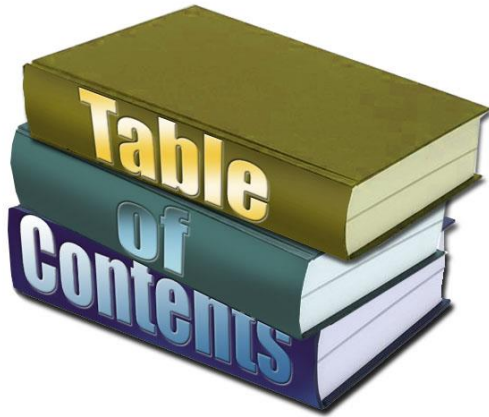


OCTOBER 2025 CHAMPION CHECK-IN NEWSLETTER

“Your Monthly Recap”



TABLE OF CONTENTS



- ☐ **Welcome Message** – Slide #3
- ☐ **WebMD Updates** – Slide #4-5
- ☐ **Wednesday Work Life Webinars** – Slide #6-7
- ☐ **Health and Well-being Updates** – Slide #8-12
- ☐ **Targeted Communication/Highlight** – Slide #13
- ☐ **Interactive Element** – N/A
- ☐ **Champion Spotlight & Reporting** – Slide #14-15
- ☐ **Tips for Success** – Slide #16-18
- ☐ **Meeting Recording** – Slide #19
- ☐ **Connect & Contact Information** – Slide #20-21

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 October.



WebMD Update – Reporting

WebMD Update - Reporting

🏁 Tour de Minnesota

- *Our highest completion rate this year — way to go!*

☀️ Status Level Achievements

- *One employee has reached the top: Star of the North!*

💪 Top Portal Activities

- *Tracking 10K Steps/Day for 20 Days and Completing a Coaching Session led the pack.*

🔥 Daily Habits Spotlight

- *Most popular: Enjoy Exercise & Lose Weight - Healthy habits are clearly catching on!*

📊 Looking Ahead – 2025 Metrics

- *We're tracking growth in Platform Registrations, Health Assessments, and Coaching Engagements.*



“Together, we’re stepping up our well-being—one challenge, one habit, one champion at a time!”

WebMD Update - November Program Planning

WebMD Updates

Presented by: Hailey Peckat, Senior Well-being Coordinator

November Focus: Tobacco Cessation Month

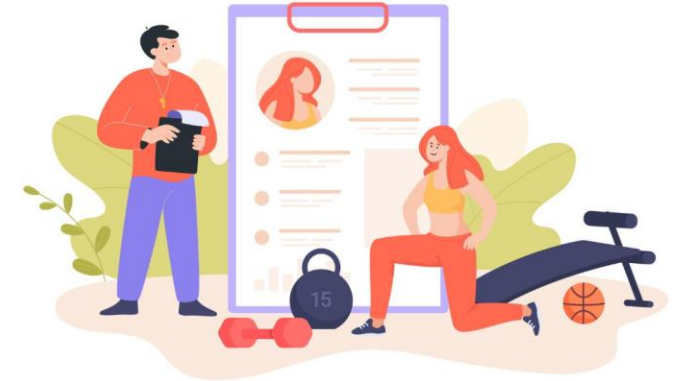
- Encourage employees to connect with [their health plan](#) for available cessation programs and resources.

Group Health Coaching Launches!

- Starting the **week of October 20**
- First session topic: **Weight Management**
- Our *first-ever* group session—let's make it a success!

Holiday Health Challenge Coming Soon

- A brand-new **statewide well-being challenge** is on the horizon! Champions—keep an eye out for your toolkit to help spread the word.



“Plan ahead, lift others up, and get ready to sleigh this holiday season!”

Wednesday Work Life Webinars

Wednesday Work Life Webinars

Since our last Champion meeting on September 9, employees across Minnesota tuned in and took away powerful lessons from these sessions:

- 🧠 **Sept 10:** Promoting Well-being: Understanding & Preventing Suicide
- 🌈 **Sept 17:** Neurodiversity in the Workplace
- 💬 **Sept 24:** Assertive Communication
- 💼 **Oct 1:** Take a Fresh Look at Your Benefits: Life & Well-being Program Overview
- 🔥 **Oct 8:** Dealing with Triggers

Champions: Keep promoting these sessions—your encouragement helps employees grow, learn, and build resilience every week!



