

JULY 2024 CHAMPION CHECK-IN NEWSLETTER



STATE OF WELLBEING CHAMPION CHECK-IN

HEALTH AND WELL-BEING PROGRAM UPDATES

July 9, 2024

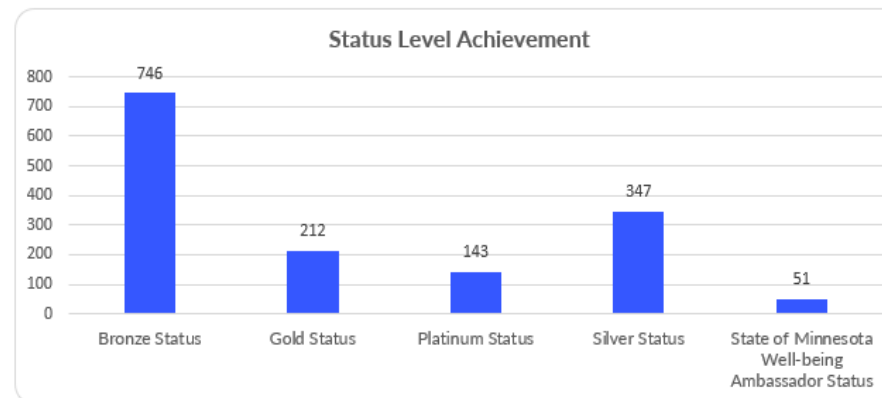
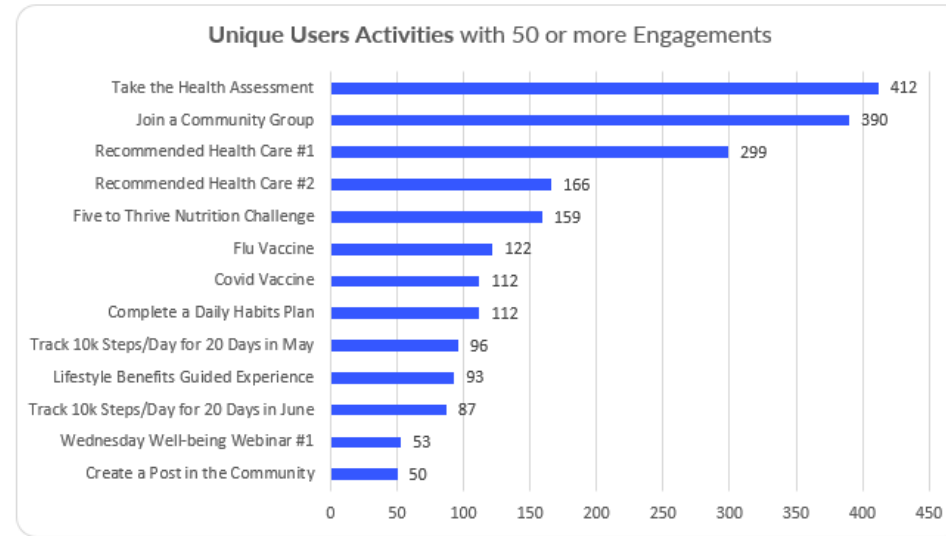
- **JULY MEETING** - Meeting minutes, Agency/Location updates
- **TIPS** – How to Create a Sense of Community in the Workplace:
 - *Well-being Tip* - Leverage Digital Tools
 - *Leadership Tip* - Institute a “5-Minute Catch-Up” Rule
 - *Advocate Tip* - Communicate Often



WebMD – Reporting

WebMD – Reporting

- Discussed WebMD reporting. Discussed the Dashboard with registration rates, status level achievement, and activities through June 30, 2024.



Five to Thrive Nutrition Challenge Recap

Five to Thrive Nutrition Challenge Recap

- Discussed recap of Five to Thrive Nutrition Challenge. Challenge was in May through June. We had 555 registrations and 29% completed the challenge to earn the 25 points towards their status levels.



Webinars - Reporting

Webinars - Reporting

- Discussed reporting/attendance numbers for Wednesday Work Life Webinars through July 10.

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

Webinars – Upcoming Webinars

Upcoming Webinars

- Discussed upcoming webinars for the month of July. 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.

- July 10 - Depression
- July 24 - Expressing Anger Dos and Don'ts
- July 31 - Stress less: Tips for Relaxation and Well-being

m1 Webinar Recordings Available

Webinars – Stress Less Webinar Highlight

Stress Less Webinar Highlight

- Discussed newly added webinar “Stress Less” to the schedule. Webinar will be put on by well-being team members Justin Roberson and Hailey Peckat. Webinar will go over tips for relaxation and well-being and is as promotion for our next statewide challenge. Please see Stress Less Webinar_Flyer.



