

# MARCH 2024 CHAMPION CHECK-IN NEWSLETTER



# STATE OF WELLBEING CHAMPION CHECK-IN

## HEALTH AND WELL-BEING PROGRAM UPDATES

March 12, 2024

- **MARCH MEETING** - Meeting minutes, Agency/Location updates
- **TIPS** – National Nutrition Month - Healthy on a Budget: *Plan Out Meals, Encourage Cooking at Home, Consider Adding More Plant-Based Meals*



# WebMD Implementation Update

## WebMD Implementation Update

- Discussed Senior Wellness Coordinator update. We have reopened the interview process as requirements were not met from the previous candidate.



# WebMD – Communication Campaign

## WebMD Communication Campaign

- Discussed our communication campaign update for WebMD. Talked about schedules for the launch welcome email, registration emails, coaching emails, health assessment email, wellness themes, community, and challenges.

State of Minnesota 2024 Communication Plan

2024											
April	May	June	July	August	Sept	Oct	Nov	Dec	Jan	Feb	March
Launch Welcome Email	Registration Email	Coaching Email		Registration Email	Coaching Email		Registration Email				
	Health Assessment Email			Health Assessment Email			Health Assessment Email				
Sleep Rituals	Self-care in times of Stress	Financial Health	WBA TBD	WBA TBD	WBA TBD	WBA TBD	WBA TBD	WBA TBD			
			Add Community call out in WBA message			Add Community call out in WBA message		Add Community call out in WBA message			
	Challenges: Nutrition, Stressless, Steps						Challenges: Nutrition, Stressless, Steps				

# WebMD Portal Overview

## WebMD Portal Overview

- Discussed a high-level overview of the WebMD portal. Categories included: Coaching, Community, Content Hub, Daily Habits, Health Assessment, Health Record, Resources, Rewards, Sync Devices & Apps, and My Health and State of Minnesota web pages.

The screenshot shows the WebMD portal interface for the State of Minnesota. At the top, there is a navigation bar with the WebMD logo and the text "MANAGEMENT AND BUDGET" and "A Division of Wellmark". Below the navigation bar, there are two tabs: "My Health" and "State of Minnesota". The main heading reads "Welcome to Your Health and Well-being Resource Hub". Below this, a paragraph states: "The State of Minnesota partners with WebMD to offer an online platform and mobile app experience proven to inspire healthier habits, minds and bodies. Find helpful programs and resources below to assist you in your wellness journey." The "FEATURED" section includes a card for "Health and Well-being webinars" with a "REGISTER" button. The "PROGRAMS" section features four cards: "Diabetes Prevention and Management" with a "LEARN MORE" button, "Advantage Value for Diabetes" with a "LET'S GO" button, "Workplace well-being" with a "LEARN MORE" button, "Challenges" with an "INFORMATION" button, and "Mental Health Resources" with a "GET HELP" button.

