SEPTEMBER 2026 **CHAMPION** CHECK-IN NEWSLETTER

“Your Monthly Recap”

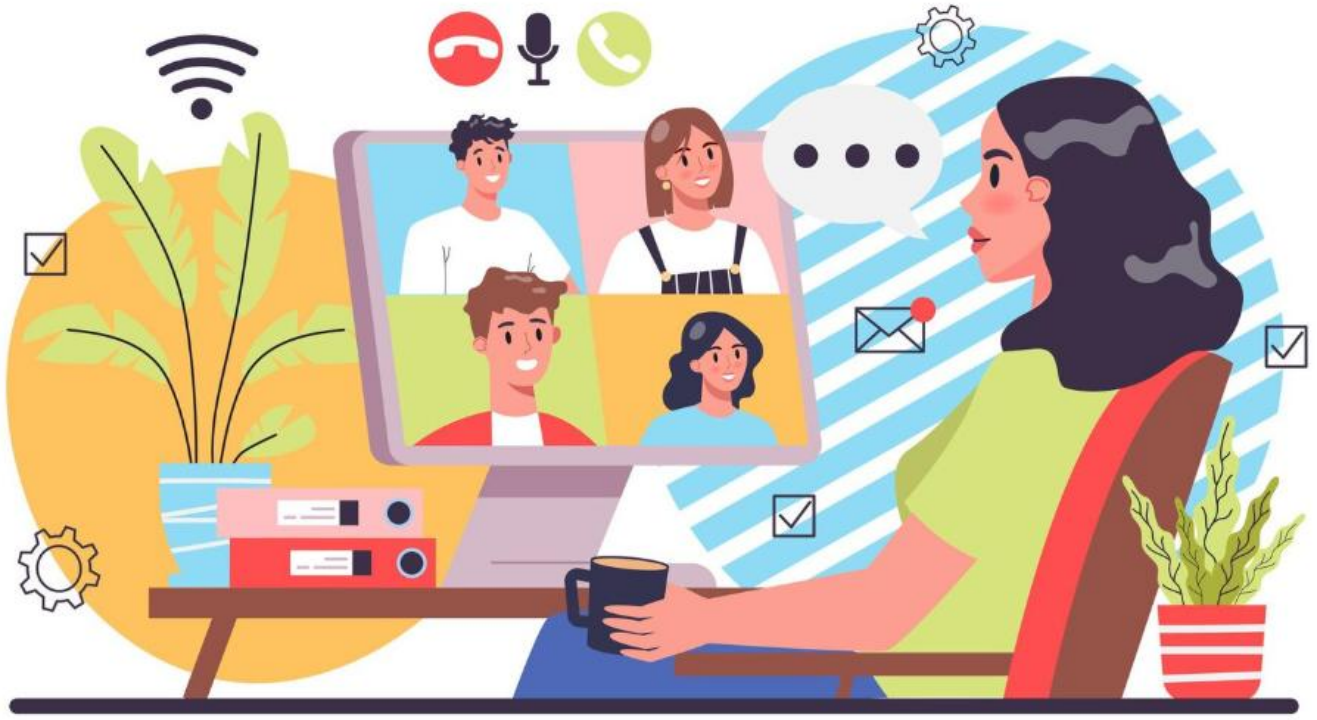
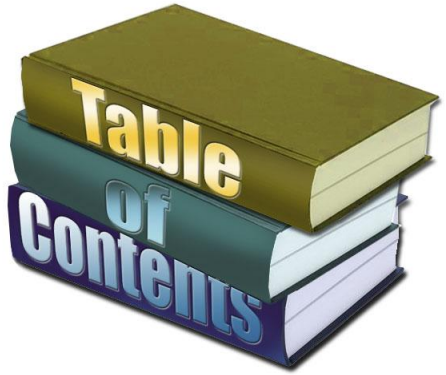


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WELCOME & OVERVIEW



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 September.

WebMD Update – Reporting

WebMD Update - Reporting

Reporting through August 31, here's how July shaped up in WebMD Wellness:

- **4 new registrants** joined the WebMD portal—our wellness community keeps growing strong!
- **Top Daily Habit:** Balance Your Diet — employees are making mindful food choices!
- **Top Activity:** *Take the Health Assessment* so employees know their current health status and gives a guide for them to improve their health over time!
- **Major Milestone:** We now have three employees who reached "Star of the North" status—our wellness superstars!



