

SEPTEMBER 2025 CHAMPION CHECK-IN NEWSLETTER

“Your Monthly Recap”

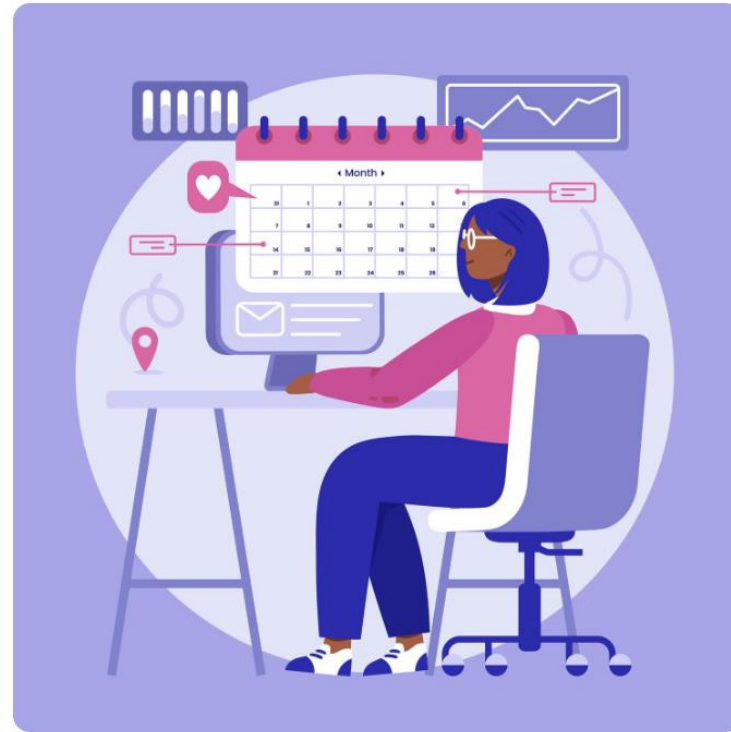
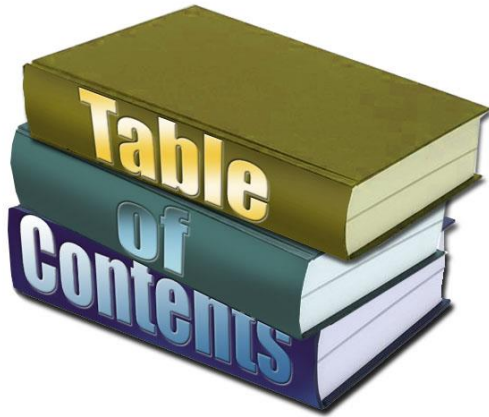


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WELCOME & OVERVIEW



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 September.

WebMD Update – Reporting

WebMD Reporting

August was a big win on the wellbeing front! 🚴 Our **Tour de Minnesota statewide challenge** wrapped up and rolled across the finish line with the **highest completion rate of any 2025 challenge so far**.

We also saw steady progress in:

- Agency registrations 📊
- Health assessment completions 📄
- Status level achievements 🏆

On the activity side, the **10K steps for 20 days** habit took the crown (boosted by Tour de Minnesota momentum).

And for daily habits, the **Top 5 goals started** show what's on everyone's mind:

🥗 **Balance Your Diet**
🏃 **Enjoy Exercise**
...with those two leading the pack!

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health services



"Small steps lead to big wins—one activity at a time!"

WebMD Update - October Program Planning

WebMD Updates

📅 Planning Ahead for October!

We're looking ahead and October is shaping up to be a meaningful month for wellbeing! 🍁

- **New Quarter, New Focus:** October kicks off our Q3 theme – *You're In Control* ✨
- **Spotlight Theme:** *World Mental Health Day* 🧠 ❤️
— a chance to pause, reflect, and encourage conversations that matter.
- **Coming Soon:** The **Holiday Health Challenge** 🎄 💪
— the fourth and final challenge of the year! (Think of it as our “grand finale” for 2025 challenges.)



"Take the wheel this October—your wellbeing is in your hands!"

Wednesday Work Life Webinars

Wednesday Work Life Webinars

Our August webinar lineup brought plenty of “aha” moments and practical takeaways! Here’s what employees tuned into:

- **August 6** – *Annual Preventive Labs: Know Your Numbers* 🩺
- **August 13** – *Living to Work or Working to Live: Finding Life Balance* ⚖️
- **August 20** – *Connection Counts: Creating a Workplace Support System* 🤝

Each session was packed with insights, tools, and reminders to keep wellbeing front and center in our daily lives.

| AUGUST 2025 | | | | | | |
|-------------|--------|---------|---|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6  | 7 | 8 | 9 |
| 10 | 11 | 12 | 13  | 14 | 15 | 16 |
| 17 | 18 | 19 | 20  | 21 | 22 | 23 |
| 24 31 | 25 | 26 | 27 | 28 | 29 | 30 |

"Webinars: the midweek power-up your wellbeing didn't know it needed!"