# Webinars - Reporting

## Webinars

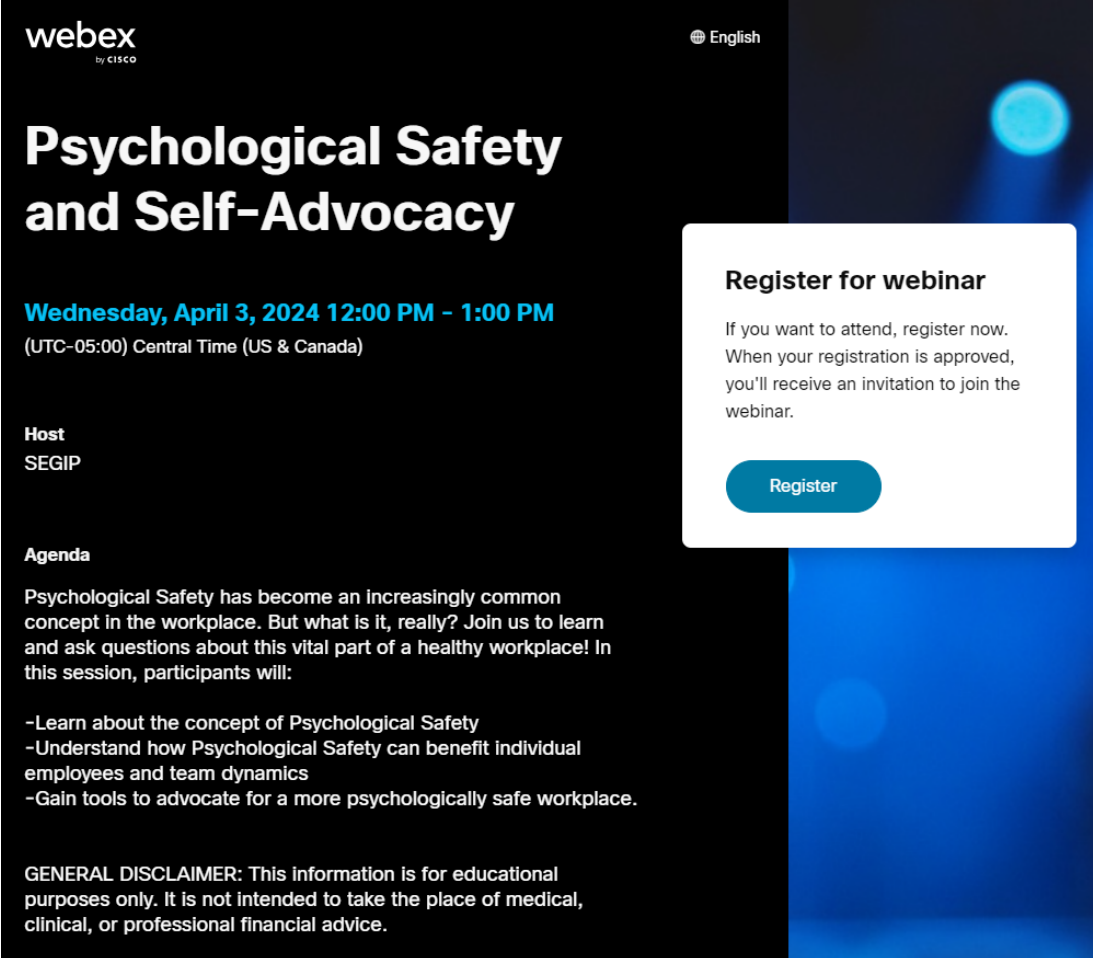
- Discussed reporting/attendance numbers for Wednesday Work Life Webinars through February 28.

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

# Webinars – Webinar Added

## Webinar Added

- Discussed webinar added to 2024 webinar schedule. New webinar added for April 3 of Psychological Safety and Self-Advocacy. Please see [Wednesday Well-being Webinars](#) for a complete schedule of webinars. Registration is required.



The screenshot shows a Webex webinar registration page. At the top left is the 'webex by CISCO' logo, and at the top right is a language selector set to 'English'. The main title is 'Psychological Safety and Self-Advocacy' in large white font. Below the title, the date and time are listed: 'Wednesday, April 3, 2024 12:00 PM - 1:00 PM (UTC-05:00) Central Time (US & Canada)'. The host is identified as 'SEGIP'. An 'Agenda' section follows, describing the session's focus on psychological safety in the workplace and listing three key takeaways: learning the concept, understanding its benefits for individuals and teams, and gaining tools for a psychologically safe workplace. A 'GENERAL DISCLAIMER' is provided at the bottom. A white registration pop-up box is overlaid on the right side, containing the text 'Register for webinar', a brief explanation of the registration process, and a blue 'Register' button.

webex  
by CISCO

English

## Psychological Safety and Self-Advocacy

Wednesday, April 3, 2024 12:00 PM - 1:00 PM  
(UTC-05:00) Central Time (US & Canada)

Host  
SEGIP

**Agenda**

Psychological Safety has become an increasingly common concept in the workplace. But what is it, really? Join us to learn and ask questions about this vital part of a healthy workplace! In this session, participants will:

- Learn about the concept of Psychological Safety
- Understand how Psychological Safety can benefit individual employees and team dynamics
- Gain tools to advocate for a more psychologically safe workplace.

