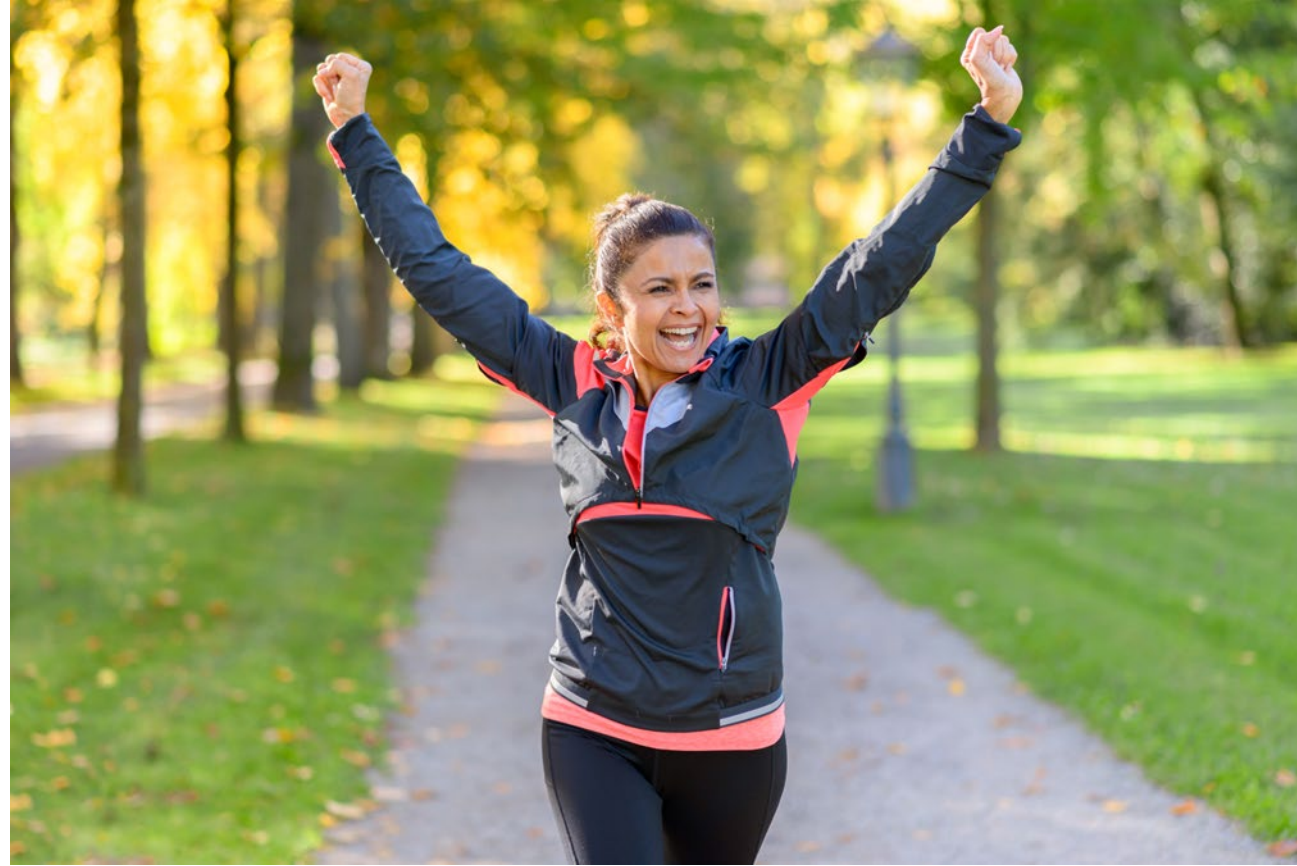


FEBRUARY 2024 CHAMPION CHECK-IN NEWSLETTER



STATE OF WELLBEING CHAMPION CHECK-IN

HEALTH AND WELL-BEING PROGRAM UPDATES

February 13, 2024

- **FEBRUARY MEETING** - Meeting minutes, Agency/Location updates
- **TIPS** – Encourage Employee Self-Care: *Set Boundaries, Encourage Lunch Breaks, Send Out Self-Care Kits*



WebMD Implementation Update

WebMD Implementation Update

- Discussed updates to WebMD implementation with portal/program available in April. Discussed planning schedule for the year (April – March). Updated champions about IT teams currently figuring out monthly file transfer.



