

MAY 2024 CHAMPION CHECK-IN NEWSLETTER



STATE OF WELLBEING CHAMPION CHECK-IN

HEALTH AND WELL-BEING PROGRAM UPDATES

- **MAY MEETING** - Meeting minutes, Agency/Location updates
- **TIPS** – Mental Health Month: *Community Service and Volunteering, Create a Culture of Self-Care, Support Mental Health*

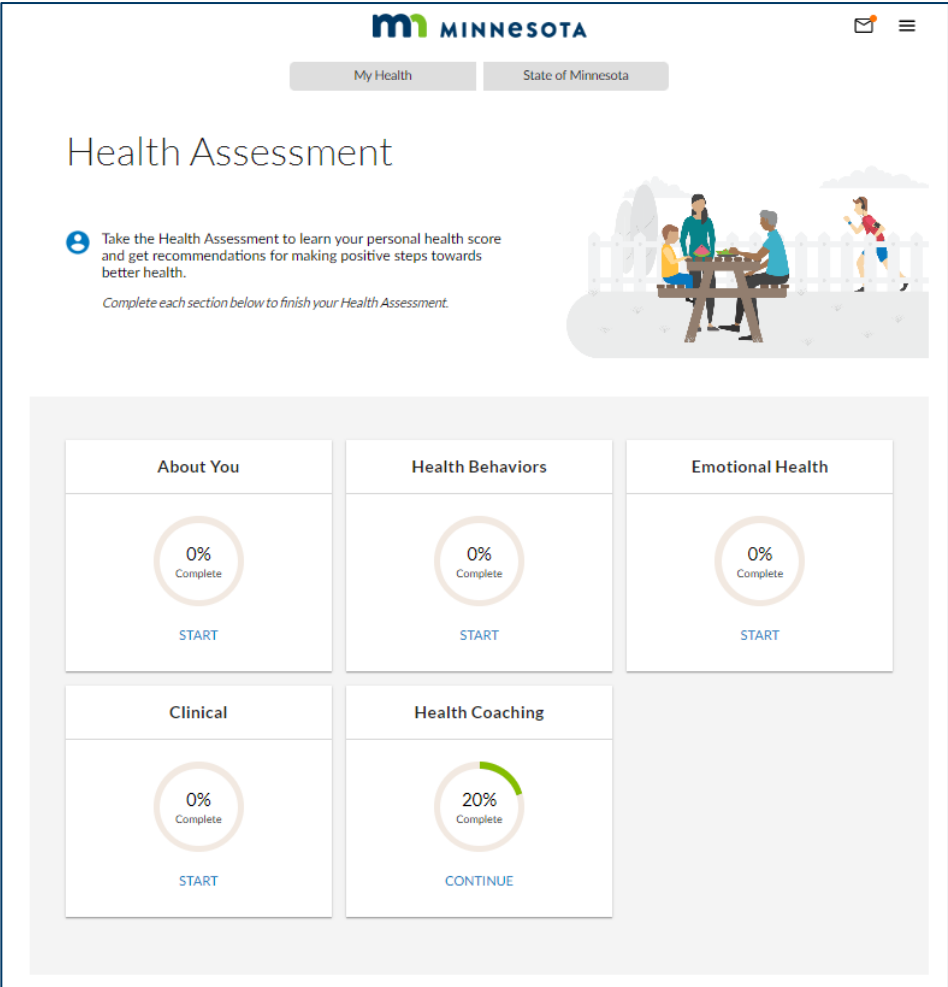
May 14, 2024



WebMD – Launch Updates

WebMD - Launch Updates

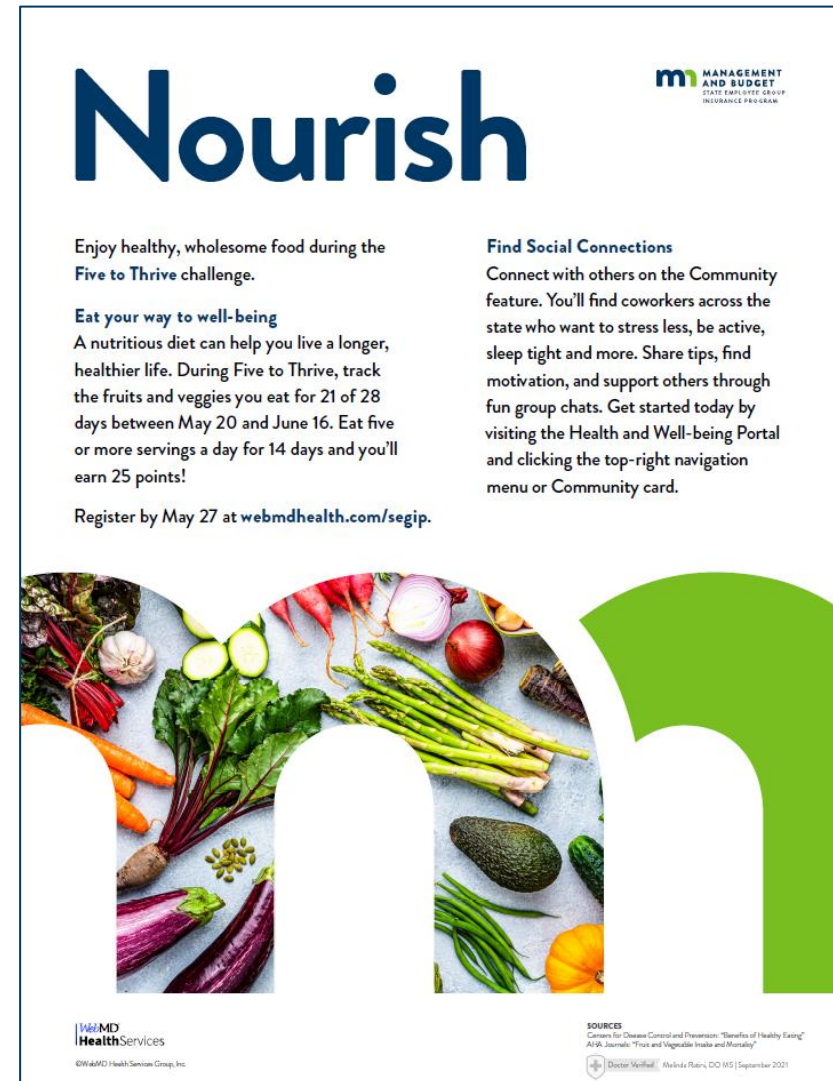
- Discussed full launch updates. The health assessment, health coaching, and Content Hub with closed captioning will all be available on May 17.



WebMD – Five to Thrive Nutrition Challenge

WebMD - Challenge

- Discussed challenge resources that were sent previously. During the Five to Thrive Nutrition Challenge, participants track the fruits and veggies they eat for 21 of 28 days between May 20 and June 16. Eat five or more servings a day for 14 days and employees will earn 25 points!

A promotional poster for the 'Nourish' challenge. The title 'Nourish' is in large blue font. Below it, there are two columns of text. The left column is titled 'Enjoy healthy, wholesome food during the Five to Thrive challenge.' and 'Eat your way to well-being'. The right column is titled 'Find Social Connections'. At the bottom, there is a photograph of various fresh vegetables and fruits arranged in a way that forms the letters 'FIVE TO THRIVE'. The background is white with green accents.

MANAGEMENT AND BUDGET STATE EMPLOYEE GROUP INSURANCE PROGRAM

Nourish

Enjoy healthy, wholesome food during the Five to Thrive challenge.

Eat your way to well-being
A nutritious diet can help you live a longer, healthier life. During Five to Thrive, track the fruits and veggies you eat for 21 of 28 days between May 20 and June 16. Eat five or more servings a day for 14 days and you'll earn 25 points!

Register by May 27 at webmdhealth.com/segip.

Find Social Connections
Connect with others on the Community feature. You'll find coworkers across the state who want to stress less, be active, sleep tight and more. Share tips, find motivation, and support others through fun group chats. Get started today by visiting the Health and Well-being Portal and clicking the top-right navigation menu or Community card.