GENERAL DISCLAIMER: This information is for educational purposes only. It is not intended to take the place of medical, clinical, or professional financial advice.

**Register for webinar**

If you want to attend, register now. When your registration is approved, you'll receive an invitation to join the webinar.

Register



# Omada – April Campaign

## Omada – April Campaign

- Discussed April campaign – Stress Awareness Month.
- Please see sent documents:
  1. **SEGIP – April Stress Awareness Month – April 2024 – Micro Monthly Campaign – Flyer – 050624**
  2. **SEGIP – April Stress Awareness Month - Banner - 050624**

**omada**

## Overcome stress one breath at a time

**Use deeper breathing to reduce stress and feel better.**

Studies show that practicing deep, controlled breathing slows your heart rate, and can calm your feelings to help reduce stress and depression. It even helps to increase alertness, improve sleep and boost your immune system.

With Omada®, you will get one-on-one support to help you breathe more, breathe better and improve your overall health.

**5 steps to deeper breathing:**

- 1 Relax your body. Find somewhere to sit or lie down comfortably.
- 2 Close your eyes and inhale slowly through your nose. Feel your breath as it causes your belly to expand.
- 3 At the end of your inhale, pause for a few seconds, then exhale fully through your mouth.
- 4 Focus on each breath as it goes in and out of your body.
- 5 If your attention wanders, that's ok. Bring the focus back to your next breath.

**“My stress level has significantly decreased and I sleep better than I have in years.”**

— CATHIE, OMADA MEMBER

→ **Claim your benefit at [omadahealth.com/SEGIP](https://omadahealth.com/SEGIP)**

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.



