

JANUARY 2024 CHAMPION CHECK-IN NEWSLETTER



STATE OF WELLBEING CHAMPION CHECK-IN

HEALTH AND WELL-BEING PROGRAM UPDATES

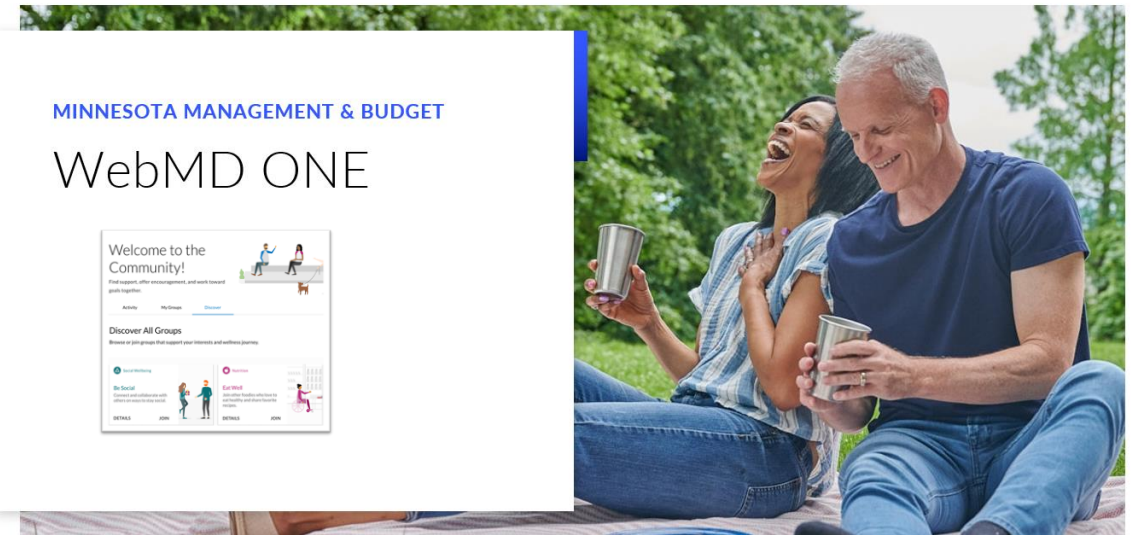
- **JANUARY MEETING** - Meeting minutes, agency updates
- **TIPS** – Winter Wellness: *Get outside during the workday, Remind employees about EAP, Encourage exercise*

January 9, 2024



WebMD Update

- Discussed updates from WebMD implementation about the Senior Program Coordinator position. This position will assist our health and well-being program by program launch support, challenge support, health/benefit fair support, program promotion, partner collaboration, champion network support, webinars, and program menu support.



Wednesday Work Life Webinars

Wednesday Work Life Webinars

- Discussed [webinar schedule](#) for 2024 is up and [webinar recordings](#) page has been updated to remove Virgin Pulse webinars. We will keep updating the list as we add more webinars.



Omada

- Discussed February campaign which is American Heart Month.
- Please see documents:
 1. **American Heart Month – Feb 2024 - Banner**
 2. **American Heart Month – February 2024 - Flyer**

omada

MANAGEMENT AND BUDGET STATE EMPLOYEE GROUP INSURANCE PROGRAM

Take the first step to a healthier heart

No doubt about it—regular activity really pays off, from lowering your blood sugar and cholesterol to reducing your risk of heart disease and stroke.

3 Ways to Get Active Today:

- 1 Ease into it**
Exercise doesn't need to be tough to be helpful and going too hard too soon can lead to injury. Start gradually, like taking regular walks or trying out yoga.
- 2 Listen to your body**
Go slow, do what you can, and take breaks as needed. Consistent activity that you can build on slowly over time will help you see progress more than an intense activity that's harder to stick with.
- 3 Bring a buddy**
Create a support system to help you stay on track. Find a friend to walk with at lunch or someone you can text to hold you accountable for your daily goal.

“ I am focusing on choosing better [options] for the next meal or the next exercise. I can't change the past but I can choose to do better one step at a time. **”**

If eligible, you will have access to Omada to help reach your heart health goals. Get personalized health support from anywhere, at no additional cost to you, if eligible.

- Zero cost for eligible members
- Dedicated care team with a health coach (yes, real people)
- Personalized care plan tailored to each member's lifestyle
- Smart devices to easily track your progress, 24/7

Claim your benefit at omadahealth.com/SECIP

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person.

Omada Reporting

- Discussed 2023 enrollment numbers. Also discussed success from November outreach.
- December Enrollments:
 - Prevention = 296
 - Diabetes = 41
- December enrollments for Prevention exceeded the whole year of enrollments in 2022.

2023 Enrollment Update

	Prevention	Diabetes
January	28	4
February	19	4
March	14	5
April	19	4
May	8	3
June	9	2
July	11	7
August	9	3
September	16	3
October	16	6
November	16	5
December as of 12/21	296	41


LifeMatters Materials

LifeMatters Materials

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

Topics include:

- *Supporting Others in a Time of Need*
- *Becoming a Savvy News Consumer*
- *Lend a Hand – Poster*
- *News Overload – Poster*
- *January Webinar*



NEWS OVERLOAD


If you are anxious about an event in the news, LifeMatters® can help. Call 24/7/365.

1-800-657-3719

mylifematters.com (password: STMN1)

Local number: 651-259-3840 • Text* "Hello" to 61295

Download on the App Store | GET IT ON Google Play



*SMS messages will be used for the duration of the text. Message and data rates may apply. Text HELP for help and STOP to cancel. © 2021 OnePath, Inc.