SOURCES
Centers for Disease Control and Prevention: "Benefits of Healthy Eating"
AJPA. Journals: "Fruit and Vegetable Intake and Mortality"
Dietary Guidelines | MyPlate | www.dietaryguidelines.gov | September 2015

WebMD Health Services
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WebMD – Senior Well-being Program Coordinator

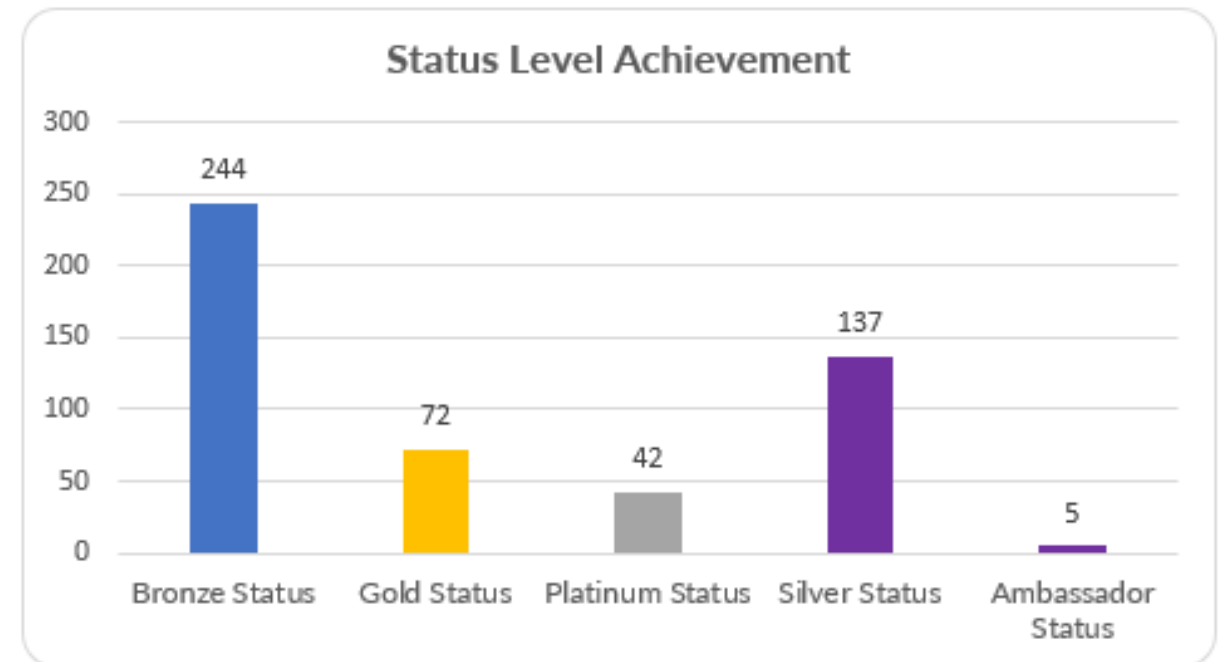
WebMD – Well-being Coordinator

- Discussed senior well-being program coordinator updates. Introduced Hailey to the champion group and she gave background on herself and her role. She will start group health coaching training May 20 and will be with the State full time soon. Welcome Hailey!



WebMD – Reporting

- Discussed WebMD reporting. Discussed the Dashboard with registration rates, status level achievement, activities, and the pulse survey. Still working on what annual champion reporting will look like for each agency.



Webinars - Reporting

Webinars - Reporting

- Discussed reporting/attendance numbers for Wednesday Work Life Webinars through May 8.

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

Webinars – Upcoming Webinars

Upcoming Webinars

- Discussed upcoming webinars for the month of May. New webinar added not listed here is Minnesota State Retirement System: MSRS on May 15. 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.

May 8 - Key Conversations

May 22 - Team Building

May 29 - Get to Know Your Benefits

m Webinar Recordings Available

The banner features an illustration of a person sitting at a desk with a laptop, participating in a webinar. A video feed shows a man speaking. The background is light blue with a dark blue header and footer.

