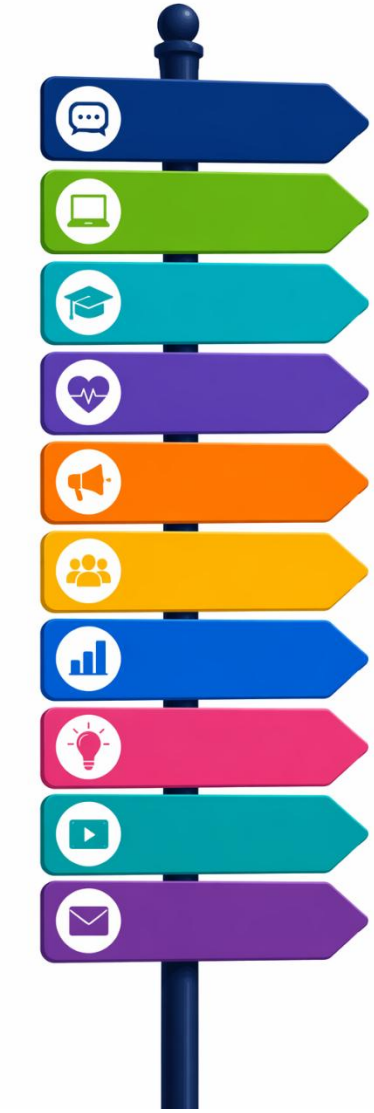
OCTOBER 2026 **CHAMPION** CHECK-IN NEWSLETTER

“Your Monthly Recap”



YOUR CHAMPION ROADMAP



"Navigate this month's updates, highlights & resources"

Section	Slide
👋 Welcome Message	3
💻 WebMD Updates	4-6
🎓 Wednesday Work-Life Webinars	7-8
💚 Health & Well-Being Updates	9-10
🎯 Targeted Communication/Highlight	11
🌟 Interactive Element	12
📊 Champion Reporting	13-14
💡 Tips for Success	15-17
▶️ Meeting Recording	18
📞 Connect & Contact Information	19-20

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

Reporting through September 2026, here's how September shaped up in WebMD Wellness:

- **Most Popular Daily Habit:** *Balance Your Diet* continues to be the fan favorite! Employees are fueling their wellness journey with smarter, more mindful food choices.
- **Leading Activity:** *Take the Health Assessment* remains our top activity! Employees are discovering their current health status, gaining personalized insights, and building a roadmap toward their well-being goals.
- **Wellness Milestone:** We now have five employees who have achieved "Star of the North" status! A huge congratulations to these wellness superstars for their dedication and commitment to healthy living.



"September delivered major milestones."

WebMD Update – November Program Planning

WebMD November Program Planning

Looking Ahead for Success!

Our champions are staying one step ahead! During the November program review, we took a sneak peek at next month's activities to ensure you're prepared, informed, and ready to support your teams every step of the way.



November Highlights:

- **Second month for Q4 Focus: Season of Strength** — ending the last quarter strong!
- **Monthly Theme:** Grateful & Giving— transforming gratitude into impact.
- **Health Coaching Topic:** Stress Management group health coaching will start in November**.**

"November will be expressing thankfulness."

WebMD Update – Engagement Tip

WebMD Update – Engagement Tip

Getting a Head Start! Champions received an exclusive early look at November's Engagement Tips, giving them extra time to plan, prepare, and create meaningful wellness connections with their teams.

November Focus Areas:

- **Diabetes Education Week** – diabetes becomes more manageable when you understand it.
- **U.S. Midterm Elections** – your voice matters!
- **The Great American Smokeout** - Today is a great day to start quitting smoking, since even one smoke-free day helps.
- **Small Business Saturday** – show some local love!