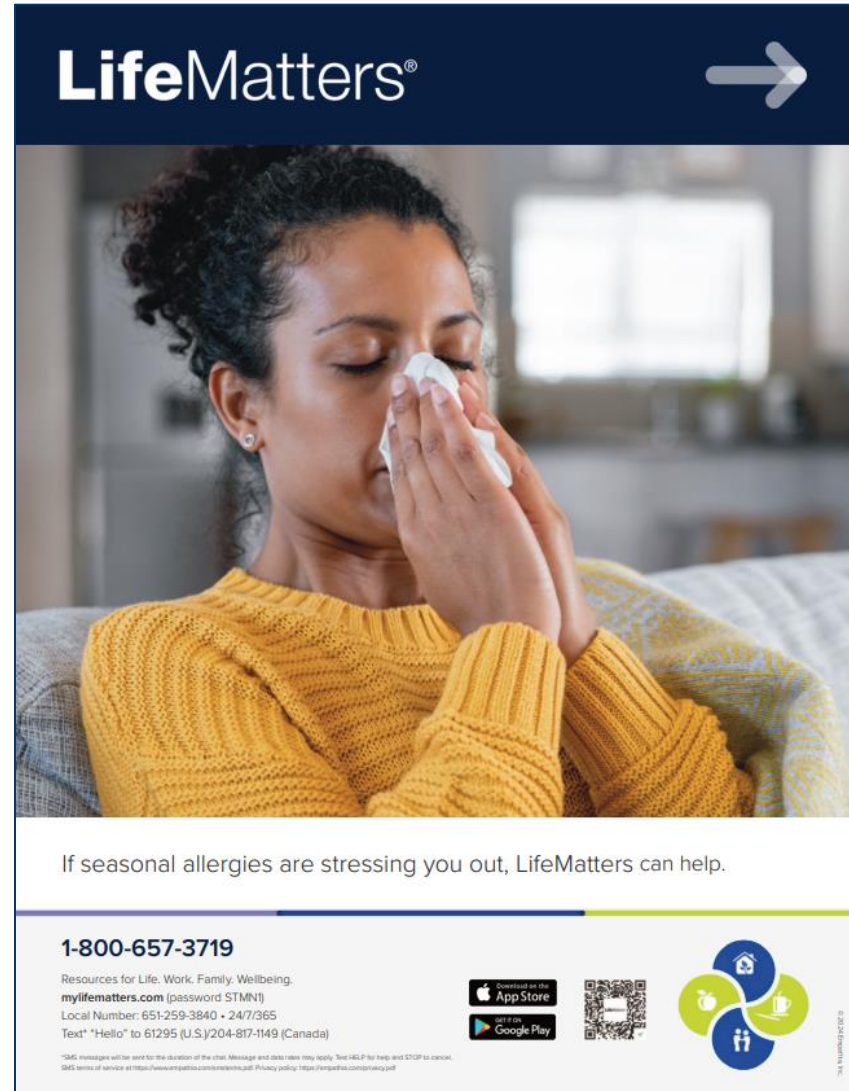
# LifeMatters Materials

## LifeMatters Materials

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

Topics include:

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



The graphic features a woman in a yellow sweater blowing her nose into a tissue. The top left corner has the LifeMatters logo and a right-pointing arrow. Below the image, the text reads: "If seasonal allergies are stressing you out, LifeMatters can help." At the bottom, it lists the phone number 1-800-657-3719, the website mylifematters.com (password STMN1), and local and text numbers. It also includes app store download icons for the App Store and Google Play, a QR code, and the LifeMatters logo. Small text at the bottom provides terms of service and privacy policy links.

**LifeMatters®** →

If seasonal allergies are stressing you out, LifeMatters can help.

**1-800-657-3719**  
Resources for Life, Work, Family, Wellbeing.  
[mylifematters.com](https://mylifematters.com) (password STMN1)  
Local Number: 651-259-3840 • 24/7/365  
Text\* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)

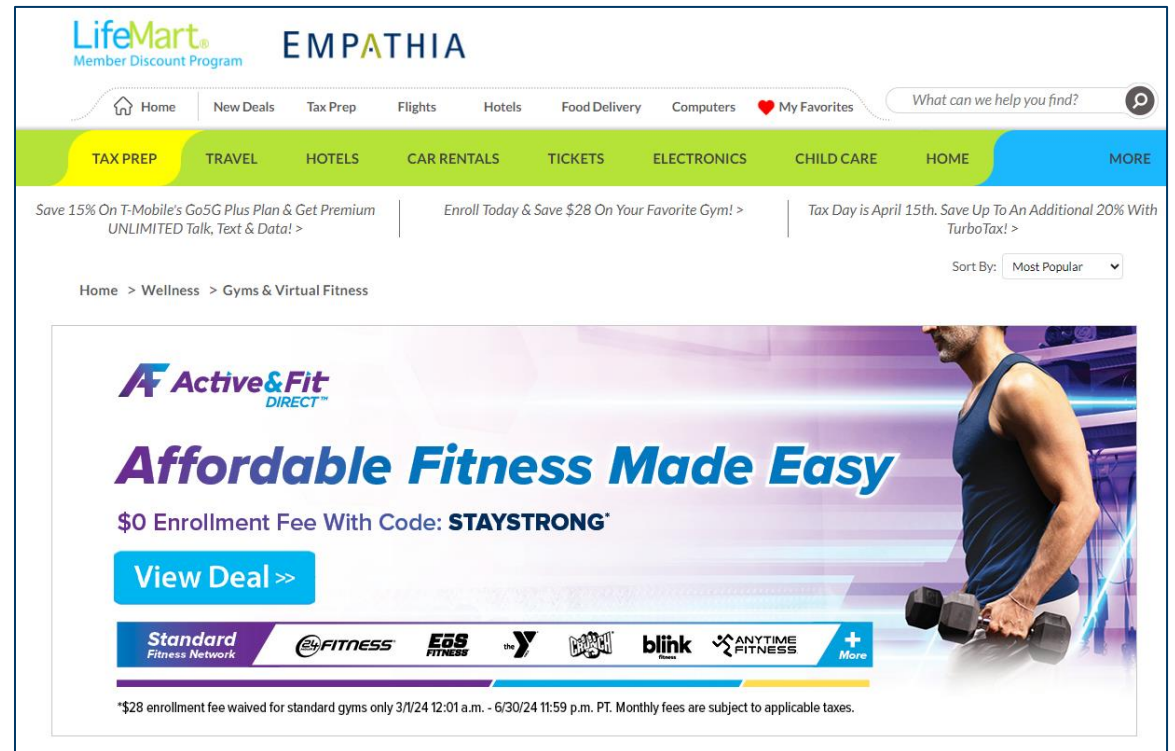
Download on the App Store  
GET IT ON Google Play