Wednesday Work Life Webinars - October

Wednesday Work Life Webinars - September

- ***Take a Fresh Look at Your Benefits: Life and Well-being Program Overview***

Your benefits, your well-being—discover free resources that make a real difference.

- ***Dealing with Triggers***

From brain science to behavior tools—discover how to recognize and resolve emotional triggers.

- ***Depression in the Workplace***

Understand depression's impact and how to help employees navigate it effectively.

Connect, grow, and build authentic relationships with simple, impactful strategies.

A graphic for Wednesday Well-Being Webinars. It features a woman sitting at a desk with a laptop, looking at a video screen showing a man in a suit. The background is a light blue and yellow gradient. The text is in a clean, sans-serif font.

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

- Oct. 1 - Take a Fresh Look at Your Benefits
- Oct. 8 - Dealing with Triggers
- Oct. 15 - Depression in the Workplace

m Webinar Recordings Available

Omada November Campaign

Omada October Campaign

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

For November, we're supporting Diabetes Awareness Month and helping employees make small changes today for a healthier tomorrow! 🌟

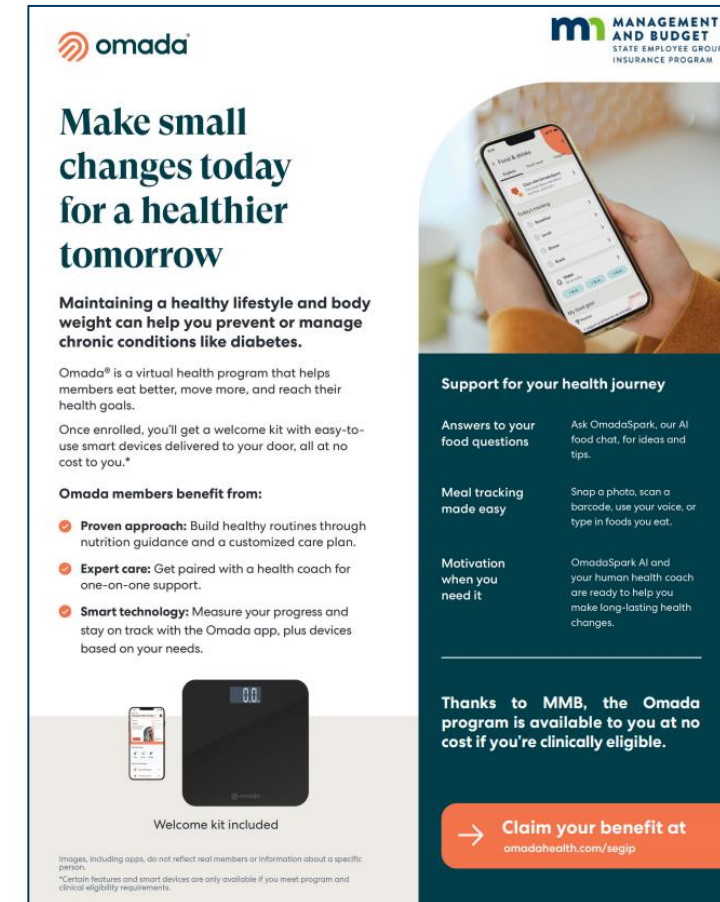
Our Omada campaign includes:

📢 **Copy Blurbs:** Perfect for short spaces—use in employee emails, newsletters, or social media.

📄 **Flier:** Share or link in newsletters, emails, or on your intranet.

💻 **Banner Ad:** Add a visual boost to newsletters or intranet pages!

💪 **Champions:** Your voice helps amplify this message—spread the word and inspire those healthy habits!