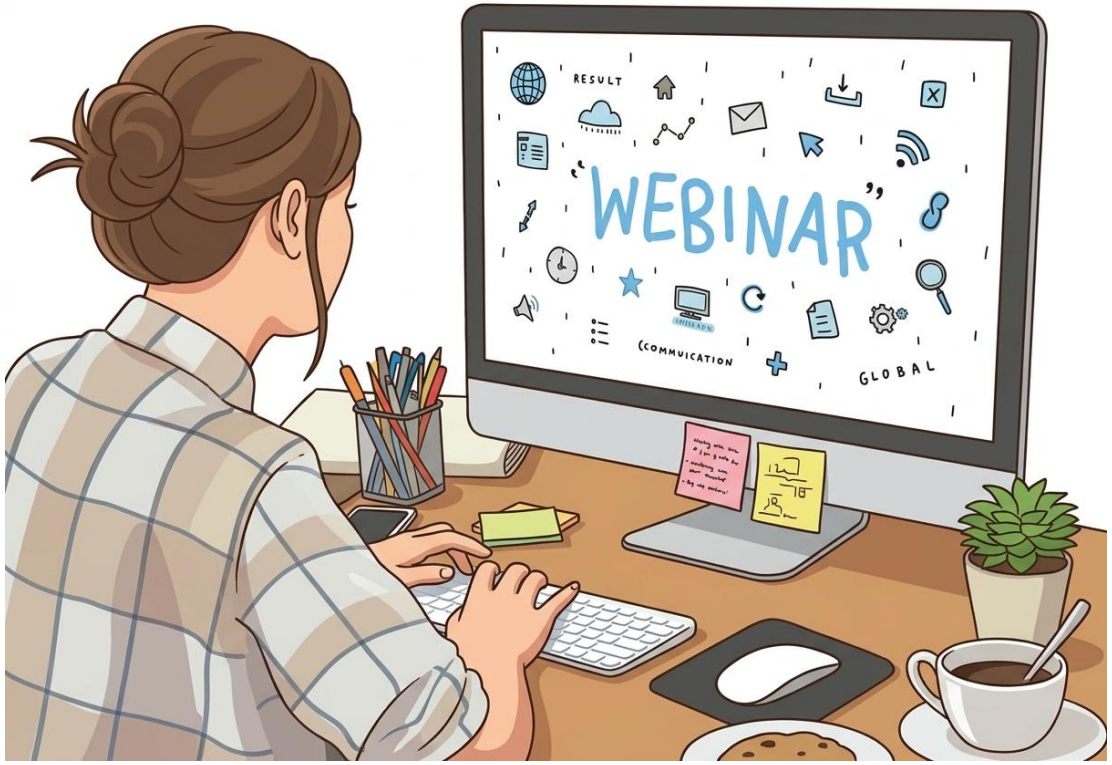


"Small steps this November: learn, vote, quit smoking, shop local."

Wednesday Work Life Webinars

September Webinar Highlights

We recapped **September Wednesday Work Life Webinars** and highlighted all the great engagement and learning opportunities employees enjoyed throughout the month. The September lineup helped employees strengthen their well-being and professional skills.



September Webinar Highlights:

- **Neurodiversity in the Workplace**
- **Empowering Communities: Understanding Suicide and Saving Lives**
- **Post-Traumatic Stress Disorder (PTSD)**
- **Own Your Impact: Cultivating Accountability for Professional and Personal Growth**
- **Time Matters: Building Mindset, Solutions, and Habits for Success**

"September brought learning, listening, and well-being!"

Wednesday Work Life Webinars - October

Webinars This Month

During our meeting, we highlighted the upcoming **October Wednesday Work Life Webinars**, giving champions a look so they can promote these great learning opportunities.



October Webinar Lineup:

- **Oct. 7 – Take a Fresh Look at Your Benefits**
- **Oct. 14 – Fitness for All Ages and Abilities**
- **Oct. 21 – Eating Well in a Fast-Paced World**
- **Oct. 28 – Light Up Your Life**

"October Work Life Wednesdays Webinars!"