"August delivered sunny strides, fresh flavors, and everyday wins."

WebMD Update – October Program Planning

WebMD October Program Planning

We're planning ahead!

During our October program review, champions looked one month in advance to make sure everyone is prepared and ready to support their teams.

September Highlights:

- **First month for Q4 Focus: Season of Strength** — ending the las quarter strong!
- **Monthly Theme:** October Strong— promoting strength all month long.
- **Health Coaching Topic:** Weight Management group coaching still going strong to support employees' healthy lifestyle goals**.**



"October brings fresh focus, steady growth, and a season of well-being."

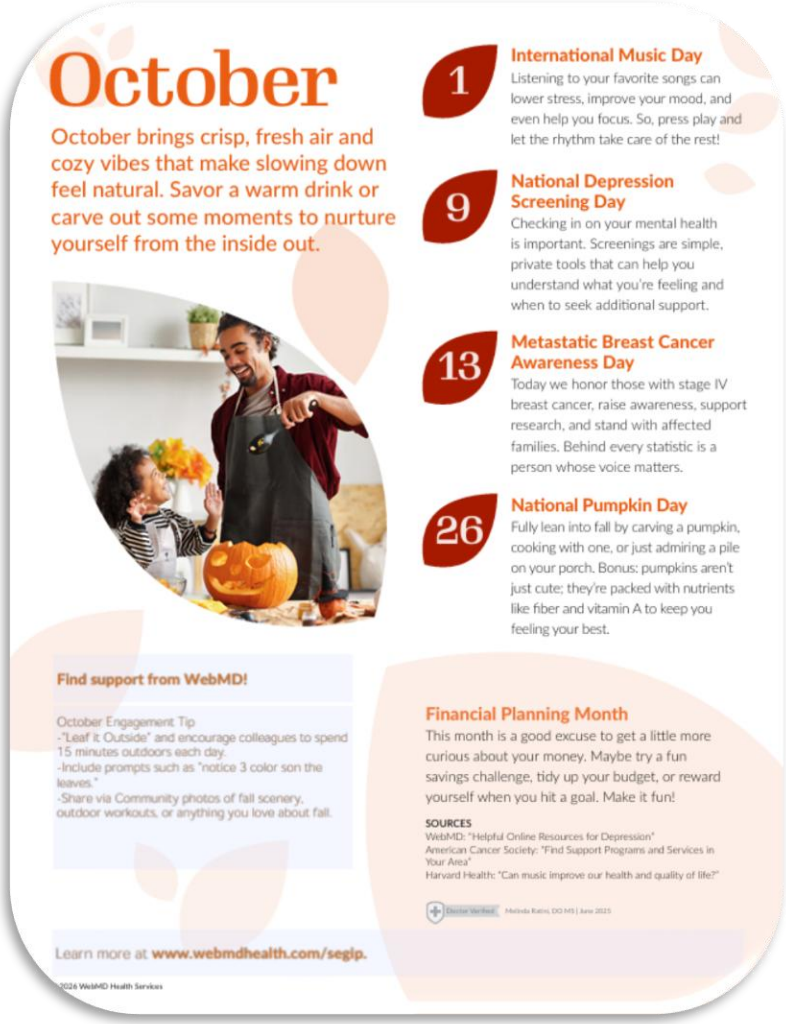
WebMD Update – Engagement Tip

WebMD Update – Engagement Tip

We offered champions an **early look—one month in advance—at October's Engagement Tips**, helping them stay prepared and confident for meaningful wellness outreach.

October Focus Areas:

- **International Music Day** – listen to music and lower stress
- **National Depression Screening Day** – checking in on your mental health is important
- **Metastatic Breast Cancer Awareness Day** – honor those with stage IV breast cancer
- **National Pumpkin Day** – fully lean into fall with pumpkins
- **Financial Planning Month** – get a little more curious about your money