The banner ad features the Omada logo and the Management and Budget State Employee Group Insurance Program logo. The main headline reads "Make small changes today for a healthier tomorrow". Below this, a sub-headline states "Maintaining a healthy lifestyle and body weight can help you prevent or manage chronic conditions like diabetes." The text describes Omada as a virtual health program that helps members eat better, move more, and reach their health goals. It mentions that once enrolled, members will receive a welcome kit with easy-to-use smart devices delivered to their door, all at no cost to them. A list of benefits for Omada members includes: Proven approach (nutrition guidance and customized care plan), Expert care (paired with a health coach for one-on-one support), and Smart technology (measure progress and stay on track with the Omada app and devices). The ad also includes a "Support for your health journey" section with three items: Answers to your food questions (Ask OmadaSpark, our AI food chat, for ideas and tips), Meal tracking made easy (Snap a photo, scan a barcode, use your voice, or type in foods you eat), and Motivation when you need it (OmadaSpark AI and your human health coach are ready to help you make long-lasting health changes). At the bottom, it says "Welcome kit included" and "Thanks to MMB, the Omada program is available to you at no cost if you're clinically eligible." A call to action button at the bottom right says "Claim your benefit at omadohealth.com/segip".

omada

**MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM**

Make small changes today for a healthier tomorrow

Maintaining a healthy lifestyle and body weight can help you prevent or manage chronic conditions like diabetes.

Omada® is a virtual health program that helps members eat better, move more, and reach their health goals.

Once enrolled, you'll get a welcome kit with easy-to-use smart devices delivered to your door, all at no cost to you.*

Omada members benefit from:

- ✔ **Proven approach:** Build healthy routines through nutrition guidance and a customized care plan.
- ✔ **Expert care:** Get paired with a health coach for one-on-one support.
- ✔ **Smart technology:** Measure your progress and stay on track with the Omada app, plus devices based on your needs.

Support for your health journey

Answers to your food questions	Ask OmadaSpark, our AI food chat, for ideas and tips.
Meal tracking made easy	Snap a photo, scan a barcode, use your voice, or type in foods you eat.
Motivation when you need it	OmadaSpark AI and your human health coach are ready to help you make long-lasting health changes.

Welcome kit included

Thanks to MMB, the Omada program is available to you at no cost if you're clinically eligible.

→ **Claim your benefit at**
omadohealth.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.

"Take simple steps for lasting impact. Join Omada in celebrating Diabetes Awareness Month!"

LifeMatters Resources

October Featured Resources to Share with Your Teams

We spotlighted some great **LifeMatters EAP resources** this month to help employees care for themselves and others:

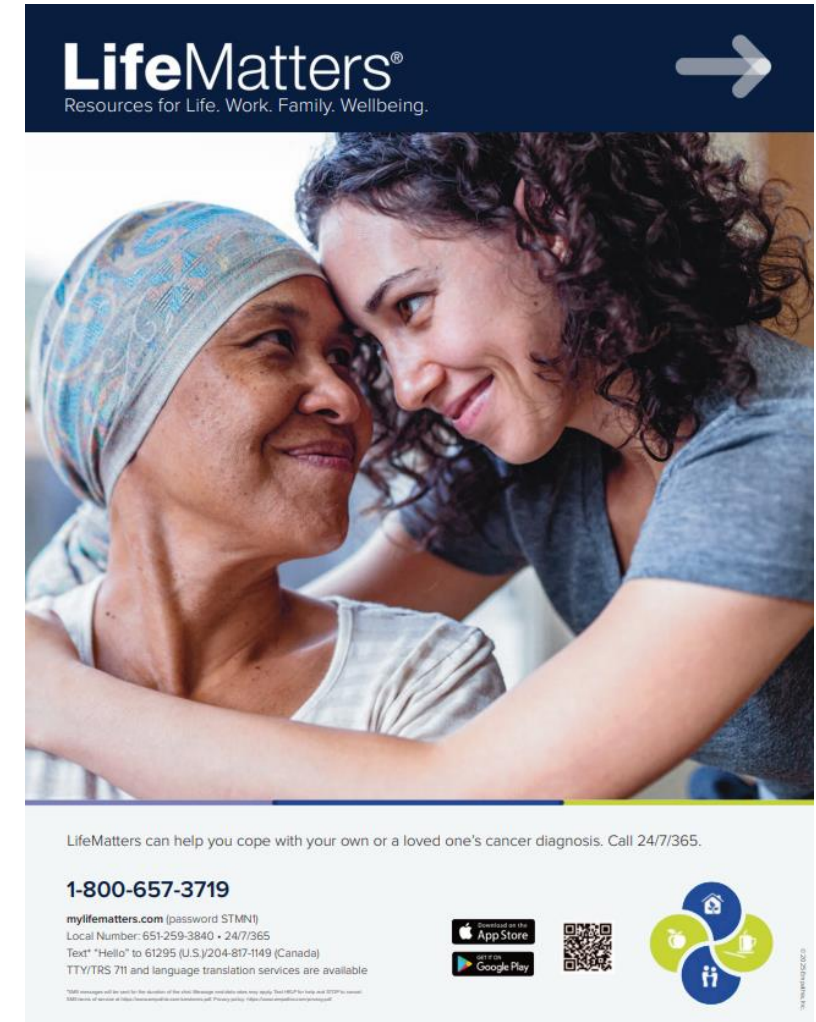
🧠 **Supporting a Friend with a Mental Health Issue** – Learn how to show up for those who need it most.