Omada October Campaign

Omada November Campaign

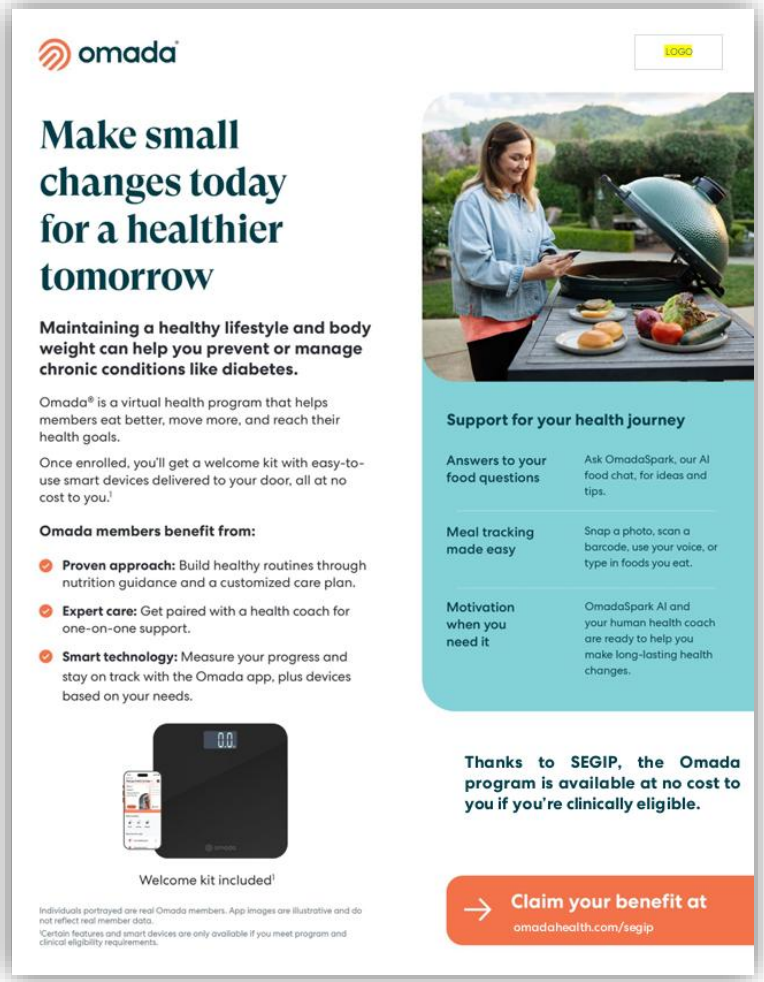
Ready, Set, Promote! To help champions hit the ground running, we shared a sneak peek of the November Omada Campaign early, equipping them with the tools and confidence to spark engagement and participation..

November Campaign Objectives:

- Empower employees to manage diabetes with personalized care, expert coaching, and smart tools.
- Share how Omada supports lasting lifestyle changes that improve A1C, cholesterol, and BMI.
- Remind employees about the value of Omada and where to apply.

Campaign Resources:

- Copy blurbs for quick communication
- A promotional flier
- A banner ad for digital visibility



"Empowering employees to manage diabetes!"

LifeMatters EAP Resources

LifeMatters EAP Resources

During our meeting, we highlighted the October LifeMatters EAP promotions, so Champions are ready to spread the word and help their teams connect with valuable resources to support their well-being!

Featured October Resources:

- **Domestic Violence**
- **Breast Cancer Awareness**
- **Domestic Violence – Poster**
- **Medical Test – Poster**
- **World Mental Health Day (Togetherall)**
- **Scream Worthy Savings (Discount Center)**
- **October Webinar**
- **Election Toolkit**



"Helpful tools, connection with others, and reminders that reaching out is a strength."

Targeted Communication/Highlight

We reviewed the Stress Less Challenge Toolkit—your one-stop resource for promoting the challenge and encouraging employees to prioritize their well-being through the WebMD ONE Health & Well-being Portal!



How it Works:

- **Oct 19 – Nov 9:** Register for the challenge
- **Nov 2:** Challenge begins.
- **Nov 29:** Last day to report activities for the challenge.

"Spread the word. Stress less. Thrive more!"

Interactive Element – Zombie Apocalypse

Zombie Apocalypse: Champion Survival Challenge

For October's Interactive Element, Champions took on the Zombie Apocalypse: Champion Survival Challenge! We watched a zombie survival scenario, made our choices, and shared our survival strategies. We survived the apocalypse, but not before putting our creativity and survival instincts to the test!



"Brains, bravery, and teamwork—we survived to champion another day!