Omada – June Campaign

Omada – June Campaign

- Discussed June campaign – Global Employee Health and Men’s Health Month.
- Please see sent documents:
 1. ***Global Employee Health and Fitness – June 2024 – Banner***
 2. ***Global Employee Health and Fitness – June 2024 – Flyer***
 3. ***Men’s Health Month – June 2024 – Banner***
 4. ***Men’s Health Month – June 2024 - Flyer***



The flyer features the Omada logo and the Management and Budget State Employee Group Insurance Program logo. The main headline reads "Hey man... your health is too important." Below this, it states "Men, your loved ones rely on you. Improve your health for them, and yourself." A testimonial from Paul, an Omada member, says "I am grateful that I have been able to be a part of Omada... Physically, mentally, and emotionally, I feel a lot better!" The flyer lists five benefits: 100% human-led, not a celery-stick diet, on your time, tools to guide you, and made for you. It concludes with "Thanks to SEGIP, you have access to Omada at \$0 cost to you, if eligible." and a call to action to claim the benefit at omadahealth.com/SEGIP. A small disclaimer at the bottom states: "1. *Overweight & Obesity Statistics - NIDDK; National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, Sept. 2021. 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

MANAGEMENT AND BUDGET STATE EMPLOYEE GROUP INSURANCE PROGRAM

Hey man...

your health is too important.

Men, your loved ones rely on you. Improve your health for them, and yourself.

More than 1 in 3 men are overweight or obese which can lead to many serious health conditions including heart issues, trouble sleeping, and joint pain.¹ Ignoring your health can also weigh heavily on your loved ones and those who rely on you.

Omada can help. Omada is a no-cost-to-you virtual care program that offers private and personal care to help improve your health by building healthy habits that work best for you. Use it anytime, anywhere.

I am grateful that I have been able to be a part of Omada... Physically, mentally, and emotionally, I feel a lot better!

— PAUL, OMADA MEMBER

Omada is different from other programs.

- 100% human-led. A real, personal health coach gives you one-on-one support.
- Not a celery-stick diet. Get healthy with foods you already enjoy.
- On your time. If you have your smartphone, you have your health coach.
- Tools to guide you. Smart devices to track your progress (yours to keep).
- Made for you. A wellness plan and lessons tailored to your goals and lifestyle.

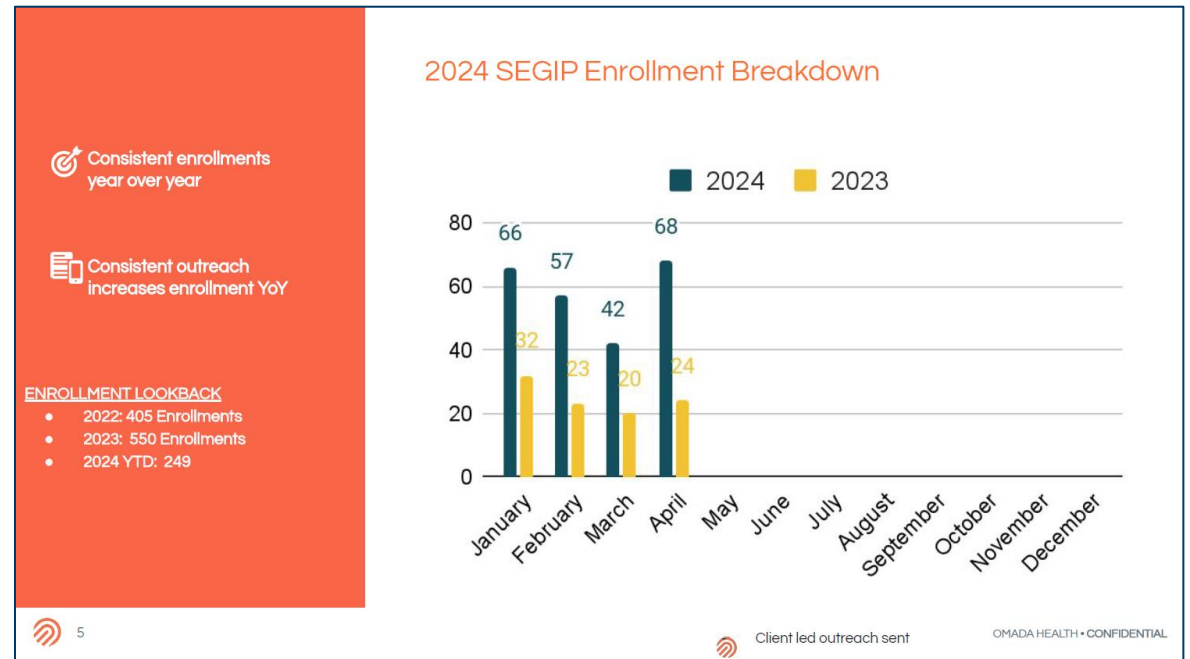
Thanks to SEGIP, you have access to Omada at \$0 cost to you, if eligible.