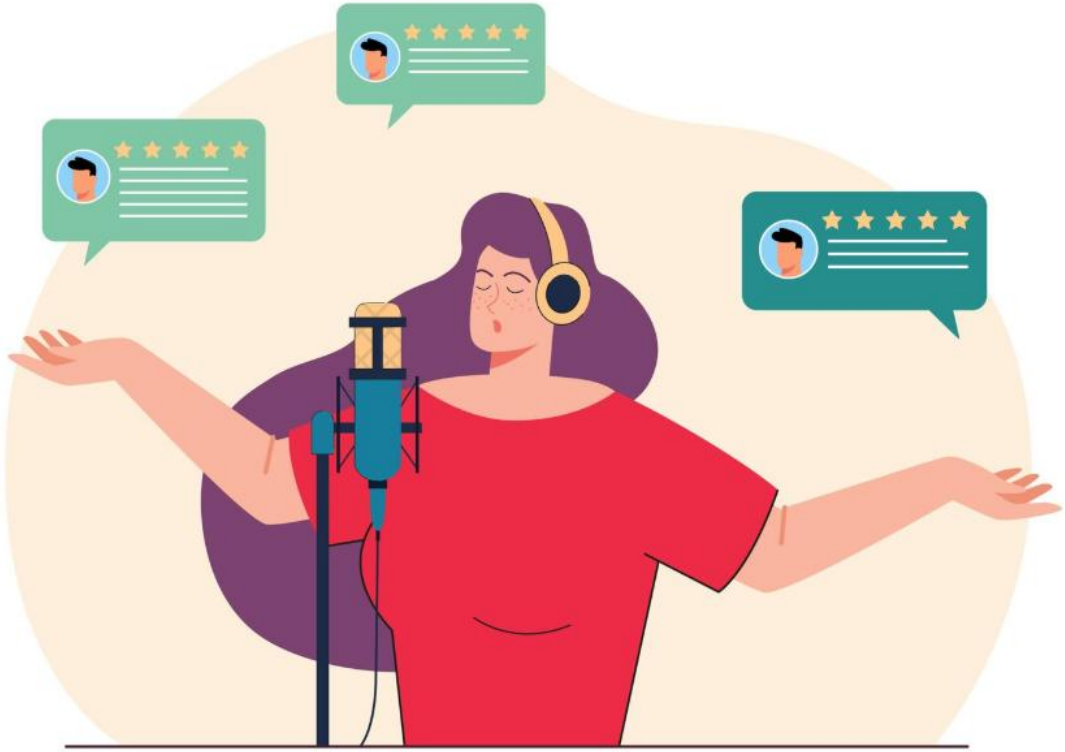


"October brings music, awareness, and financial planning!"

Wednesday Work Life Webinars

August Webinar Highlights

We recapped **August Wednesday Work Life Webinars** and highlighted all the great engagement and learning opportunities employees enjoyed throughout the month. The August lineup helped employees improve personal and professional relationships.



August Webinar Highlights:

- **Assertive Communication**
- **Beyond Hearing: Becoming a Better Listener**
- **Being a Champion: Strategies for Getting Ahead**

"August brought learning, listening, and communication!"

Wednesday Work Life Webinars - September

Webinars This Month

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



September Webinar Lineup:

- **Sept. 2 – Neurodiversity in the Workplace**
- **Sept. 9 – Understanding Suicide and Saving Lives**
- **Sept. 16 – Own Your Impact**
- **Sept. 30 – Building Mindset, Solutions, and Habits for Success**

"Work Life Wednesdays are ready to shine!"