Agency/Location Reporting – DPS

DPS Reporting

- ***Champion Hannah Y. reported:***
- Recently launched a new Health & Well-Being Team.
- Looking to start the new year with meaningful wellness initiatives.
- Seeking ideas, success stories, and lessons learned from other champions.
- Interested in strategies that helped teams get started and boost engagement.
- Welcomes any feedback or insights from fellow champions.
- 🤝 Opportunity: Share your experiences to help support Hannah's team as they build their wellness program.

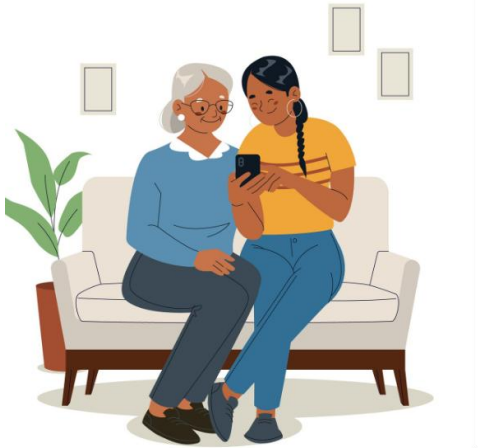


"Learn, Share, Inspire."

Agency/Location Reporting – DNR

DNR Reporting

- ***Champion Laura G. reported:***
- Partnered with PCA to create a Caregiver Support Group for staff caring for aging parents, now with 100+ participants and monthly guest speakers.
- Established a Parent Group program with 13 age-based cohorts that meet monthly, plus quarterly presentations.
- Expanded their Well-Being Team from 6 to 12 members, each contributing 2-3 hours per month.
- Celebrating six years of growth, connection, and support for staff and families.
- ✨ Key Success: Building community through shared experiences and creating meaningful support networks for employees at every stage of life.







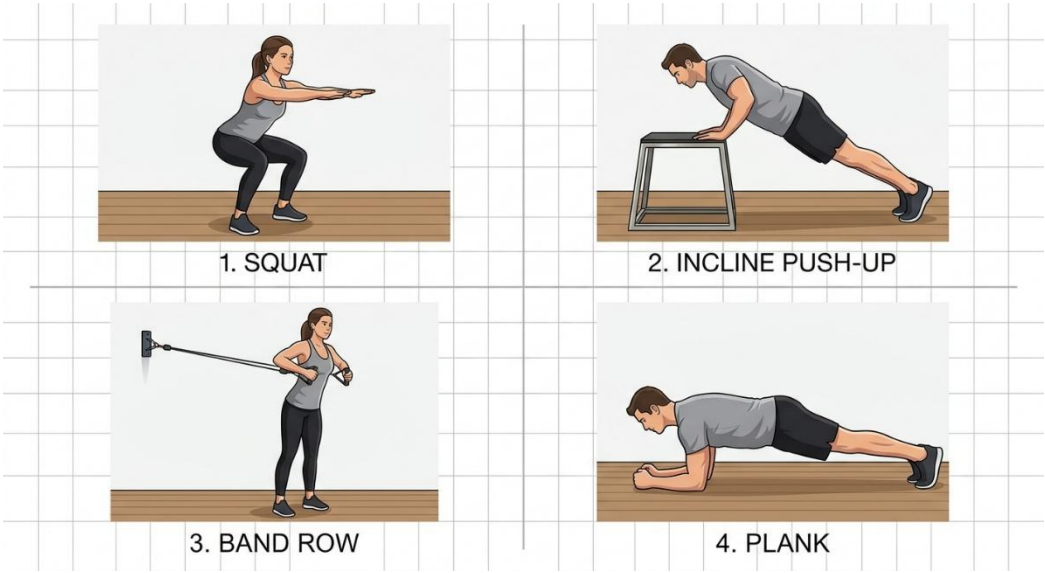


"Creating Connections, Building Community, Supporting Families."