→ Claim your benefit at omadahealth.com/SEGIP

1. *Overweight & Obesity Statistics - NIDDK; National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, Sept. 2021. 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 – Reporting

- Discussed reporting for Omada through April 2024. Discussed SEGIP enrollment breakdown, SEGIP participation by month, Prevention cardiometabolic stats, Diabetes cardiometabolic stats, and 2024 creative menu ideas.




LifeMatters Materials

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

Topics include:

- *Spring 2024 LifeMatters*
- *May Webinar*


LifeMatters[®]
Resources for Life. Work. Family. Wellbeing.



Manage Stress with Exercise

One of the best cures for stress is also the simplest: Get moving! Exercise impacts your mental health and overall wellbeing in numerous ways:

- **Brain chemistry.** Exercise causes the brain to release endorphins. These hormones ease pain and promote a sense of comfort and euphoria. Other effects on the brain include the release of chemicals which function as natural antidepressants. Serotonin, in particular, helps to stabilize mood and decrease negative feelings.
- **Mental health.** Moderate exercise interrupts the cyclic thinking process associated with depression. It may also help to dispel worry and anxiety.
- **Emotional control.** Exercise often provides an outlet for negative emotions, such as frustration, anger, and irritability. The result? A more positive mood and outlook.
- **Overall wellbeing.** Research indicates that exercise:
 - Improves the ability to relax and sleep
 - Promotes self-esteem
 - Enhances energy, concentration, and memory
- **Self-care.** When you exercise, you are setting aside time to focus on your own wellbeing. In addition, taking time for yourself may help you to be more mindful and present in other areas of your life.



Most forms of physical activity provide some level of stress relief. However, you are more likely to stay on a regular exercise schedule if you choose an activity you enjoy. Consider if you prefer:

- Solitary activities that incorporate some level of meditation
- Partner or group activities
- Competitive activities, such as sports

In addition, research suggests that a regular exercise routine is more beneficial than sporadic exercise. Try to engage in 30 minutes of physical activity most days of the week. In addition, keep in mind that three 10-minute bursts of activity have the same benefits as one 30-minute session.


For more suggestions on how to manage stress and build resilience, contact LifeMatters. Help is available 24/7/365.

LifeMatters Programs

LifeMatters Programs


Discussed/highlighted LifeMatters programs:

- **Balance** – free access to expertly-crafted financial education, counseling, and resources.
- **LegalCORNER** – allows users access to online legal resources in addition to an online attorney directory.
- **Guided Experience** – confidential questionnaire to receive a personalized guide for your journey to better health and well-being.
- **Calendar** – various events each month.




Guided Experience

[Read More](#)



Financial Wellness

[Read More](#)



Legal Resources

[Read More](#)

Calendar

Program events offer more opportunities to engage with information and services. To sign up for an event, click on the link beneath each entry.

Health and Well-being Web Page

Health and Well-being Web Page

- Discussed updates to the [health and well-being web page](#). New look with drop downs, WebMD video added, and updated [Well-being Program](#) page.

The screenshot shows the Health and Well-being web page for the Management and Budget State Employee Group Insurance Program. The page features a dark blue header with the logo and navigation links: Home, Insurance Benefits, Employee Assistance Program, and Health and Well-being. A search bar and an Online Payments button are also visible. The main content area includes a large banner image of two people kayaking on a river. Below the banner, the text reads "Health and Well-being" and "Improving the health and well-being of state employees, their families, and their workplaces." The page is divided into two columns. The left column, titled "What do you want to learn about?", lists five categories: Well-being program, Diabetes prevention and management, Employee Assistance Program (EAP), Mental Health Resources, and Worksite well-being. Each category has a green icon and a brief description. The right column, titled "Featured Resources", includes three items: WebMD One (Progress is Personal), Omada Diabetes Prevention (Eat healthier + Move more + Sleep better + Manage stress), and Webinars (Health & Well-being Webinars).

MANAGEMENT AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Search

Online Payments

Home Insurance Benefits Employee Assistance Program Health and Well-being

Health and Well-being
Improving the health and well-being of state employees, their families, and their workplaces.