Wednesday Work Life Webinars - September

Wednesday Work Life Webinars - September

- **Promoting Wellbeing: Understanding and Preventing Suicide**

Learn how to recognize suicide risks, take action, and access support through LifeMatters.

- **Neurodiversity in the Workplace**

Discover how to foster an inclusive workplace by understanding neurodiversity, its benefits, challenges, and effective communication strategies

- **Assertive Communication**

Learn how to communicate confidently and respectfully by exploring assertiveness techniques, conflict resolution, and boundary-setting strategies

Easy strategies to build strong connections, discover mentorship opportunities, and foster authentic workplace relationships..

A graphic for Wednesday Well-Being Webinars. It features a woman sitting at a desk with a laptop, looking at a screen that shows a man speaking. The background is a light blue and yellow gradient. The text "Wednesday Well-Being Webinars" is at the top in a bold, dark blue font. Below it, a dark blue banner says "Live from Noon - 1 p.m." in white. To the right of the woman, the dates and topics are listed: "Sept. 10 - Understanding and Preventing Suicide", "Sept. 17 - Neurodiversity in the Workplace", and "Sept. 24 - Assertive Communication". At the bottom left is the LifeMatters logo (a stylized 'm' with a green leaf), and at the bottom right is the text "Webinar Recordings Available" in white on a dark blue background.

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

Sept. 10 - Understanding and Preventing Suicide

Sept. 17 - Neurodiversity in the Workplace

Sept. 24 - Assertive Communication




m Webinar Recordings Available

Omada October Campaign

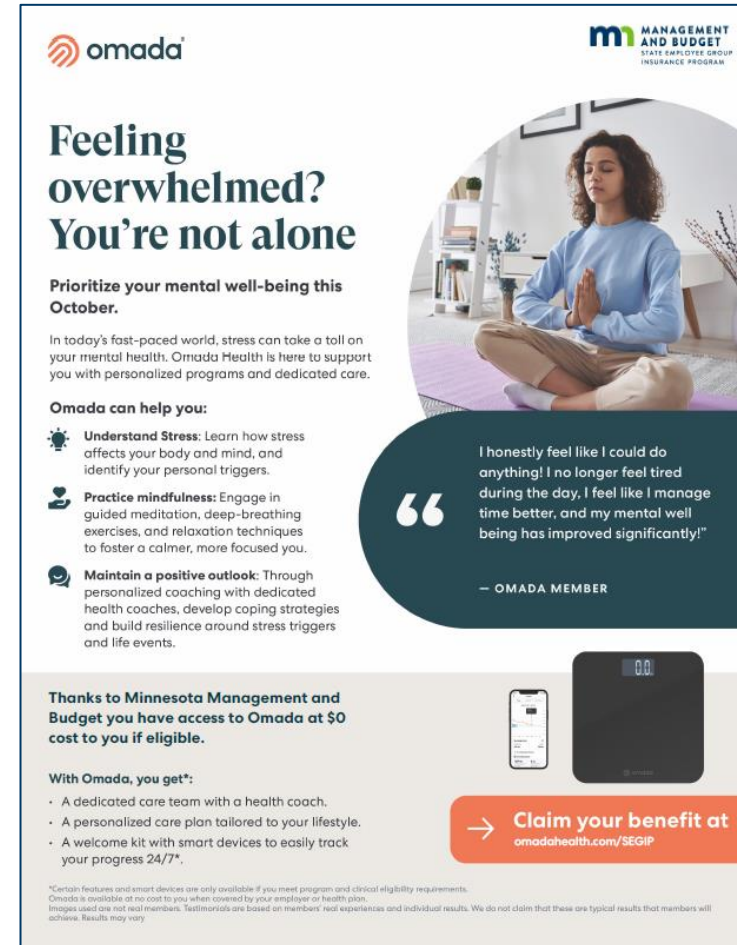
Omada September Campaign

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

In October, our diabetes prevention partner **Omada** is stepping up in honor of **Mental Health Awareness Month**. To make promotion simple and stress-free, they've created a **Campaign Reference Guide** packed with ready-to-use resources:

-  **Copy Blurbs** – drop straight into emails, newsletters, etc.
-  **Flier** – perfect for employee emails, newsletters, and on intranet posts
-  **Banner Ad** – eye-catching visuals for digital spaces

These tools make it easy to spread the word and remind employees that mental health matters just as much as physical health.



