

APRIL 2024 CHAMPION CHECK-IN NEWSLETTER



STATE OF WELLBEING CHAMPION CHECK-IN

HEALTH AND WELL-BEING PROGRAM UPDATES

April 9, 2024

- **APRIL MEETING** - Meeting minutes, Agency/Location updates
- **TIPS** – Stress Awareness Month: *Get Inspired by Nature, Mental Health Benefits, Give Away Gratitude Journals*



WebMD Implementation Update – Custom Launch Concepts

WebMD Implementation Update – Custom Launch Concepts

- Discussed the launch concepts materials (flyers, posters) celebrating the essence of Minnesota through the prominent use of the letter “M” and featuring lifestyle photography that captures life in the State.



Health Assessment

- Discussed the health assessment, and coaching, will not be available at launch April 17 as we are working through system processes being worked out. Health assessment will be available on May 17.



Senior Wellness Coordinator

Senior Wellness Coordinator

- Discussed that we have completed interviews and selected a senior wellness coordinator. She will start April 22 with WebMD training and then with our health and well-being program with her being available sometime around May 17. Discussed also that she will be involved in group coaching throughout the State of Minnesota.



WebMD/SEGIP FAQ

- Discussed that we are finalizing our SEGIP FAQ that we will have on our [health and well-being](#) site. The FAQ, frequently asked questions, will be a great way to improve our employees experience of our website and the WebMD ONE site. It allows us to answer the questions that are most commonly asked surrounding our health and well-being program and WebMD.



WebMD Portal Overview

WebMD Portal Overview

- Discussed updates/overview of the WebMD portal that included: Coaching, Community, Content Hub, Daily Habits, Health Assessment, Health Record, Resources, Rewards, Sync Devices & Apps, and My Health and State of Minnesota web pages. April 17 launch date of WebMD ONE portal. May 17 launch of health assessment, health coaching, content hub, health assessment/coaching activities.

The screenshot displays the WebMD ONE portal interface. At the top, the logo for 'MANAGEMENT AND BUDGET' is visible, along with navigation tabs for 'My Health' and 'State of Minnesota'. Below these are sections for 'DEVICES/APPS' and 'INTERESTS'. The main content area features a 'Welcome! Delighted you're here.' message with a survey link. A 'Coaching' section offers help from a health coach, with 'NEXT' and 'GET STARTED' buttons. Below this is a 'Status Levels' progress bar for the '2024 Health and Well-being Portal', showing 225 points out of 600, with a goal to reach 375 points. The 'Daily Habits' section shows 'Today's Status' for 'Balance Your Diet' with 0 missed, 3/3 today, and 1 upcoming habit.

Category	Value
2024 Health and Well-being Portal Points	225 / 600
Next Milestone	375 Points
Today's Status - Balance Your Diet	0 Missed, 3/3 Today, 1 Upcoming

Webinars - Reporting

Webinars

- Discussed reporting/attendance numbers for Wednesday Work Life Webinars through April 12.

State of Minnesota Well-being Webinar 2024			
Webinar	Date 2024	# Attended	Presenter
The Winter Blues	17-Jan	165	LifeMatters
When Helping Hurts: Burnout, Compassion Fatigue, Vicarious Trauma, Secondary Traumatic Stress	24-Jan	225	EAP - LTD
Emotional Trauma	31-Jan	180	LifeMatters
Dealing with Difficult Personalities	14-Feb	408	LifeMatters
Benefits Change Highlights from a Panel of Experts	21-Feb	257	EAP - LTD/Panel
Impact of Learning Styles in the Workplace	28-Feb	245	LifeMatters
Co-Worker Communication	13-Mar	289	LifeMatters
Workplace Wellness	20-Mar	177	EAP - LTD
Strategies for Getting Ahead	27-Mar	225	LifeMatters
Psychological Safety and Self-Advocacy	3-Apr	266	EAP - LTD
Understanding Mental Health in the LGBTQ+ Community	10-Apr	146	LifeMatters

Webinars – Upcoming Webinars

Upcoming Webinars

- Discussed upcoming webinars for the month of April.



Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

- April 3** - Psychological Safety and Self-Advocacy
- April 10** - Understanding Mental Health in the LGBTQ+ Community
- April 24** - Dealing with Triggers

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Webinar Recordings Available

Omada – May Campaign

Omada – April Campaign

- Discussed May campaign – Mental Health Month.
- Please see sent documents:

1. Mental Health Month – May 2024 - Banner

2. Mental Health Month – May 2024 - Flyer



The flyer features the Omada logo at the top left and the Management and Budget State Employee Group Insurance Program logo at the top right. The main headline reads "Take care of your heart and mind". Below this, a sub-headline states: "Keeping your whole self healthy means looking after both your body and mind. Movement combined with healthy food habits can keep your heart healthy and improve your mental state." A photograph of a woman watering plants is on the right. The flyer lists five tips for balancing heart and mind, followed by a testimonial from Diana, an Omada member, who says the program helped her use exercise as a tool for mental health. At the bottom, it states that thanks to SEGIP, members have access to Omada at no cost. It lists benefits for members, including a care team, personalized care plan, and smart scale/app. A call to action button points to omadahealth.com/SEGIP. A small disclaimer at the bottom notes that images are not real members and results are based on member experiences.

omada

mi MANAGEMENT AND BUDGET STATE EMPLOYEE GROUP INSURANCE PROGRAM

Take care of your heart and mind

Keeping your whole self healthy means looking after both your body and mind. Movement combined with healthy food habits can keep your heart healthy and improve your mental state.

Some tips to help you balance both heart and mind:

- + Aim for at least 30 minutes of **moderate activity** every day.
- + Eat a **heart-healthy diet** with plenty of fruits, vegetables, lean proteins, and whole grains.
- + Get enough **quality sleep** every night and practice **stress-reducing techniques** like deep breathing, meditation, or yoga.
- + Surround yourself with **supportive relationships**.
- + Choose to be **smoking-free and limit alcohol** consumption.

Thanks to SEGIP, you have access to Omada, a virtual health program to help keep your body and mind happy and healthy—at \$0 cost to you, if eligible.

Omada members get:

- A dedicated care team with a health coach.
- Personalized care plan tailored to each member's lifestyle.
- Smart scale and app to easily track your progress 24/7.

Claim your benefit at omadahealth.com/SEGIP

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.

EAP Resources Login Walkthrough

EAP Resources Login Walkthrough

- Discussed how to access EAP phone number and password as we can no longer have it on our [EAP work life services](#) site because it is a publicly facing web page. Employees can find phone and chat numbers and password on their intranet site or in Self Service Announcements. Printable flyers are available in Self Service.



Get help with almost anything in everyday life.

Household repairs/tasks, legal issues, counseling, event plans, money management, and more.

Employees and their household members
Text 'Hello' to 61295 | 1-800-657-3719 | Access Code: STMN1

First Responders
1-877-307-2813 | Access Code: STMNFRS

m MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

LifeMatters Materials

LifeMatters Materials

EAP vendor LifeMatters monthly promotional content for April 2024. Please review [LifeMatters link](#) for materials. Select “Archives” to review past LifeMatters promotions. Past months materials can be found in archives.

Topics include:

- *Mental Health Awareness Month*
- *Cutting Back or Quitting Alcohol Use*
- *Becoming a Smart Shopper*
- *Alcohol Poster*
- *Shop Smart Poster*
- *April Webinar*

The graphic is a promotional poster for Mental Health Awareness Month. At the top, it features the text "May is Mental Health Awareness Month" with the LifeMatters logo on either side. Below this is a section titled "Risk Factors" with four icons: Frequent Stress (lightning bolts), Chronic Illness (person with lightning bolt), Family Conflict (people with lightning bolt), and Substance Abuse (person with bottle). The next section is "Managing Symptoms" with four icons: Physical Activity (person on a bicycle), Mindfulness (person meditating), Talk to a Friend (two people talking), and Plan for Bad Days (cloud with rain). To the right of this is a "Resources for Help" section with a "Contact LifeMatters" button, a "Healthcare Provider" icon, and a "Peer Support" icon. At the bottom, it promotes "Addiction Recovery with Dr. Ted Carroll" available in May from OnTopic with Empathia, and includes the phone number 1-800-657-3719, the website mylifematters.com, and app store links for the App Store and Google Play. A QR code is also present.

EAP Web Site Language

EAP Web Site Language

- Discussed how EAP is switching to the name “Lifestyle Benefits” to highlight all benefits offered. Discussed new language for each internal name to how it benefits employees and utilizing that language to better help employees navigate through employee assistance programming.