\*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel.  
SMS terms of service at <https://www.optima.com/termsandconditions>. Privacy policy: <https://optima.com/privacy>

# Healthy Discounts Update

## Healthy Discounts Update

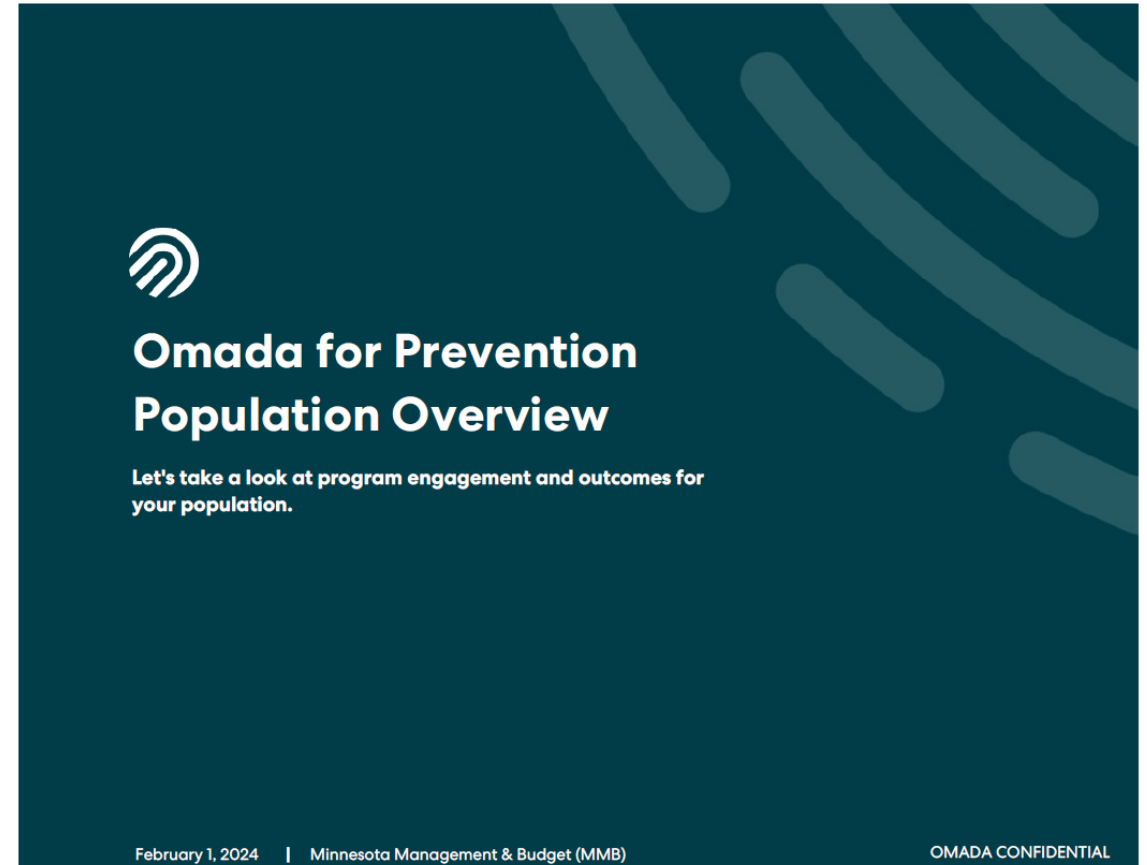
Discussed update to [Health and Well-being Discounts](#) page which can be found on our [Employee well-being](#) web page. New page has added information about LifeMart Discounts. To view discounts, log on to LifeMatters.