Webinar

Stress Less: Tips for Relaxation and Well-being

July 31 Webinar

Do you want to stress less? In this webinar, you'll learn practical strategies and activities for reducing stress and promoting well-being, empowering you to take control of your mental and emotional health.

 Registration is required. You'll get an email confirmation. It includes a calendar invitation with links to handouts and other session details.



Omada – August Campaign

Omada – August Campaign

- Discussed August campaign – National Wellness Month.
- Please see documents:
 1. **National Wellness Month – Aug 2024 – Flyer**
 2. **National Wellness Month – Aug 2024 – Reference Document**
 3. **National Wellness Month – Aug 2024 - Banner**

omada MANAGEMENT AND BUDGET STATE EMPLOYEE GROUP INSURANCE PROGRAM

Take the Wellness Challenge

During National Wellness Month prioritize your self-care to feel your best, healthy self!

Research has shown self-care can help prevent the negative consequences of stress and promote well-being.¹ Omada can help you keep the focus on self-care and achieve your health goals. As an Omada member, you will get paired with a health coach who will provide guidance on food choices, exercise goals, and tips to lower stress.

Here are some small changes from an Omada health coach that you can start now:

- For better sleep, stay off electronics (phone, tv, etc.) one hour before bed
- Get some movement in daily, ideally outdoors, such as a short walk
- Build in an activity you enjoy to each week—read, play a game, take a bath, or watch something funny

You have access to Omada 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.

“ The lesson on stress really helped me to identify some areas to work on and helped me to realize some things about myself that contribute to weight gain and self destructive behaviors. **”**

— BECKII, OMADA MEMBER

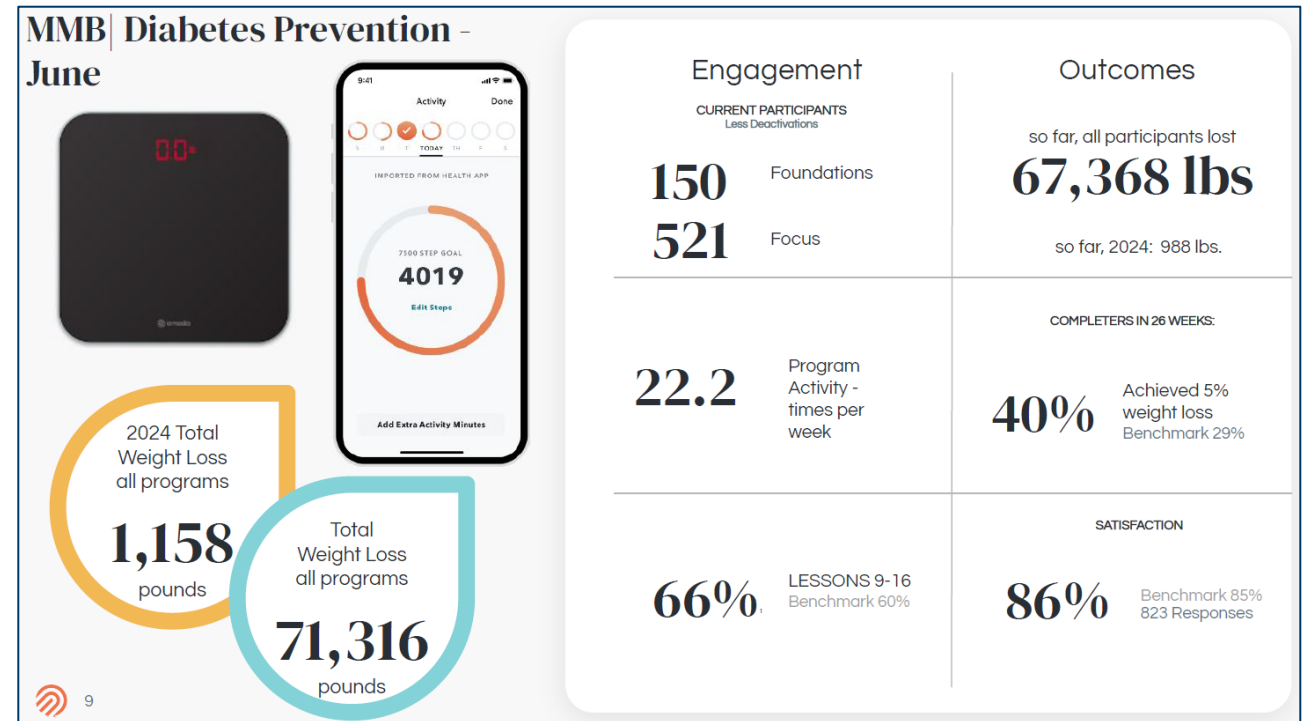
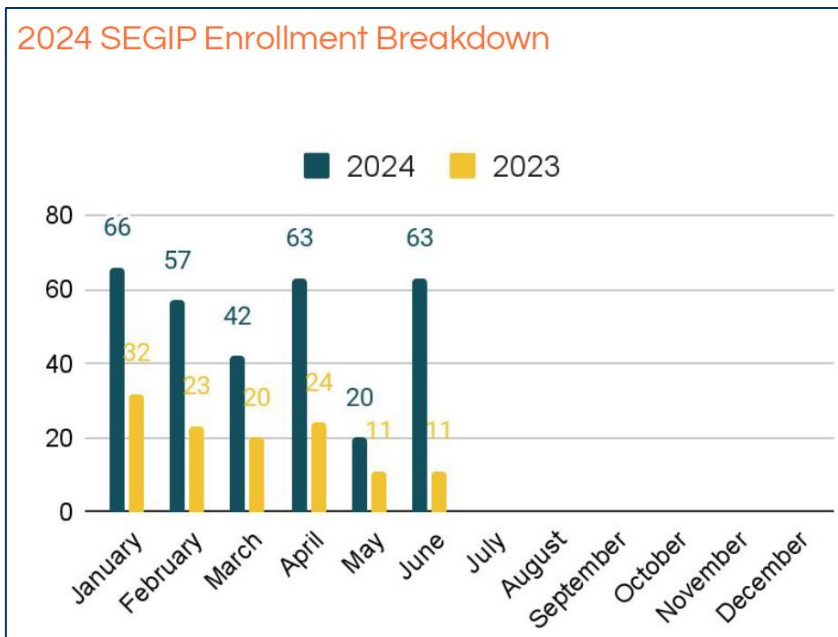
→ Claim My Benefit
omadahealth.com/SEIGIP