Omada October Campaign

Omada October Campaign

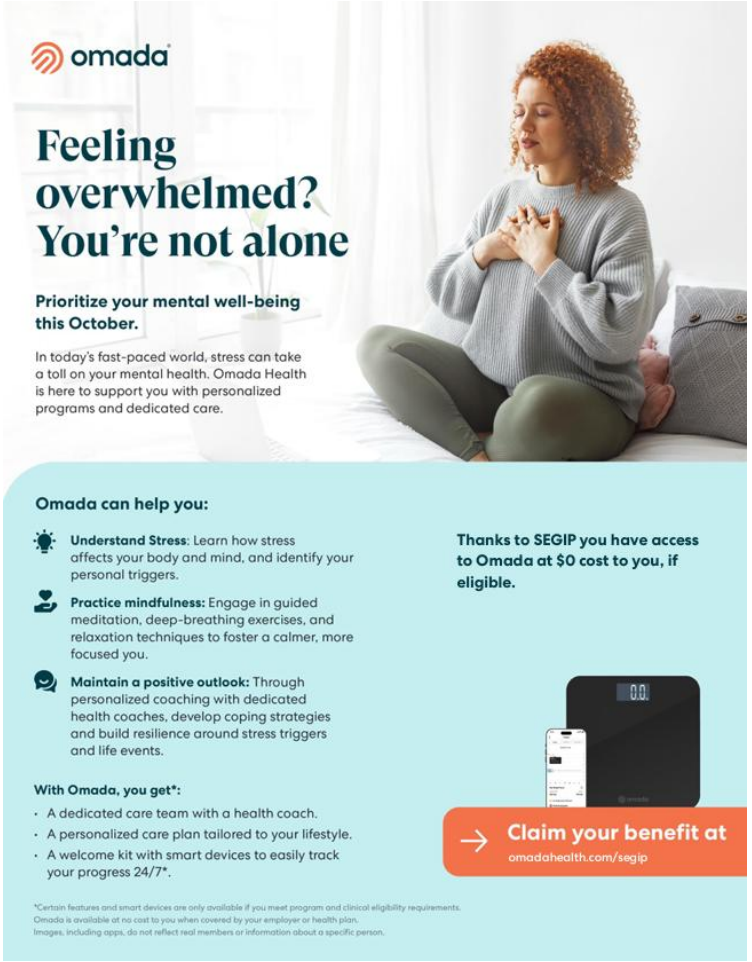
During our meeting, we gave champions an **early preview—one month ahead—of the Omada October Campaign** to make sure everyone is ready to promote it with confidence and energy.

October Campaign Objectives:

- Encourage employees to **recognize** and **manage stress** to support better mental well-being
- Highlight the value of **Omada** and remind employees **where and how to apply**

Campaign Resources:

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



"Tools for mindfulness, stress reduction, and coping with life' challenges!"

LifeMatters EAP Resources

LifeMatters EAP Resources

During our meeting, we spotlighted the **September LifeMatters EAP promotions** so champions can confidently share valuable resources with their teams.

Featured September Resources:

- **World Mental Health Day – October 10, 2026**
- **The Symptoms of Depression**
- **Estate Planning Basics**
- **Feeling Low? –** Poster
- **Estate Planning –** Poster
- **You Can’t Always See Loneliness** (Togetherall)
- **Get Ready for School with LifeMart** (Discount Center)
- **September Webinar**



“Supportive resources, peer support, and reasons to seek help.”

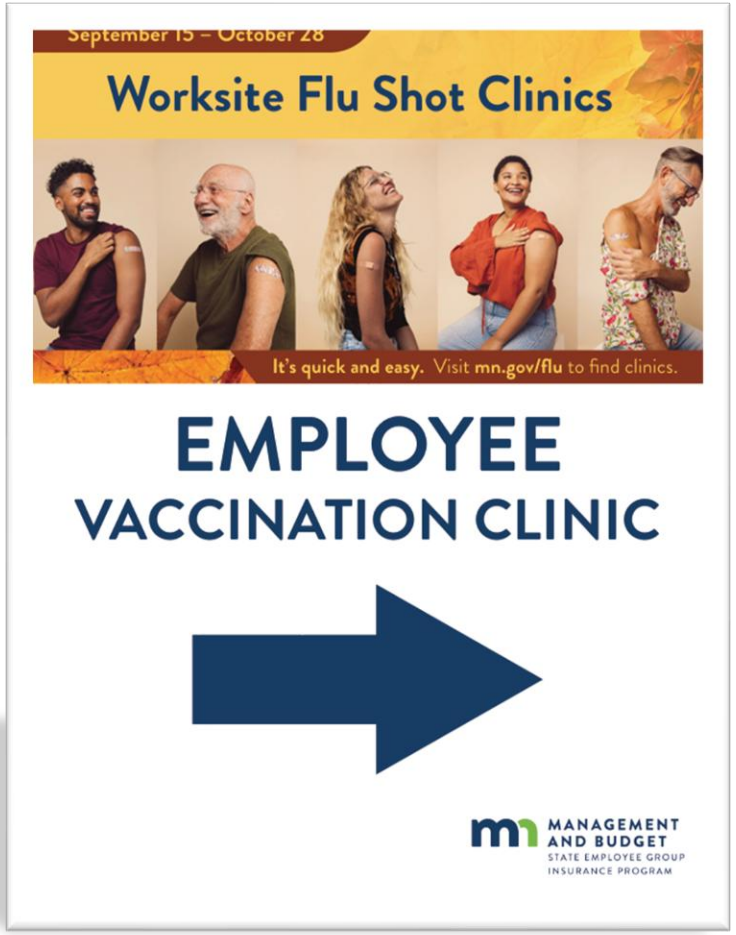
Targeted Communication/Highlight

Targeted Communication/Highlight

During our meeting, we highlighted the **upcoming flu clinics** so champions can promote the worksite vaccination clinics.

