

AUGUST 2024 CHAMPION CHECK-IN NEWSLETTER

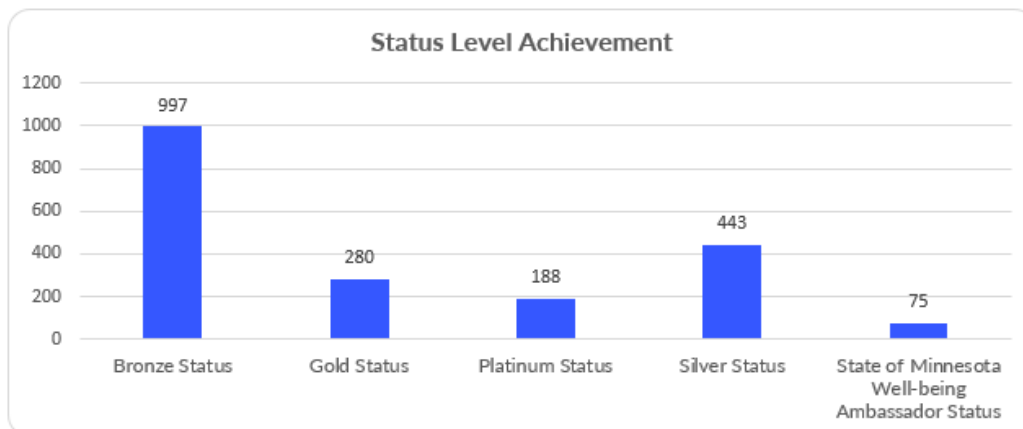


WebMD – Reporting

WebMD – Reporting

- Discussed WebMD reporting. Discussed the Dashboard with registration rates, status level achievement, and activities through July 31, 2024.

CHALLENGE TRACKER	FIVE TO THRIVE	STRESS LESS	Tour de Minnesota
DATE	10-May	22-Jul	
REGISTRATIONS	555	399	
PERCENT OF ELIGIBLE	1%	N/A	
COMPLETION	29%	N/A	
PREVIOUS ENGAGEMENT			



Webinars - Reporting

Webinars - Reporting

- Discussed reporting/attendance numbers for Wednesday Work Life Webinars through August 7.

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
Dealing with Triggers	24-Apr	376	LifeMatters
Key Conversations	8-May	253	LifeMatters
Minnesota State Retirement System: MSRS	15-May	114	MSRS
Teambuilding	22-May	236	LifeMatters
Get to Know Your Benefits	29-May	360	SEGIP
Ten Steps to Financial Success	5-Jun	343	LifeMatters
Transition to Retirement	12-Jun	399	LifeMatters
Depression	10-Jul	361	LifeMatters
Expressing Anger: Do's and Don'ts	24-Jul	356	LifeMatters
Stress Less: Tips for Relaxation Well-being	31-Jul	300	SEGIP
How to Shake a Bad Mood	7-Aug	373	LifeMatters

Webinars – Upcoming Webinars

Upcoming Webinars

- Discussed upcoming webinars for the month of August. Registration is required for webinars. All webinars are recorded. Please view our [Wednesday Well-Being Webinars](#) web page.



The graphic features a woman sitting at a desk with a laptop, participating in a webinar. A video call window shows a man speaking. The background is a light blue and green gradient.

Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

Aug. 7 - How to Shake a Bad Mood

Aug. 21 - Art of Decision Making

m1 Webinar Recordings Available

Webinars – New webinars added

New Webinars

- Discussed new webinars added to our Wednesday Well-being Webinars. Please view our [Wednesday Well-Being Webinars](#) web page.

New Webinars Added

- **November 6** – Foods that Fuel Immunity (*Omada*)
- **November 13** – Your Holiday Survival Guide: Fitness and Nutrition Guide (*SEGI*)
- **December 4** – Loneliness and Social Connectedness (*WebMD*)
- **December 11** – Behavior Change and the Brain (*WebMD*)
- **December 18** – Living Longer: Quality and Quantity (*WebMD*)

Registration is required



Omada – September Campaign

Omada – September Campaign

- Discussed September campaign – World Heart Day.
- Please see documents:
 1. ***SEGIP – World Heart Day – September 2024 – Flyer***
 2. ***World Heart Day – September 2024 – Banner***
 3. ***World Heart Day – September 2024 – Micro Monthly Campaign***

omada

MANAGEMENT AND BUDGET STATE EMPLOYEE GROUP INSURANCE PROGRAM

The cold truth about blood pressure

It turns out that when the temperature drops, your blood pressure readings could go up. A recent study found that, among a diverse group of adults with hypertension systolic blood pressure, readings were higher in the winter months compared to the summer months.¹

Try the following tips to help keep your blood pressure numbers in check this fall:

- + Find creative ways to stay active during cold weather months, such as taking a walk inside your local mall, or having an at-home dance party.
- + Focus on eating nutritious, whole foods.
- + Relieve seasonal-related anxiety and stress by doing hobbies and activities you enjoy on a regular basis.

“
The Omada program is easy to follow and participate in to help with my blood pressure and has helped with healthy weight loss as well.
”

— Kirk, Omada Member

Omada can help you keep an eye on those blood pressure numbers as the seasons shift. With Omada for Hypertension, you get:

- A dedicated care team with a health coach and hypertension specialist.
- Personalized care plan tailored to your lifestyle.
- Welcome kit with smart devices to easily track your progress 24/7*.

You have access to Omada at \$0 cost to you, if eligible.

→ **Claim your benefit at**
omadahealth.com/SEGIP

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.
¹American Heart Association. “Cold weather may pose challenges to treating high blood pressure.” American Heart Association Hypertension 2023 Scientific Sessions - Abstract 463. September 2, 2023. <https://www.heart.org/news/2023/09/02/cold-weather-may-pose-challenges-to-treating-high-blood-pressure>.
Omada is available at no cost to you when covered by your employer or health plan.
Images, including apps, do not reflect real members or information about a specific person. 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.