¹ "Caring for Your Mental Health," National Institute of Mental Health, Updated February 2024. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health/#:~:text=Self%20care%20means%20taking%20the,can%20have%20a%20big%20impact.>
*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Omada is available at no cost to you when covered by your employer or health plan. 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.

Omada – June Reporting

Omada – June Reporting

- Discussed Omada June reporting including updates and enrollment.



LifeMatters Materials

LifeMatters Materials

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

Topics include:

- *Avoiding Scams*
- *Keep Your Child Busy with Summer Learning*
- *Parenting Poster*
- *Recovering From a Scam Poster*
- *July Webinar*



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Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)
TTY/TRS 711 and language translation services available

Download on the App Store
GET IT ON Google Play

QR code and LifeMatters logo.

*SMS coverage not available in all areas. ©2024 LifeMatters. All rights reserved. TMN1 is a trademark of LifeMatters. All other trademarks are the property of their respective owners.

Stressless Challenge

Stressless Challenge

Discussed upcoming statewide well-being challenge, Stressless. Challenge is August 5 – September 1. Challenge resources will be distributed to champions once challenge registration is open for employees.



WebMD Champion Community Challenge

Champion Community Challenge

Discussed Champion Community Challenge. Goal is to challenge champions to promote the community section of WebMD to employees for more awareness and engagement. Please see handout – ***Community_Launch_Flyer.***



Keep Good Company

Connect with people who inspire you to be better using the new Community feature.

Find like-minded people who will help lift you up. As you work toward your personal well-being goals, the new Community feature from **WebMD ONE** can help you connect with others through fun and motivating group chats.

Be part of a support system
Share helpful tips, discuss your experiences, offer encouragement and join conversations that will help you stay engaged in different health goals, including:

- **Be Active** – Find exercise partners and learn about local opportunities to get moving.
- **Stress Less** – Share strategies for managing stress and achieving a healthy work-life balance.
- **Eat Well** – Discover new recipes and discuss strategies for healthy eating.
- **Healthy Weight** – Find inspiration and celebrate your successes with others.
- **Sleep Tight** – Talk about your sleep struggles and find support to help you get a good night's rest.
- **Joyful Longevity** – Learn how your peers are staying happy and healthy as they age.