Wednesday Work Life Webinars - Reporting

Wednesday Work Life Webinars

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

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

Wednesday Work Life Webinars

Wednesday Work Life Webinars

- Discussed webinar recordings page and that is where employees can find [2024 webinar recordings](#). Discussed that registration is now required for employees for [webinars](#). Once registered, Registration is required. You'll get an email confirmation. It includes a calendar invitation with links to handouts and other session details.



Omada

- Discussed March campaign which is National Nutrition month and Diabetes Alert Day.
- Please see documents:
 1. ***Omada – National Nutrition Month – March 2024***
 2. ***Omada – Diabetes Alert Day – March 2024 – Flyer***
 3. ***Omada – Diabetes Alert Day – March 2024 – Banner***
 4. ***Omada National Nutrition Month – March 2024 - Banner***

omada

MANAGEMENT AND BUDGET STATE EMPLOYEES GROUP INSURANCE PROGRAM

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Find healthy and tasty food with help from a personal health coach.

Food choices influence your energy, sleep, and even mood.

With Omada®, you have a program that lets you work one-on-one with your very own personal health coach to find food that fits your lifestyle so you can meet your health goals.

Try out these 4 tasty tips:

- 1 Colorful Veggies**
Fill up half of your plate with non-starchy veggies in a variety of colors.
- 2 Quality Protein**
Pick good quality protein that can be enjoyed hot or cold, like tuna.
- 3 Healthy Fats**
Healthy fats—like avocados and nuts—help give your body everything it needs.
- 4 A Bit of Fun**
Add a bit of fun—like blueberries or dark chocolate—to help you stay on track.

“ I have told my friends: this is the easiest program to follow and the most successful one I've ever tried.”
— MARGIE

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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.


LifeMatters Materials

LifeMatters Materials

EAP vendor LifeMatters monthly promotional content. Please review [LifeMatters link](#) for materials.

Topics include:

- *Managing Allergy Symptoms*
- *Help for Anxiety*
- *Allergies - Poster*
- *Anxiety - Poster*
- *March Webinar*