LifeMatters Materials

EAP vendor LifeMatters monthly promotional content for August 2024. Please review [LifeMatters link](#) for materials. Select “Archives” to review past LifeMatters promotions.

Topics include:

- *Summer 2024 LifeMatters*
- *August Webinar*

LifeMatters[®] Resources for Life. Work. Family. Wellbeing.

The Health Benefits of Having a Pet

Did you know that having a pet can have a positive impact on your health? Here are some of the benefits of having an animal companion in your life:

- **Cardiac health.** Studies show that having a dog raises survival rates in patients who have had a cardiac arrest. In addition, having a pet often correlates with decreased blood pressure.
- **Emotional health.** Pets can provide a sense of purpose and fulfillment and lessen feelings of loneliness and isolation. The emotional benefits of having a pet may be especially helpful to elderly people who are living alone after the loss of a loved one.
- **Stress management.** Many pet owners report that they feel less stressed or anxious after spending time with a beloved pet.
- **Exercise.** Daily walking, grooming, and playtime are good ways to increase physical activity and maintain bone strength.
- **Wellbeing.** Creating a loving home for a companion animal may add meaning and purpose to daily activities. In addition, it helps with maintaining a balanced schedule.

Before adopting a pet, it is important to consider the challenges and responsibilities associated with caring for another living creature. Prior to bringing a pet home:

- **Spend time with the type of animal you want to adopt.** Pet sitting for a friend is a good way to experience what day-to-day pet care is like.
- **Make certain the pet you choose is a good fit for your lifestyle.** For instance, if you travel a lot, you may find that a cat's daily routine is easier to manage than a dog's.
- **Pet-proof your home.** Consider what adjustments will be necessary to ensure the pet's safety (and secure your own property). Make sure to remove any plants that may be poisonous to a pet.
- **Be certain that you're ready for the responsibility of a pet.** Having to rehome a pet is hard on both animal and human. Commit to having that pet with you for the length of its life, barring unforeseen circumstances.

If you are searching for pet care resources, LifeMatters can help. Call 24/7/365.



SWC Local ABC Groups Collection

ABC Groups Collection

Discussed collection of agency/board/commission (ABC) groups. Discussed that if champions have formed their own wellness groups to please message us so that we can keep track of these established subcommittees. Our goal is to be able to reach out on a consistent basis, provide ongoing training, and recognize your efforts. Please message to work.well.mmb@state.mn.us of group name, group contact, and number of members.



SEGIP Web Site Review

SEGIP Web Site Review

Discussed review of the new look [Life and Well-being](#) web page and also the new [Leadership and Team Dynamics](#) web page. Please make sure to update any of your resources you send to employees with the correct links and names. ***Life and Well-being*** was formerly ***Health and Well-being***. ***Leadership and Team Dynamics*** was formerly ***Resolve***.

Take a Fresh Look at Your Benefits

Benefits can make a huge difference in your daily life. Whether it's about employee assistance, counseling, health, finances, legal matters, or just navigating everyday challenges, find support that can truly enhance your well-being.



[Communities, Challenges, Resources](#)



[Everyday Life](#)



[Free Confidential Counseling](#)



[Corrections, First Responders](#)



[Legal Issues](#)



[Money, Finances](#)



[Health Coaching](#)



[Living with Diabetes](#)



[Discounts](#)



[Mental Health](#)



[At Work](#)



[Webinars](#)

Agency/Location Reporting - Revenue

Department of Revenue

Department of Revenue update:

- **Onboarding:** Just onboarded new members to wellness subcommittee.
- **August:** Annual planning session scheduled to plan for 2025 program year.
- **August:** *Corn dogs, Chaos, & Cows*...discussing ways to prepare to visit the fair, ways to be healthy while visiting, accessibility, ways to save money, etc. on their Teams channel.
- **Coming Soon:** Details on an Aging Relatives event.



Wellbeing Tip



Consider the “fake” commute

If you work from home, gone are the days of listening to a podcast or music during your commute, which served as a healthy buffer zone before and after busy days. Now, you start Microsoft Teams meetings shortly after waking and don't stop until the sun has set. Some have combatted this problem by adopting a so-called “fake commute.” A short drive to grab coffee before starting work gives us some time to ease into the day; a 30-minute walk at the end of the day sends our bodies and brains the signal that it's time to stop working.



Leadership Tip



Bring back the lunch hour

Some days we eat at our desks, but working in the office gives us the chance to grab a bite in the cafeteria or at a local restaurant. Make sure to take advantage of that! If you're working from home, there's seemingly no reason to stop working just to eat. And sometimes, we feel like we have to eat at our desks, so we don't miss any important emails.

But taking this break is essential. First, it's a chance to give our eyes a rest from our screens. Second, it encourages us to take a break away from work to reset and recharge. Doing this can help people come back to their job feeling productive, engaged and focused. If your organization needs help convincing employees that it's okay to step away, try mandating no meetings between 12 and 1.



Advocate Tip



Ask, “Do we really need a meeting for this?”

Take a hard look at your organization’s meeting culture. If employees’ calendars are filled with back-to-back meetings, consider alternative ways to seek input or decisions. Have managers hold “office hours” so anyone can drop in and get a quick question answered. Teams could schedule chats for a certain time of the day to brainstorm with co-workers. The point is to make meetings time well-spent, leaving room in the day to do focused work. That way, employees don’t feel like they must work late to catch up on projects they couldn’t work on during the day.



Meeting Recording Link

August State of Well-being Champion Meeting Recording



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](#)