The banner ad features the Omada logo and the Minnesota Management and Budget State Employee Group Insurance Program logo. The main headline reads "Feeling overwhelmed? You're not alone". Below this, it says "Prioritize your mental well-being this October." and provides a brief introduction to Omada's support. A quote from an Omada member is featured in a dark blue box: "I honestly feel like I could do anything! I no longer feel tired during the day, I feel like I manage time better, and my mental well-being has improved significantly!". The ad also lists three ways Omada can help: "Understand Stress", "Practice mindfulness", and "Maintain a positive outlook". At the bottom, it states "Thanks to Minnesota Management and Budget you have access to Omada at \$0 cost to you if eligible." and provides a link to "Claim your benefit at omadahealth.com/SEGIP".

omada




mi MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Feeling overwhelmed? You're not alone

Prioritize your mental well-being this October.

In today's fast-paced world, stress can take a toll on your mental health. Omada Health is here to support you with personalized programs and dedicated care.

Omada can help you:

-  **Understand Stress:** Learn how stress affects your body and mind, and identify your personal triggers.
-  **Practice mindfulness:** Engage in guided meditation, deep-breathing exercises, and relaxation techniques to foster a calmer, more focused you.
-  **Maintain a positive outlook:** Through personalized coaching with dedicated health coaches, develop coping strategies and build resilience around stress triggers and life events.

"I honestly feel like I could do anything! I no longer feel tired during the day, I feel like I manage time better, and my mental well-being has improved significantly!"

— OMADA MEMBER

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

With Omada, you get*:

- A dedicated care team with a health coach.
- A personalized care plan tailored to your lifestyle.
- A welcome kit with smart devices to easily track your progress 24/7*.

→ Claim your benefit at omadahealth.com/SEGIP

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Omada is available at no cost to you when covered by your employer or health plan. 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.

"Sharing resources = sharing resilience. Let's make Mental Health Awareness Month visible and doable!"

LifeMatters Resources

LifeMatters Resources

September Featured Resources to Share with Your Team

Skill-Building Topics:

- *World Mental Health Day*
- *Post-Traumatic Stress Disorder*
- *The Warning Signs of Teen Suicide*
- *Troubled Teen – poster*
- *PTSD and Trauma - poster*


Visual Tools:

- *World Mental Health Day (highlighting World Mental Health Day on 10/10)*


September Webinar:

“Helping Children Navigate Peer Pressure”

Encourage attendance and share in agency communications!

 *Tip: These resources are perfect for lunch-and-learns, newsletters, breakroom tables, or employee onboarding emails.*

“Support tools for everyday living, career, family, and personal wellness”



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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

*SMS messages will be sent to the number of the user. Messages will be sent only during hours of service. Text 180-P for help and 180-P for support.
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Targeted Communication – Caregiver Support

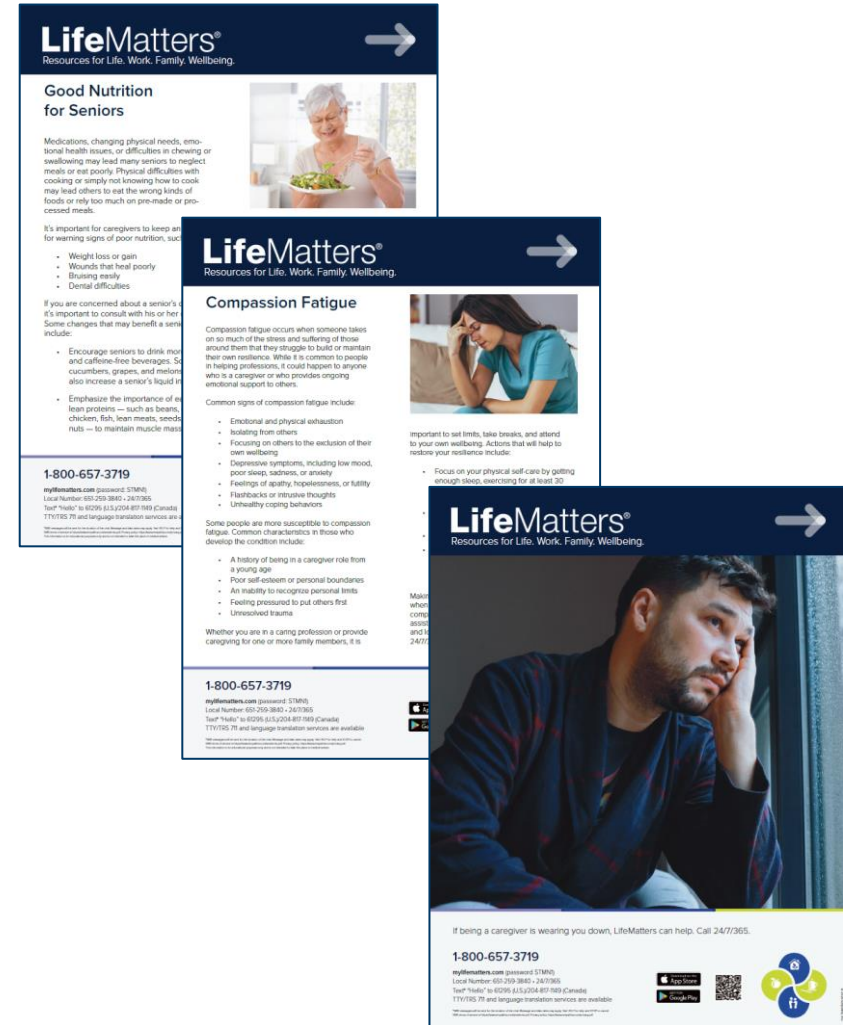
Targeted Communication – Caregiver Support