Important to Know:

- Clinics take place across the state **Sept. 15** through **Oct. 28**.
- 2026 clinics offer **flu** and **COVID-19** vaccinations, unless noted as flu only
- Bring your **2026 insurance card**



"Getting you flu and COVID-19 shots at work is quick and easy!"

Interactive Element – Fall Forecast Game

Fall Forecast Game

This part of the meeting is always where the fun happens—our **Interactive Element**!

For **September**, champions played **The Fall Forecast Game** where champions guessed if the forecast was about work, wellness, or weather.

Some forecasts were easy, others not so much but our champion forecast was strong engagement with a chance of wellness!

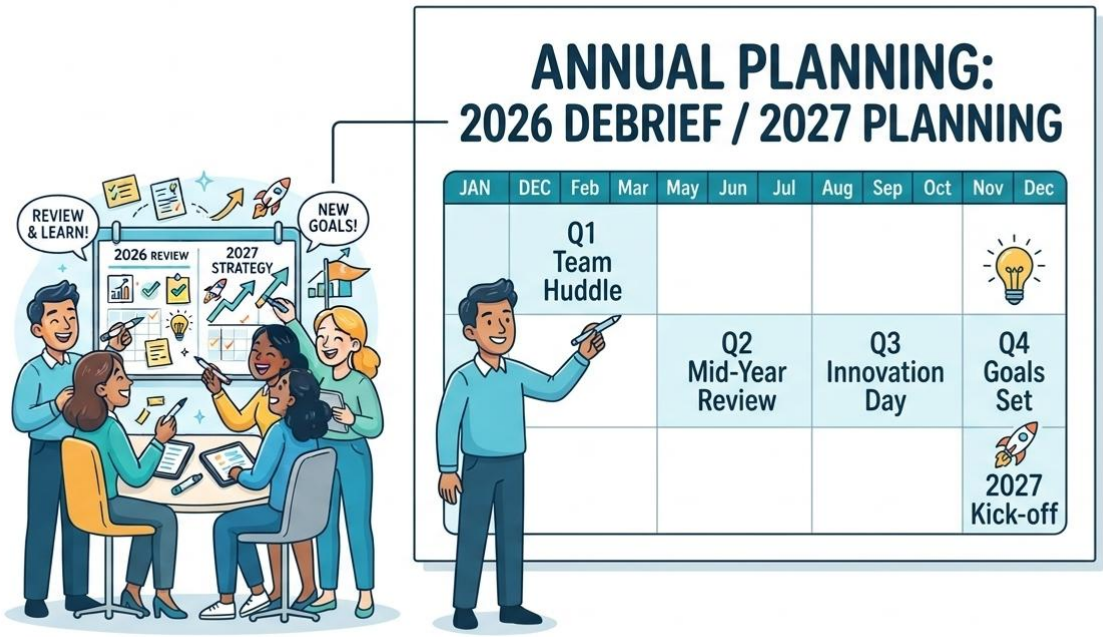


"Predicting work, wellness, or weather!"

Agency/Location Reporting – MDOR

MN Department of Revenue

- Champion Diana C. reported that their team debriefed 2026 and began planning 2027 wellness events.
- Sip, Sweat, & Snooze highlighted how hydration, movement, and sleep support one another.
- Participants were encouraged to reflect on changes they noticed during the challenge.



"Sip. Sweat. Snooze. Thrive."

Agency/Location Reporting – IRRR

MN Department of IRRR

- Champion Wendy T. reported that their team is hosting a 38-mile walking challenge in remembrance of babies born preterm and in recognition of Suicide Prevention Month.
- Participants can enter drawings for walking the most miles or being the first to reach 38 miles.
- Water bottles and stickers will be awarded as prizes.
- Wellness boards will share challenge information, and personalized shoe cutouts will visually track each participant's walking miles.



"Every step honors hope and healing."