The screenshot displays the LifeMart EMPATHIA Member Discount Program website. The navigation bar includes Home, New Deals, Tax Prep, Flights, Hotels, Food Delivery, Computers, and My Favorites. A search bar is present with the text "What can we help you find?". Below the navigation bar, there are category tabs: TAX PREP, TRAVEL, HOTELS, CAR RENTALS, TICKETS, ELECTRONICS, CHILD CARE, HOME, and MORE. A promotional banner for Active&Fit DIRECT is featured, with the headline "Affordable Fitness Made Easy" and the offer "\$0 Enrollment Fee With Code: STAYSTRONG". A "View Deal >>" button is visible. The banner also lists participating fitness networks: Standard Fitness Network, e4 FITNESS, EGS FITNESS, the Y, Blink Fitness, and ANYTIME FITNESS. A small disclaimer at the bottom of the banner reads: "\$28 enrollment fee waived for standard gyms only 3/1/24 12:01 a.m. - 6/30/24 11:59 p.m. PT. Monthly fees are subject to applicable taxes."

## Omada Reporting

Discussed Omada reporting including enrollments by condition, enrollment rate, demographics for prevention participants, discussion of program phases, engagement, and overall weight loss for our population.



# Agency Reporting - Revenue

## Department of Revenue

### Department of Revenue update:

- **March**

- NAMI will present Belonging, Why It Matters
- Revenue Rovers Reading Challenge
- Decluttering speaker and challenge

- **April**

- NAMI will present QPR – Question, Persuade, Refer



# Agency Reporting – Anoka-Ramsey CC

## Anoka-Ramsey Community College

### Anoka-Ramsey CC update:

- Community Walking – Wednesdays at noon.
- Yoga classes at Coon Rapids and Cambridge campuses.
- “Nutrition and Healthy Living” and “Plant-Based Nutrition” presentations.
- Lunch & Learns – “Physical Activity and its Connection to Mental Well-being” (3/20/24), “Hunger and Food Insecurity” (4/17/24).
- Mental Health Programming – NAMI presentations and Counseling.
- Contact champion Joyce Traczyk, [joyce.traczyk@anokaramsey.edu](mailto:joyce.traczyk@anokaramsey.edu) for more information.



**ANOKA-RAMSEY**  
COMMUNITY COLLEGE

## Wellbeing Tip



### *Plan Out Meals*

Decide on several main meals for the week. Arrive at the store with a list of ingredients, stick to the list, and avoid the interior aisles of the supermarket so as not to be tempted by processed foods or impulse purchases.





## Leadership Tip



### *Encourage Cooking at Home*

Eating at home is much cheaper, and healthier, than eating out or ordering takeout. Think about stretching meals to use leftovers from one meal to create a completely different dish; for example, use leftover roasted chicken to make chicken quesadillas on a different night.





## Advocate Tip



### ***Consider Adding Plant-Based Meals***

Plant-based protein sources, like beans and tofu, are less expensive than meat. Add a few plant-based meals to a cooking repertoire, or simply replace a portion of the meat in regular recipes with a plant-based protein.



# Meeting Recording Link

## March 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!