LifeMatters® →



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Senior Program Coordinator

Senior Program Coordinator

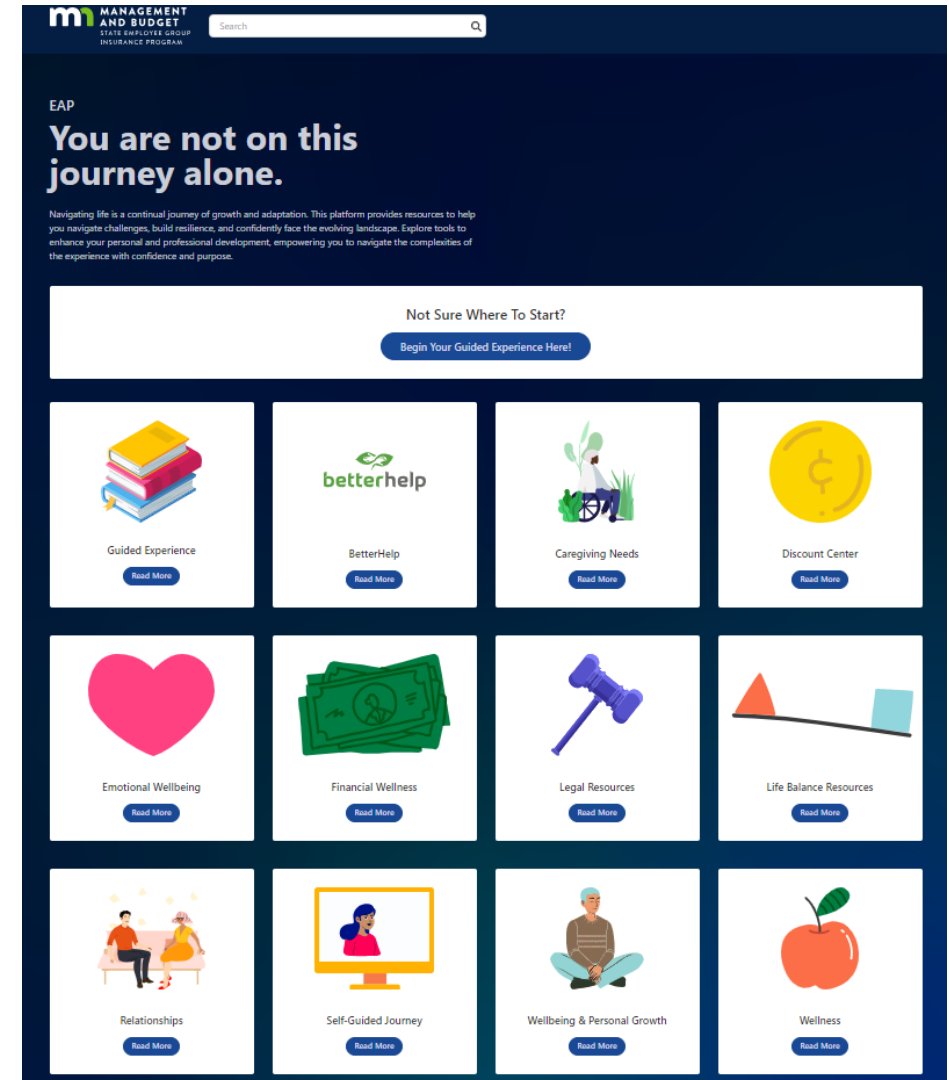
Discussed that we've completed the interview process and have selected a Senior Program Coordinator who will start in March for the April launch. Discussed role of position which include culture of health survey, program launch support, challenge support, health/benefit fair support, program promotion, partner collaboration, champion network support, programming, serve as a day-to-day contact for the health and well-being program.



LifeMatters New Web Site Orientation

LifeMatters New Web Site Orientation

Discussed new look and programming of the LifeMatters web site. Highlights include the Guided Experience option, Betterhelp, and the Discount Center. New layout includes categories, calendar, webinars, and podcasts. Please visit our [Work Life Services](#) web page on [online link](#) (password: stmn1)



Agency Reporting - Revenue

Department of Revenue

Department of Revenue update:

- **March** - Revenue Rovers: Exploring the world one book at a time, encouraging reading in conjunction with *I Love to Read Month*. We will have a US and World Map and update with pins and a list of the book's title/author.
- **May** – Staying active wherever you are. Encourage more movement throughout your day. Will share resources like 30-day challenges that don't take much time, 5-minute stretch or movement videos to do at desk, etc.



Wellbeing Tip



Set Boundaries

Every employee is different, which means their working style may be different. Some may need to block time on their calendars to remember to get up and take a real lunch break, while others may block time to do deep focus work without distractions. Set boundaries to help take control of your schedule so you can better balance everything you need to accomplish each day!



Leadership Tip



Encourage Lunch Breaks

In an office or at-home environment, working during lunch is too familiar. But we know that taking time away from your desk to enjoy your lunch and truly reset and recharge can do wonders in terms of mood, focus and productivity. So, if you suspect that your team multitasks during lunch, send reminders and gentle nudges that it's perfectly okay to take a break during this time so they can come back restored.



Advocate Tip



Send Out Self-Care Kits

Self-care kits are a great way to let your employees know that you genuinely care about their well-being and want them to make time for self-care. Send out surprise self-care kits filled with items that will help them relax and recharge. For example, candles, diffusers and relaxing essential oils, stress balls, healthy snacks, teas, chocolates, journals—get creative!



Meeting Recording Link

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



QUESTIONS?

• **SEGIP Health and Wellbeing**

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

• **WEB**

WebMD coming soon!

• **EMAIL**

work.well.mmb@state.mn.us

• **SUPPORT**

WebMD support coming soon!