This month we spotlighted an important resource for employees who are caregivers. Through **LifeMatters EAP**, staff can now call in and connect with **dedicated caregiving support specialists**—trained to provide guidance, resources, and a listening ear.

We also highlighted out **three new caregiving posters** to spread awareness and spark conversations:

-  **Compassion Fatigue**
-  **Good Nutrition for Seniors**
-  **Caregiver Fatigue**

These tools are designed to help employees feel supported, recognized, and better equipped in their caregiving roles—because taking care of others should never mean neglecting yourself.



"Care for the caregiver, too—because you can't pour from an empty cup."

Interactive Element

- This month, we had some fun putting our detective hats on. The challenge? Recognize celebrity faces before they were famous – *AI baby-style!* 🧒 ✨
- Some champions nailed it. Others... let's just say those baby cheeks threw us off! But laughter was definitely the winner.



"Every champion has a baby face photo that's probably better left in the attic."

Agency/Location Reporting - MDE

Minnesota Department of Education

Here's what the Department of Education has been up to:

The Minnesota Department of Education (MDE) is kicking things off for the year! 🎉 They recently met and are gearing up for a couple of **in-person** events: one this October and another in January/February with a focus on **food and wellbeing**. Plus, they'll be sharing regular resources through their bi-monthly staff newsletter to keep the momentum going.

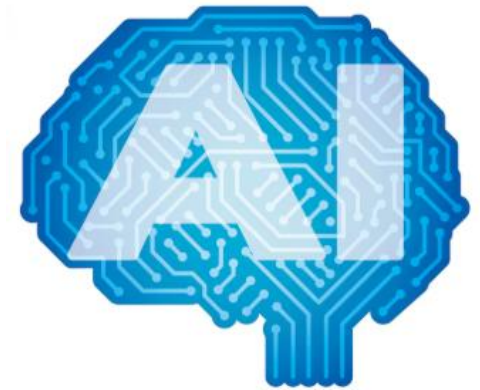


Agency/Location Reporting - Revenue

Minnesota Department of Revenue

The Department of Revenue's wellness team has been busy! Here's the latest:

- **August:** They hosted their **annual planning session for 2026**, where Hailey and Justin joined the team for a great discussion on event debriefs, future improvements, and celebrating success.
- **October:** They're bringing in a **special guest speaker—Cindy Lamb**—to present *"The Quiet Power of Volunteering."* With over 20 years as a therapist, educator, and systems thinker, Cindy will share how giving without expectation nourishes us from the inside out. 🌱 - Cindy Lamb: 816-366-8883 connect@humanlbi.org
- **November/December:** The team will be diving into **digital wellness and AI**, exploring the role technology plays in our wellbeing. 🤖 ✨



Wellbeing Tip



Recognition Fuels Well-being

Feeling valued isn't just nice—it's essential. Recognition isn't a workplace perk; it's a proven way to boost morale, motivation, and resilience. 💪

Well-being Tips:

✨ A simple “thank you” goes a long way—less stress, more engagement.

📝 Try handwritten notes, sticky notes, or a quick shout-out in a meeting.

👏 Encourage peer-to-peer kudos with tools like *Cheers for Peers*.

🎉 Celebrate small wins—consistency beats extravagance every time.

