

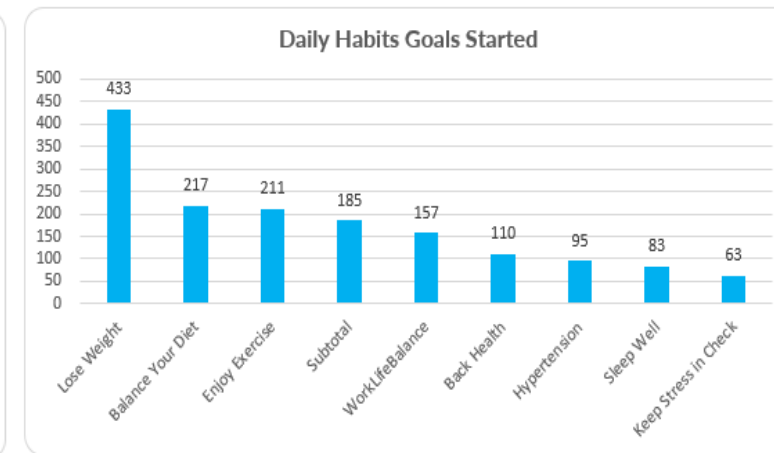
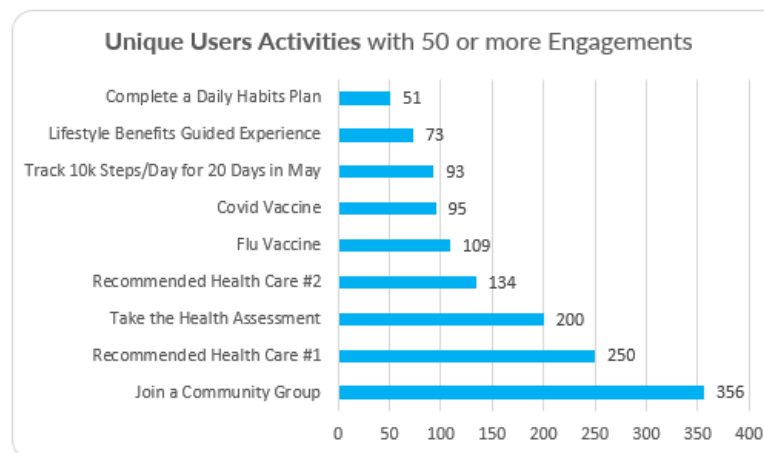
JUNE 2024 CHAMPION CHECK-IN NEWSLETTER



WebMD – Reporting

WebMD – Reporting

- Discussed WebMD reporting. Discussed the Dashboard with registration rates, status level achievement, Five to Thrive Challenge sign ups, and activities through May 31, 2024.



Health and Well-being Requests

Health and Well-being Requests

- Discussed to send requests for any events, health fairs, table events, etc. where our health and well-being team can assist when it comes to providing information, virtual or in-person, about our health and well-being program and WebMD.



Group Health Coaching Update

Group Health Coaching Update

- Senior Well-being Coordinator, Hailey Peckat, discussed updates about group coaching. Her training is complete, and we are working on the format of the coaching sessions and web site.



WebMD Conference Update

WebMD Conference Update

- Discussed innovation/solution updates from the WebMD empower conference. Topics include User Agency, Cross-Promotion, Optimizing Human Services, Education, Mental Health First Aid (MHFA), Healthy Activities, Personalized Videos, Mental Health Coaching, Positively Me Weight Management program.



Webinars - Reporting

Webinars - Reporting

- Discussed reporting/attendance numbers for Wednesday Work Life Webinars through June 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
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

Webinars – Upcoming Webinars

Upcoming Webinars

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



Wednesday Well-Being Webinars

Live from Noon - 1 p.m.

June 5 - Steps to Financial Success

June 12 - Transition to Retirement

m

Webinar Recordings Available

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

Omada – July Campaign

Omada – July Campaign

- Discussed July campaign – Summer/Healthy Travel.
- Please see documents:
 1. **Healthy Travel – July 2024 - Flyer**
 2. **Summer Travel – Banner - 2024**



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 title is "Summer Travel With A Healthy Twist". Below the title, there is a paragraph about bringing healthy habits on the road, followed by a testimonial from Susan, an Omada member, who says her coach helped her get through summer vacation. A list of healthy eating tips is provided, including adding grilled veggies, choosing leaner cuts of meat, and making a fruity dessert. At the bottom, there is a call to action to claim the benefit at omadahealth.com/segip, along with a smartphone and a smart scale. A small disclaimer at the very bottom states that certain features and smart devices are only available if you meet program and clinical eligibility requirements.

omada

MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Summer Travel With A Healthy Twist

Bring simple healthy habits on the road with you.

Summer is a time of eating out, traveling, or spending time with loved ones. Add feeling healthy to the list with expert guidance and support from Omada.

No matter where your summer travels take you, your Omada health coach is there to provide tips and support to improve sleep and lower stress. Plus, your health coach can help you stay on track without cutting out the foods you love or counting calories – even while on vacation.

Here are some healthy eating tips from an Omada health coach to try this summer:

- + Try adding grilled veggies to your meals, such as zucchini, summer squash or eggplant.
- + Choose leaner cuts of meat like 90/10 ground beef for burgers, skinless poultry, and 'loin' or 'round' steak and pork.
- + Make a fruity dessert like grilled peaches topped with vanilla yogurt.

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

My coach helped me get through summer vacation traveling and eating out.

— SUSAN, OMADA MEMBER

→ Claim your benefit at omadahealth.com/segip

*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.
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 for June 2024. Please review [LifeMatters link](#) for materials. Select “Archives” to review past LifeMatters promotions.