🎗️ **Cancer Awareness Resources** – “Know the signs” with the **Cancer Warning Signs** article and **Coping with Cancer** poster.

😴 **Sleep: A How-To Webinar** – This October session dives into practical ways to rest better and recharge.

👶 **Child Care Savings** – Check out discounts through the **LifeMart Discount Center**—because less stress = more balance.

💡 Encourage employees to explore and share these LifeMatters tools—it’s all about supporting wellbeing from every angle!



LifeMatters®
Resources for Life, Work, Family, Wellbeing.

LifeMatters can help you cope with your own or a loved one's cancer diagnosis. Call 24/7/365.

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)
TTY/TRS 711 and language translation services are available.

Available on the App Store
GET IT ON Google Play

QR code linking to LifeMatters resources.

LifeMatters logo.

“Count on LifeMatters for support, relaxation, and balance every step of the way!”

SWC Microsoft Teams Channel

SWC Microsoft Teams Channel

Big news, Champions! 🎉

*Senior Well-being Coordinator **Hailey Peckat** announced that we now have a new **Microsoft Teams Channel** just for **State of Well-being Champions!***

*It's your **central hub** for:*

- 💬 Conversations – Connect with fellow champions across the state.*
- 👏 Collaboration – Share ideas, wins, and wellness initiatives.*
- 📁 File Sharing – Access toolkits, meeting recaps, and resources all in one easy-to-find spot.*

Think of it as our virtual clubhouse—a place to inspire, collaborate, and champion well-being together!



"Together, we're stronger—one Team chat at a time!"

LifeMatters Counseling – Scheduling Option

LifeMatters Counseling – Scheduling Option

Great news! 🎉

We shared during our meeting that employees can now schedule LifeMatters counseling sessions online — it's quick, easy, and completely confidential.

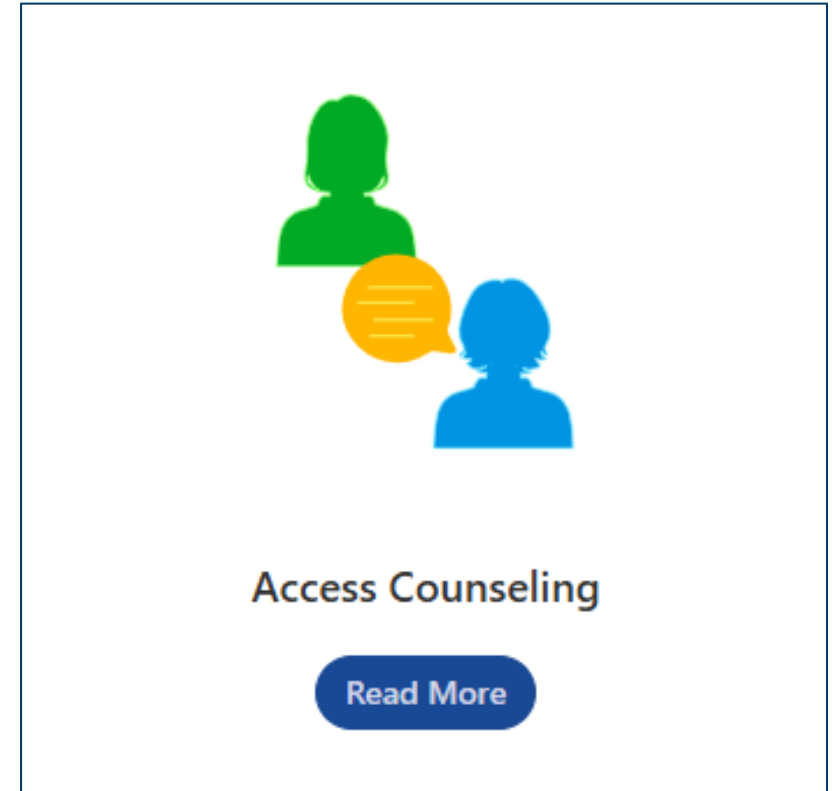
Employees can:

📅 *View available days and times that fit their schedule*

💻 *Book sessions online without having to call*

💬 *Access support faster when they need it most*

It's another step toward making mental health care more accessible and convenient for everyone. 💙



"A calmer mind is just one click away."

Life and Well-being Annual Calendar

Life and Well-being Annual Calendar

During our meeting, we previewed the 2026 Life and Well-being Annual Calendar — your roadmap for next year's success! 🚀

The calendar features:

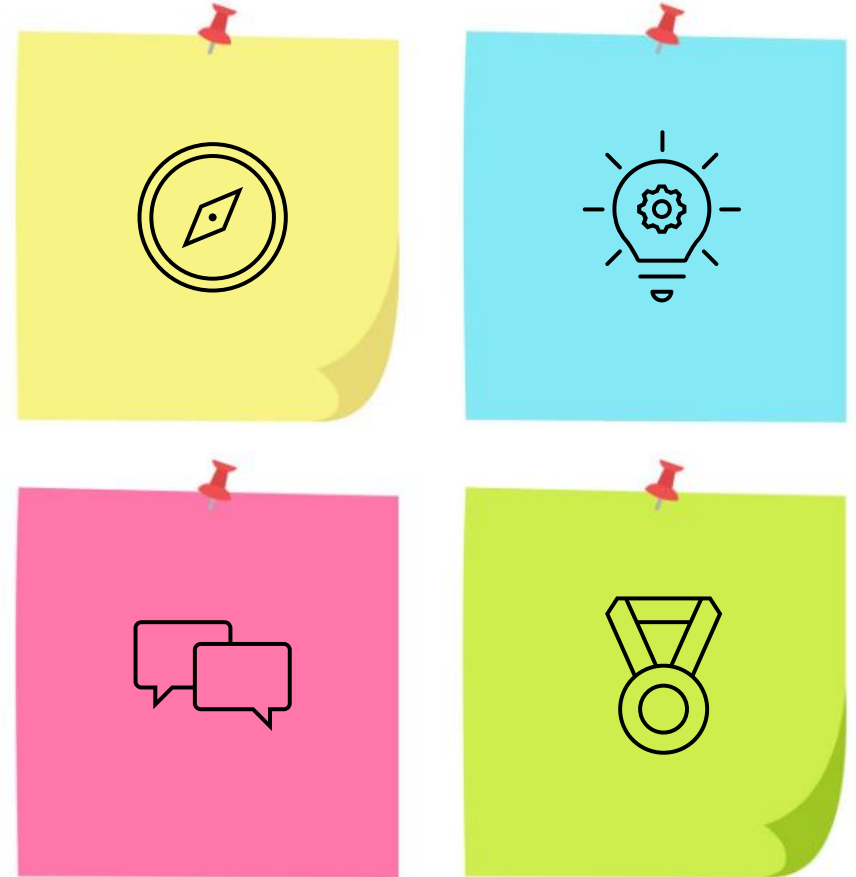
 *Quarterly Focuses that align with our statewide wellbeing strategy*

 *Monthly Topics to keep content fresh and relevant*

 *Group Health Coaching Schedule so you can plan engagement early*

 *Statewide Challenges and key dates to spark participation*

This all-in-one guide helps champions stay organized, proactive, and ready to inspire wellbeing all year long! 🌟



WebMD Portal Overview

WebMD Portal Overview

Presented by Senior Well-being Coordinator, Hailey Peckat

For New Champions:

- Learn where to find tools, resources, and wellness programs
- Explore challenges, coaching, and tracking features

For Returning Champions:

- Quick refresher on portal updates and engagement tools
- Tips for guiding coworkers to their next well-being step

Key Takeaways:

- The WebMD Portal = your hub for all things well-being
- Champions play a vital role in sharing and inspiring use
- Visit [WebMD](#)

Side Quests

Side Quests put you in control and is a fun way to make progress on your health

Choose Your Own Adventure

Craft your personal Side Quest by choosing your well-being goal and creating a plan to achieve it

 1

CREATE



Agency/Location Reporting - Revenue

Minnesota Department of Revenue

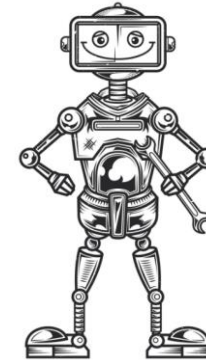
Presented by *Champion Diana*

What's Happening:

- 🌟 October recap: Hosted a speaker on the *benefits of volunteering* and their annual *Knowledge Bowl for Combined Charities*
- 💡 Coming soon: *Planning a December event on using AI in personal life* — a creative, future-focused topic!

Champion Highlight:

Diana's team continues to find new ways to spark engagement, learning, and connection across their workplace.



"Serve, learn, and innovate—one event at a time."

Agency/Location Reporting – MDE & MDE

Minnesota Department of Education & Revenue

Champion Updates:

 **Amy (MNDOT):** Her team is rolling out their own monthly wellness newsletter and planning more wellbeing classes for MNDOT employees.

 **Megan (MDE):** Partnering with MAPE Local to host a December blood drive — a great way to give back this holiday season!

Champion Highlight:

Amy and Megan are building momentum in their workplaces—informing, engaging, and inspiring action through wellness and service.



Wellbeing Tip

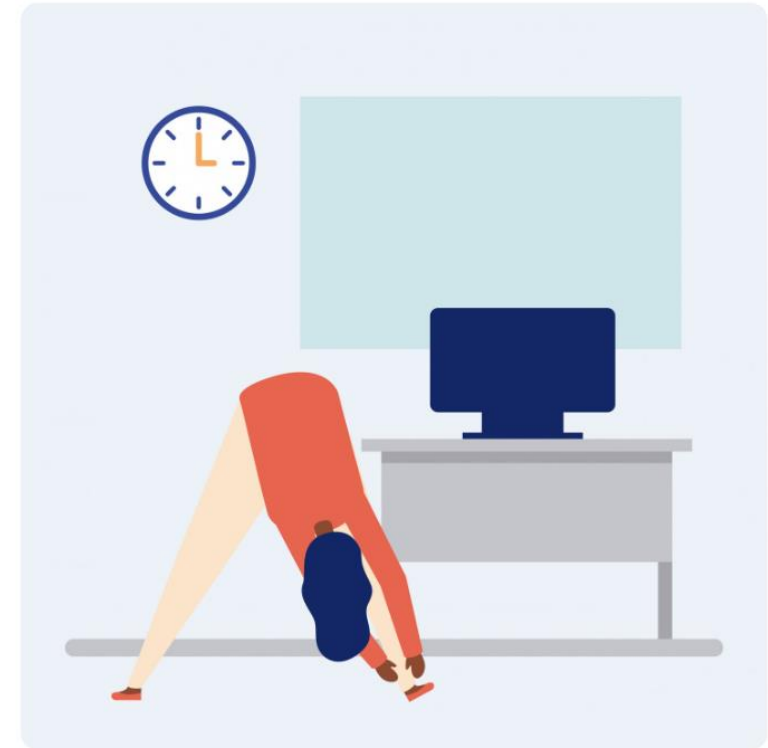


Prioritize Mental Health Daily

Mental health is part of your overall well-being. Encourage employees to take small, consistent steps to support their mental health:

- Take 5-minute breaks to breathe or stretch
- Listen to calming music during transitions
- Use [EAP resources](#) for stress or emotional support
- Practice gratitude—write down one thing you're thankful for each day

Reminder: Mental health care isn't just for when things go wrong—it's for staying well.