“Recognition = Energy Boost”






Advocate Tip


Be the Voice of Appreciation

As a well-being advocate, you set the tone. By modeling and promoting inclusive, meaningful recognition practices, you help build a culture where everyone feels seen and valued.

Advocate Tips:

 Share success stories in newsletters or team huddles.

 Promote recognition tools and invite team participation.

 Organize appreciation events—think team lunches, coffee breaks, or volunteer days.

 Spotlight great work on social media or internal platforms.



Leadership Tip

Leadership Tip




Recognition Drives Retention & Results


Recognition isn't just a "feel-good" moment—it's a leadership strategy that fuels performance, keeps top talent on board, and boosts productivity.

Leadership Tip Takeaways:

 Employees who feel recognized are **2x less likely to leave.**

 Recognition makes great work **18x more likely.**

 High-impact rewards: public praise, growth opportunities, and flexibility.

 Invest in a structured recognition program—it pays off in engagement and ROI.

Retention  Turnover 



Meeting Recording Link

September '25 State of Well-being Champion Meeting Recording



| RECORDING TIME STAMP | |
|----------------------------------|-------|
| Welcome Message | 8:04 |
| WebMD Updates | 11:35 |
| Wednesday Work Life Webinars | 18:58 |
| Health and Well-being Updates | 20:14 |
| Targeted Communication/Highlight | 26:25 |
| Interactive Element | 30:00 |
| Champion Spotlight & Reporting | 40:00 |
| Wrap-Up | 43:44 |

Champion Concierge

Champion Concierge: Request Support or Share Ideas

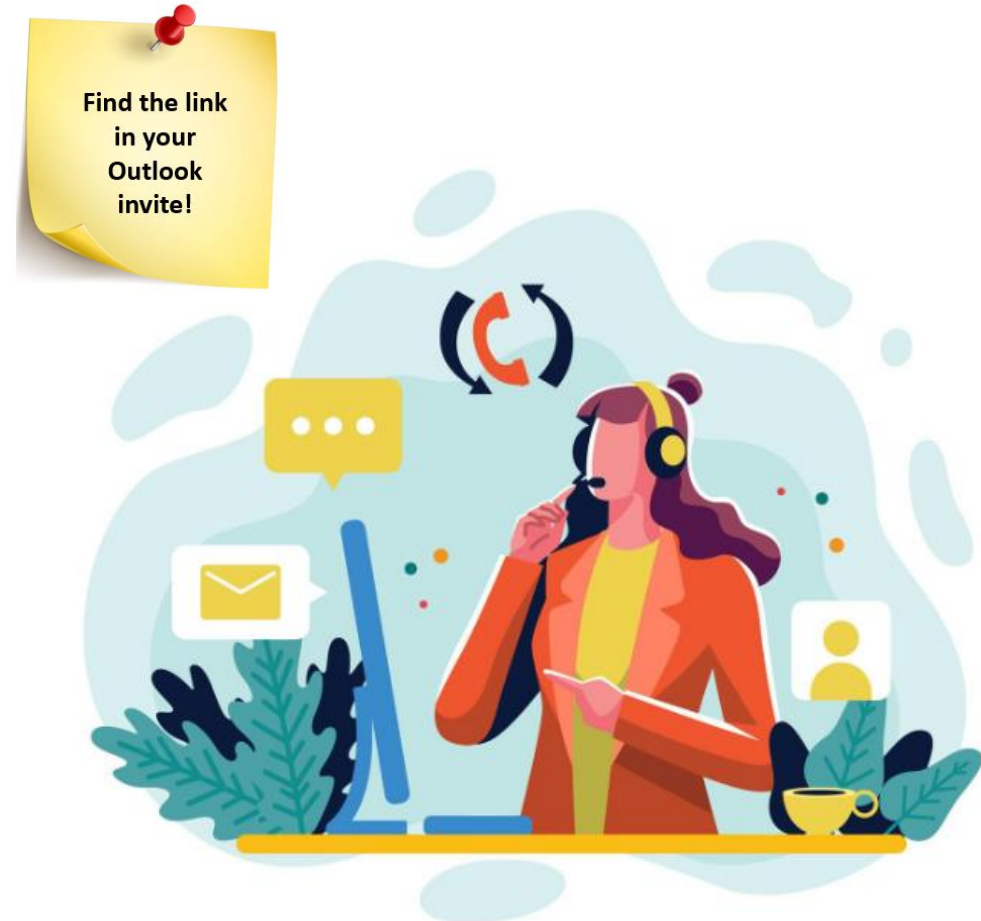
As a standing reminder: our **Champion Concierge** is always open!

💡 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**

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