<u>Internal Name</u>		<u>How It Benefits Employees</u>
LifeMatters Work/Life	➔	Help with Everyday Life
LifeMatters Counseling	➔	Free Counseling
LifeMatters Online Resources	➔	Online Resources
LifeMatters Financial	➔	Get Help with Money
LifeMatters Legal	➔	Get Help with Legal Issues

Agency Reporting - Revenue

Department of Revenue

Department of Revenue update:

- **March** – Concluded Revenue Rovers: Exploring the World One Story at a Time, had 68 submissions from employees.
- **March** - NAMI Belonging Why it Matters speaker, use “Contact Us” on namimn.org.
- **May** - Get Moving Stay Active Wherever you are.



Wellbeing Tip



Get Inspired by Nature

Spending time in nature reduces stress, so why not bring nature into your work environment? A plant for a desk or home office, a soothing desktop water fountain, or even a small lightbox that replicates natural daylight are all great ideas that can help ease stress and improve moods.



Leadership Tip



Mental Health Benefits

Whether it's [mental health](#) support through EAP, online mental health care through insurance, or virtual counseling (video, phone, messaging, chat) make sure employees know exactly what's available. For example, many employees have no idea that our [EAP](#) offers six free, confidential visits with a counselor. Employees also need to know that they don't need to be experiencing a full-blown crisis to use these services—they're available for the daily stressors of life, too.

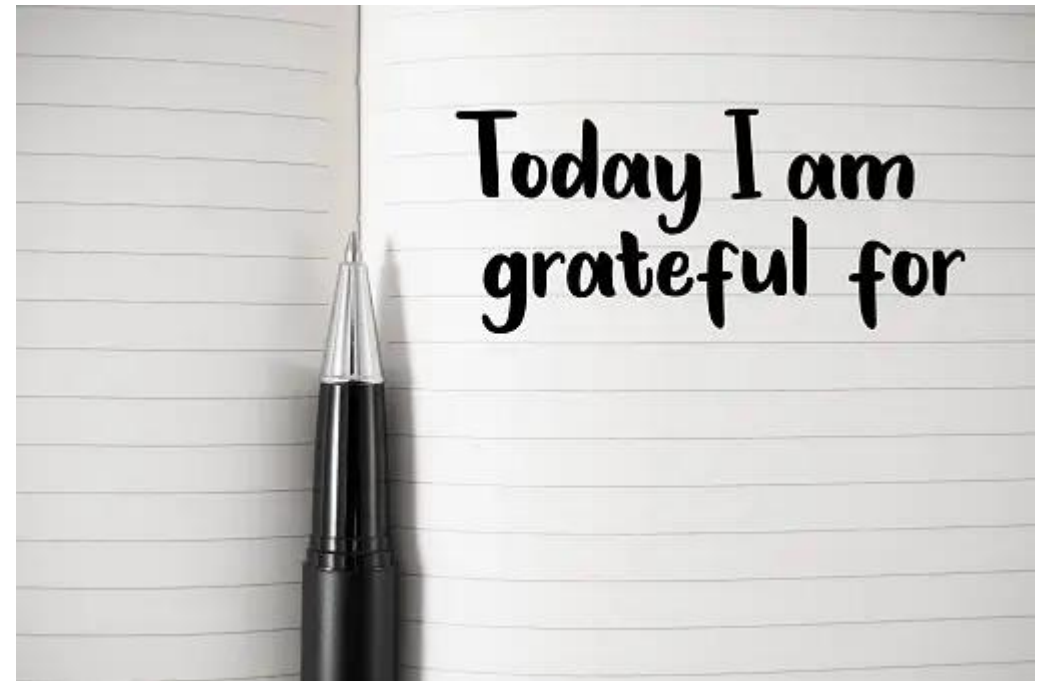


Advocate Tip



Give Away Gratitude Journals

Psychologists have documented the positive effects of practicing gratitude on our emotional and physical health. Give employees a small notebook to record the things they're grateful for. At the end of the month, you could create a gratitude wall—in-person or virtual—that allows participants to share entries if they want to.



Meeting Recording Link

[April State of Well-being Champion Meeting Recording](#)



QUESTIONS?



- **SEGIP Health and Wellbeing**

<https://mn.gov/mmb/segip/health-and-well-being/>



- **WEB**

webmdhealth.com/segip



- **EMAIL**

work.well.mmb@state.mn.us

- **SUPPORT**



WebMD Support: 866-696-7322

Available: Monday – Friday; 7:30 am – 7:00 pm CST