Advocate Tip

Be the Voice of Support

As a State of Well-being champion, you can help shift workplace culture by:

- Modeling openness—share how you manage stress
- Encouraging peer support and check-ins
- Promoting mental health resources in meetings and newsletters
- Hosting a “Mental Health Moment” during team huddles

Your advocacy helps others feel safe to speak up.



Leadership Tip



Lead with Empathy

Encourage leaders to foster environments where mental health is respected:

- Check in with teams regularly—ask how they're doing, not just what they're doing
- Offer flexibility when possible (remote work, mental health days)
- Share EAP and wellness resources proactively
- Recognize emotional labor and burnout signs

Leadership sets the tone—when leaders care, culture shifts.



Meeting Recording Link

October '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	4:50
WebMD Updates	9:34
Wednesday Work Life Webinars	19:15
Health and Well-being Updates	21:10
Targeted Communication/Highlight	41:55
Interactive Element	N/A
Champion Spotlight & Reporting	54:00
Wrap-Up	56:00

Champion Concierge

Champion Concierge: Request Support or Share Ideas

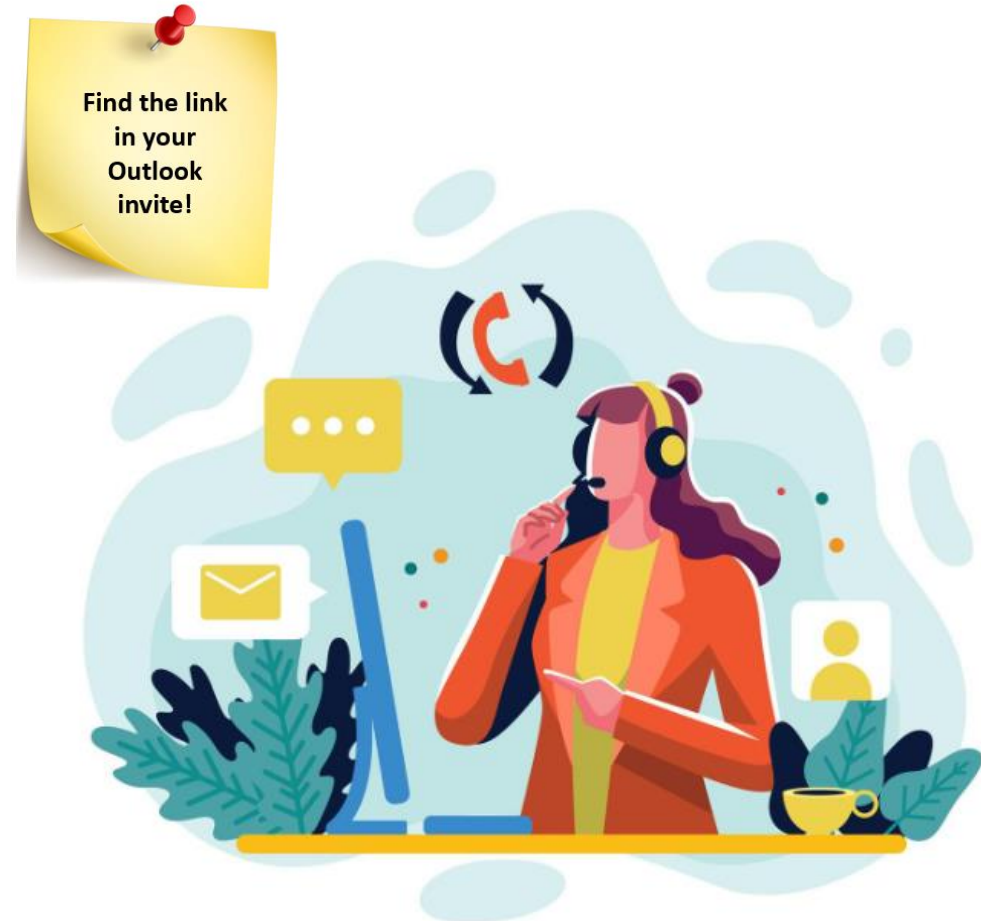
As a standing reminder: our **Champion Concierge** is always open!

💡 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](#)