Wellbeing Tip

"Build Strength, One Small Habit at a Time"

- Aim for muscle-strengthening activity on two days a week
- Start with what you have: squats, wall or incline push-ups, bands, a backpack for weight
- Ten minutes counts. Consistency matters more than intensity



Advocate Tip

"Make Strength Easy to Start, Together"

- Share one simple 10-minute routine in team chats or huddles
- Invite a buddy: people stick with habits they share
- Meet people where they are: chair, band and stair options for every ability
- Celebrate any start, not just big results



Leadership Tip

"Give Strength a Place in the Workday"

- Model it: share your own routine, and use movement breaks in meetings
- Make space: protect time and support flexible schedules for activity
- Recognize participation and effort, not appearance or performance
- Share resources and ask what your team needs



Meeting Recording Link

[October '26 State of Well-being Champion Meeting Recording]



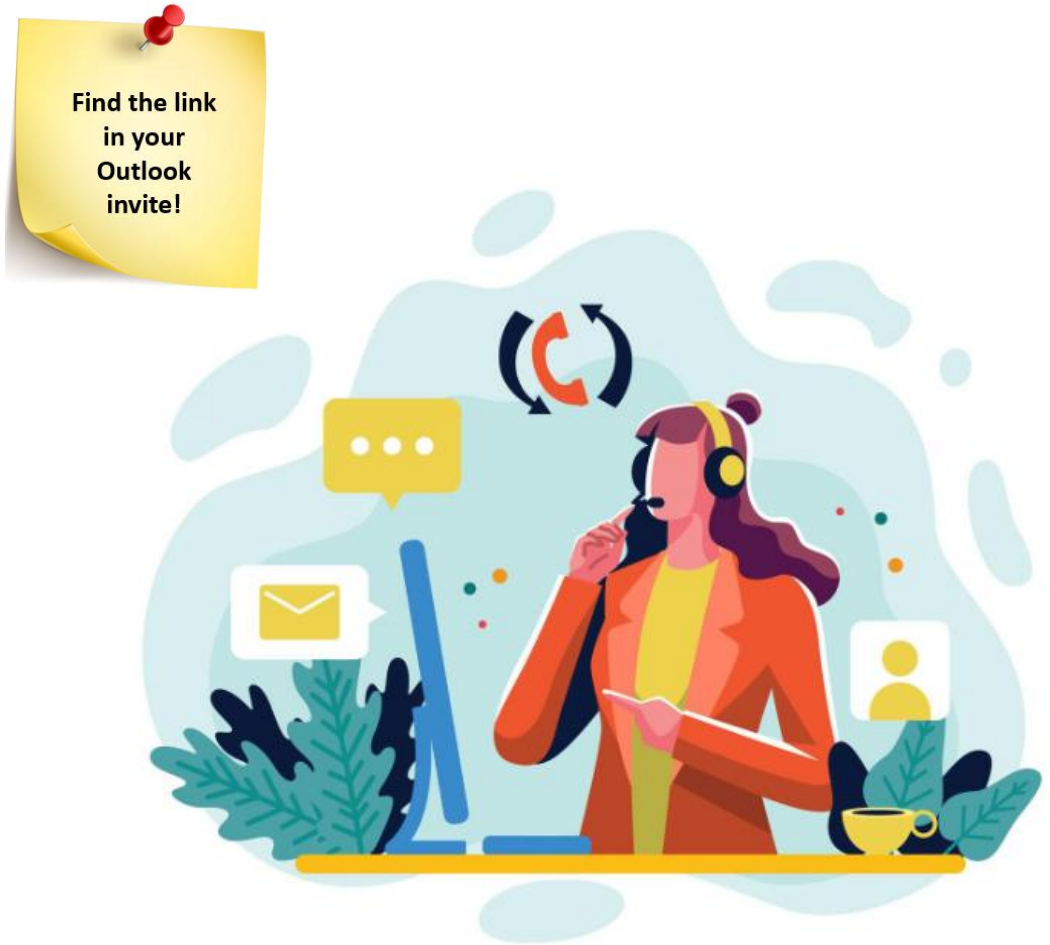
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Welcome Message	4:45
WebMD Updates	8:20
Wednesday Work Life Webinars	14:23
Health and Well-being Updates	18:35
Targeted Communication/Highlight	25:48
Interactive Element	28:45
Champion Spotlight & Reporting	46:00
Wrap-Up	50:25

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

- **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