Wellbeing Tip

"Healthy Aging Starts with Daily Intentions"

- Move your body in ways that feel good — consistency beats intensity
- Eat colorful foods to support long-term energy and resilience
- Keep your mind active through reading, puzzles, or learning something new
- Prioritize sleep and recovery as part of your wellness routine



Advocate Tip

"Encourage Healthy Aging in Your Community"

- Share wellness resources and normalize conversations on aging well
- Model healthy habits — hydration, movement breaks, stress management
- Encourage small lifestyle changes instead of perfection
- Celebrate others' progress and make wellness feel accessible



Leadership Tip

"Lead Workplaces That Support Healthy Aging"

- Promote flexibility and balance — healthy aging thrives in sustainable workloads
- Create spaces for employees to share needs without stigma
- Encourage ongoing learning and skill-building at any age
- Support wellbeing initiatives that reduce stress and promote long-term health



Meeting Recording Link

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



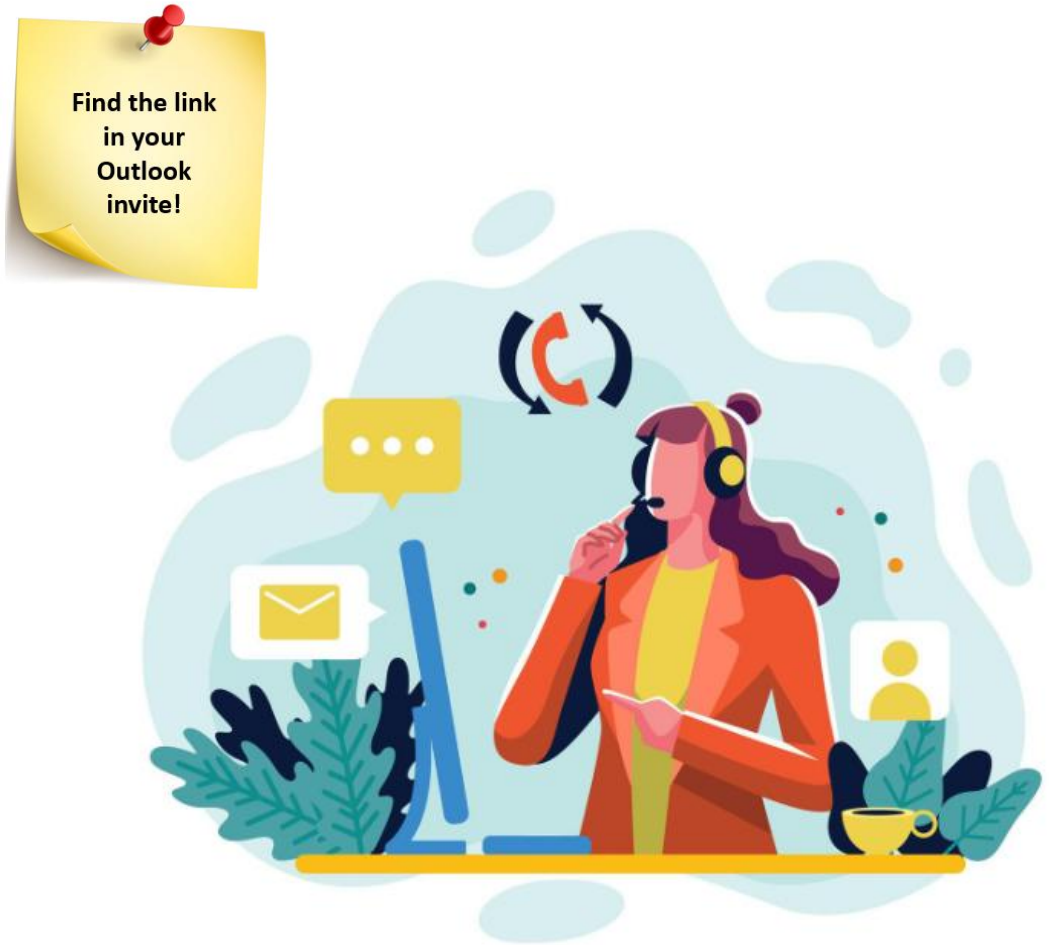
RECORDING TIME STAMP	
Welcome Message	5:00
WebMD Updates	9:50
Wednesday Work Life Webinars	18:29
Health and Well-being Updates	23:20
Targeted Communication/Highlight	28:47
Interactive Element	30:50
Champion Spotlight & Reporting	38:05
Wrap-Up	43:40

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