Topics include:

- *Stay Prepared This Safety Month*
- *Make Your Next Move a Success*
- *Disaster Preparation Poster*
- *Moving Poster*
- *June Webinar*

LifeMatters®



Stay Prepared This Safety Month

June is Safety Month. These steps will help you maintain your personal safety and prepare for a possible emergency:

- 1. Wear sunscreen.** The best way to prevent sunburn is to wear SPF 30 or better sunscreen. Remember, even mild sun exposure could lead to skin cancer over time.
- 2. Stay hydrated.** The average adult should drink eight 8-ounce glasses of water a day. Individuals who are physically active or who take medications that dehydrate may need more fluid.
- 3. Exercise safely.** Make sure you have proper safety gear and reliable equipment before you (or your kids) engage in a favorite exercise routine or sports activity.
- 4. Repair safety hazards.** If there is a safety hazard in your home or yard, have it fixed or call your landlord. Keep the hazard area blocked off to prevent injury.
- 5. Practice water safety.** Keep track of small children near a pool or natural body of water. Avoid using alcohol while swimming or boating and have life vests and other safety equipment on hand.
- 6. Take a CPR class.** Your local hospital or Red Cross is a good place to learn this lifesaving skill.
- 7. Dispose of old medications safely.** Do not flush old medications or throw them in the trash. Use medication disposal drop-off locations in your community.
- 8. Hold weather or fire safety drills.** Practice the fastest routes to safety in case of a fire or weather emergency. In addition, create a communication plan that tells your family what to do and where to meet if they are away from home when a disaster hits.
- 9. Assemble a disaster kit.** Key items include medications, first aid supplies, bottled water, non-perishable food, and emergency cash. Tailor the kit's contents to your needs.

LifeMatters can offer emotional support and practical resources during a family emergency, disaster, or other crisis event. We're here to help.

1-800-657-3719

Resources for Life. Work. Family. Wellbeing.
mylifematters.com (password STMN1)
Local Number: 651-259-3840 • 24/7/365
Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)

*SMS messages will be sent to the number of the user. Message availability may vary. Text STOP to stop the service. SMS service is available at <https://www.lifematters.com/sms>. Privacy policy: <https://www.lifematters.com/privacy>

The above information is for informational purposes only and is not intended to be a source of medical advice.



WebMD Coaching & Community

LifeMatters Materials

Discussed the promotion of *Health Coaching* and getting employees aware of the *Community* section so that employees can find support, offer encouragement, and work towards goals together.

Welcome to Coaching

WebMD Health and Wellness Coaches help you set realistic goals, get motivated, break through barriers, and create a support structure.

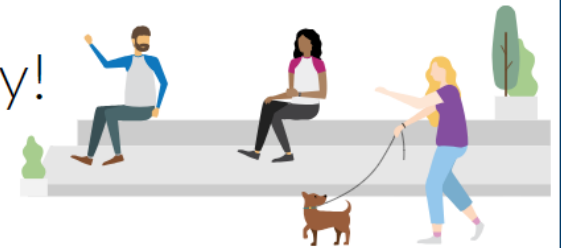
Welcome to the Community!

Find support, offer encouragement, and work toward goals together.

[Activity](#)

[My Groups](#)

[Discover](#)



Agency Reporting - Revenue

Department of Revenue

Department of Revenue update:

- **May** – wrapped up the *Staying Active Wherever You Are* challenge to promote incremental movement throughout the day.
- In Process:
 - Working on an event around aging parents
 - Collaborating with the Revenue Safety Committee on a cyber security event



Wellbeing Tip



Have a Photo Contest

People can share incredible things they see on their walks, photos of their pets or children, or even show off their unique talents in drawing, music, dance, whatever! We have such an amazingly talented group of individuals working at the State of Minnesota, and it's nice to make space to talk about our hobbies and find others who share similar interests.



Leadership Tip



Create a Virtual Book Club

Surprisingly, a virtual format works really well for a book club. You can still talk about the books and have a few laughs, but you could technically get ready for bed and still participate! You can empower your employees to create book clubs around their own interests—gardening, biographies, whatever!



Advocate Tip



Hold a Trivia or Game Meeting

During the pandemic, lots of companies popped up to facilitate trivia nights so employees could connect and show off their Jeopardy skills. These are a fun way to promote social interactions and meet new team members. For example, a food bracketology “*March Madness*” style and which item is going to be the food champion for road trips!

BEST ROAD TRIP SNACKS

FORTHEWIN

CHAMPION

GAS STATION STAPLES

- 1 Doritos
- 8 JACK LINKS Jack Link's Beef Jerky
- 4 LAY'S Lay's Potato Chips
- 5 POP-TARTS Pop-Tarts
- 3 OREO Oreo's
- 6 COMBOS Combos
- 2 CHEEZ-IT Cheez-It
- 7 BUC-EE'S Beaver Nugget

DRINKS

- 1 Coca-Cola
- 8 PEPSI
- 4 Starbucks Latte
- 5 ARIZONA Arnold Palmer
- 3 Red Bull
- 6 Monster Energy
- 2 Gatorade
- 7 7-Eleven Slurpee

FAST FOOD

- 1 McDonald's McNuggets
- 8 Sonic Tots
- 4 Popeyes Chicken Sandwich
- 5 McDonald's Big Mac
- 3 Taco Bell Crunchwrap
- 6 Arby's Curly Fries
- 2 Burger King Whopper
- 7 Wendy's Frosty

CANDY

- 1 M&M's
- 8 Skittles
- 4 Kit Kat
- 5 Sour Patch Kids
- 3 Twix
- 6 Haribo Goldbears
- 2 Snickers
- 7 Starburst

Meeting Recording Link

[June 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 Customer Service: 866-696-7322

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

[Contact WebMD](#)