There's a Community for everyone. Find yours today by visiting **WebMD ONE** and clicking the top-right navigation menu or the Community card.

<https://www.webmdhealth.com/segip/>

WebMD
health services

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MINNESOTA

Agency/Location Reporting - Revenue

Department of Revenue

Department of Revenue update:

- **August:** Meeting in-person at Revenue building to review 2024 and plan 2025 programming.



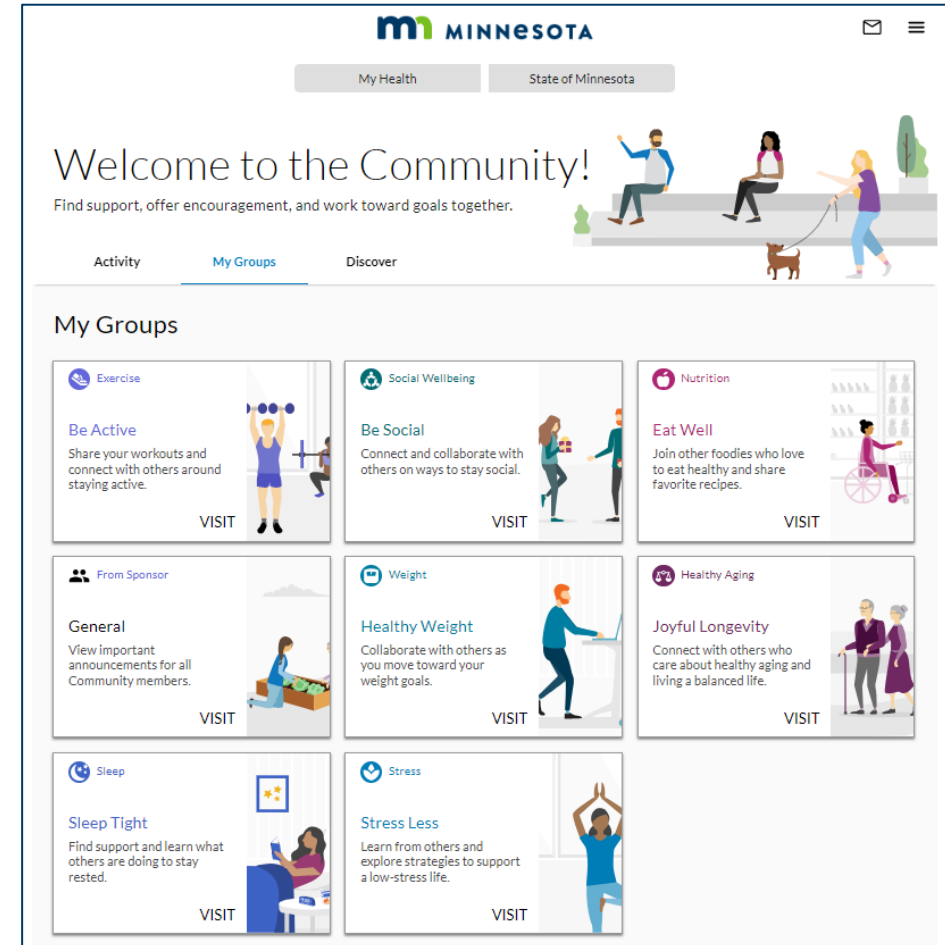
Wellbeing Tip



Leverage Digital Tools

Workplace social interest groups can be a great way to stay connected to other employees and build community. For example, at WebMD Health Services, they set up chat channels for employees working from the same state to talk about local goings-on and plan a meetup if they wanted to.

The WebMD portal has *Community*, which connects employees based on their well-being interests and goals—like exercise, nutrition, sleep, and social connectedness. Once in a group, participants can post questions, share stories, and provide encouragement.



Leadership Tip



Institute a “5-Minute Catch-Up” Rule

It’s tempting to launch right into a meeting agenda, but to create community, we need to devote at least a few minutes to honor the fact that we are humans first and employees second. Encourage employees to intentionally connect with others—ask people how they are or what they did over the weekend, talk about your pets, discuss hobbies, whatever energizes them!



Advocate Tip



Communicate Often

Organizations that maintain regular communication with employees tend to have stronger communities. Our experience with the pandemic is a good example—organizations who regularly communicated and were transparent with employees, built trust and loyalty versus those who kept employees in the dark. Leadership communication is vital. Leaders can create community by regularly sharing the organization’s mission and how employees’ work ties into it.



Meeting Recording Link

[July 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**

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[Contact WebMD](#)