What do you want to learn about?

- Well-being program**
Join other employees around the state in activities throughout the year.
- Diabetes prevention and management**
Find resources whether you have or are at risk for developing diabetes. This includes benefit information that can help reduce your out-of-pocket costs.
- Employee Assistance Program (EAP)**
Your EAP is there to help make your life easier in so many ways. EAP offers counseling, childcare and home repair searches, financial and legal services, and much more. Call, chat or click any time, any day.
- Mental Health Resources**
Learn more about resources, available through your employee benefits, that can support your mental health and well-being.
- Worksite well-being**
Access employee-driven activities, policies, and practices that support your health at work and home.

Featured Resources

- WebMD One**
Progress is Personal
- Omada Diabetes Prevention**
Eat healthier + Move more + Sleep better + Manage stress
- Webinars**
Health & Well-being Webinars

WebMD ONE Portal

WebMD ONE Portal

- Discussed upcoming full launch of WebMD. Health assessment, health coaching, and content hub will be added on May 17.

The screenshot displays the WebMD ONE Portal dashboard. At the top, the logo for 'MANAGEMENT AND BUDGET' is visible. The main content is organized into three sections:

- THINGS I'M WORKING ON:** This section features three cards. The first is 'Community Group' with a 'CONNECT' button. The second is 'Exercise' with a 'VIEW PROGRESS' button. The third is 'THE FIVE TO THRIVE NUTRITION CHALLENGE' with a 'GET READY' button.
- TAKE ACTION:** This section is titled 'These important well-being activities help you maintain your healthiest you'. It contains six cards: 'Coming Soon!', 'Wednesday Well-being Webinars' (with a 'REGISTER' button), 'Workplace Well-being' (with a 'LEARN MORE' button), 'Challenges' (with an 'INFORMATION' button), 'Work/Life Balance' (with a 'GET STARTED' button), and 'Stress' (with a 'TAKE FIVE' button).
- EXPLORE & LEARN:** This section is titled 'Our well-being learn center will help you discover your favorite ways to live healthier'. It includes a sub-section for 'ARTICLES' with three article thumbnails.

Agency Reporting - Revenue

Department of Revenue

Department of Revenue update:

- **May** – Staying Active Wherever You Are - encouraging employees to get more incremental movement in throughout their day.
- **June** - In-person QPR training.



Minnesota IT Services

Minnesota IT Services update:

- MNIT is doing a big push during May for Mental Health Awareness Month. They're using the [Dept of Health's Mental Health Awareness Month Toolkit](#) to send weekly messages on Fridays to all staff. Within those messages, they're promoting EAP's Well-being Webinars, joining their committee, and an event they have coming up on May 23. They have teamed up with the [National Association of Mental Illness \(NAMI\)](#) to have them present a class on Belonging, Why it Matters. This is a virtual mental health class, which will be 1.5 hours offered to all staff.
- For more information contact Champion Marlee Schlief, Marlee.Schlief@state.mn.us



Wellbeing Tip



Community Service & Volunteering

It's no secret that doing good makes you feel good, so provide opportunities for teams to come together in service to the community. Choose an organization that matches your company's mission or a local cause that could use the help. Giving back is especially important to younger generations, who also tend to have a higher expectation that their employer will provide opportunities to give back to the community.



Leadership Tip



Create a Culture of Self-Care

Leaders/co-workers sometimes unintentionally send subtle messages that self-care is indulgent, rather than something you need for your mental wellness. Here are a few ideas to normalize self-care with examples:

- **Designate a self-care day** – *10 minutes to sit on a park bench and do nothing.*
- **Encourage boundary-setting** - *maintaining regular work hours and establish norms around answering emails on nights and weekends.*
- **Reduce the stigma of taking time off** – *a staycation and go to a day baseball game, take the time off you deserve!*



Advocate Tip



Support Mental Health

What is one action you can take to support mental health in your workplace? Ideas can be:

- *Communicate about EAP benefits*
- *Ask employees to share personal stories about mental health*
- *Create a mental health toolkit for leadership*
- *Education on mental health during Mental Health Month*
- *Mental health first aid training*
- *Promoting WebMD services like Beyond Well podcasts and health coaching*



Meeting Recording Link

May 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](#)