Meeting Request Page/Form

Meeting Request Page/Form

Discussed the [meeting request page](#) and form. This page and form is for any presentation request agencies and/or locations may have. This helps for the event request type and also topics an agency/location would like covered.

mm MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

SEGIP Meeting Request

Do you want Minnesota Management and Budget (MMB) SEGIP staff and insurance representatives to participate in or attend an event at your agency? If so, please complete this web form.

Please note: Open Enrollment Employee Meetings are NOT scheduled by filling out this form. SEGIP cannot participate in events scheduled in late September through November due to Open Enrollment.

By completing this form, you are requesting a representative from MMB SEGIP staff to attend your event.

If you are seeking the attendance of other vendors that are not a part of SEGIP, such as MSRS, contact them directly to invite them to your event.

Insurance vendors BlueCross BlueShield, HealthPartners, PreferredOne, CVS, and Vision Davis no longer attend benefits fairs. Do not contact them to request this service.

Primary Event Contact:

Human Resource Contact Name:

Human Resource Email:

Human Resource Phone: (format XXX-XXX-XXXX)

Event Information

Name of Event: Date of Event:

Beginning time: End Time:

Type of event: Virtual In Person

Event Description: (Describe the event in detail below)

Anticipated Attendance:

Description of Audience:

Well-being Program Web Page

Well-being Vendor Update

- Discussed update to [well-being program web page](#) that was previously well-being program and reward. The page is an updated to be a resource for employees until WebMD is ready in the spring. Topics include the following:
 - ✓ January 2024 activities get underway with webinars
 - ✓ Help shape the Well-being program's future
 - ✓ Reward component of program ended so there is no need to track points going forward
 - ✓ WebMD ONE launches this spring



[Well-being program](#)

Agency Reporting - Revenue

Department of Revenue

Department of Revenue update:

- Working on a reading challenge for March's I love to Read month showing where employees traveled through reading on a world and US map.
- 1st quarter-organizing/decluttering event, details still being worked out.
- 2nd Quarter will have a movement challenge of some kind, details still being worked out.



Agency Reporting - Transportation

Department of Transportation

Department of Transportation update:

- Question was asked during the meeting of:

“The question I asked is if anyone has a draft of their health and wellness committee’s mission, vision, and/or value proposition that we could springboard off.”

- Please contact Amanda Shelton,
Amanda.Shelton@state.mn.us



Agency Reporting – Transportation cont'd

Department of Transportation

Department of Transportation update:

- Dr. Debra Lindh discussed about her 2024 calendar awareness topics for month and day events. Please see handout [2024 Calendar Awareness Topics Month Day Events](#). For questions, to chat, or to collaborate please contact:
 - Dr. Debra Lindh
 - Debra.Lindh@state.mn.us



Wellbeing Tip



Get outside during the workday

Just 10 minutes of fresh air and sunlight can do wonders for our energy and mood. And, as the Norwegians say, there's no such thing as bad weather – only bad clothing! So, urge people to don that coat, hat, and gloves and try to get outside daily.



Leadership Tip



Remind employees about EAP

Our [employee assistance program](#) (EAP) offers free counseling sessions that can help employees dealing with seasonal depression.

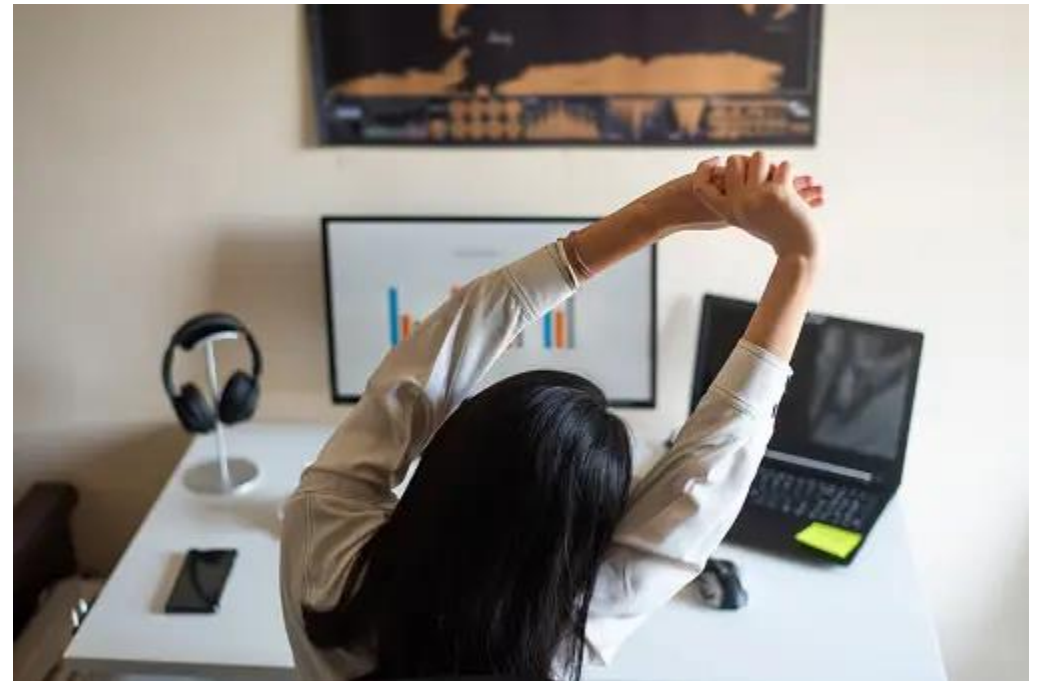


Advocate Tip



Encourage exercise

When there's less daylight employees may not be able to exercise before or after work, so let them know it's OK to weave in exercise throughout the workday. Lunchtime workouts, walking meetings, and quick stretch or jumping jack breaks can boost energy.



Meeting Recording Link

[January 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!