

# FEBRUARY 2025 CHAMPION CHECK-IN NEWSLETTER

## *“Your Monthly Recap”*



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# WELCOME & OVERVIEW



## ***Welcome, Champions!***

Thank you for your contributions to creating healthier workplaces! This Champion Check-In newsletter is a summary of what we covered in our meeting for February.

# WebMD – Reporting

## WebMD Reporting

At our recent SWC meeting, we reviewed WebMD reporting for January 2025. We discussed key engagement metrics, including overall and agency-specific registration rates, status level achievements, and participation in wellness activities. The top three wellness activities from WebMD were highlighted, along with insights from the Daily Habits program statistics.



*"Every effort counts, every milestone matters. Together, we create a healthier workplace!"*

# March Program Planning

## WebMD Updates

- **Senior Well-being Coordinator, Hailey Peckat**, shared updates on **March program planning**, focusing on:
- **National Nutrition Month** and **Diabetes Alert Day** themes.
- **Wednesday Well-being Webinars** lineup:
  - Emotional Eating
  - Eat Right, Live Well
  - Understanding Prediabetes and Diabetes

These initiatives support employees in making informed and mindful choices about nutrition and health.

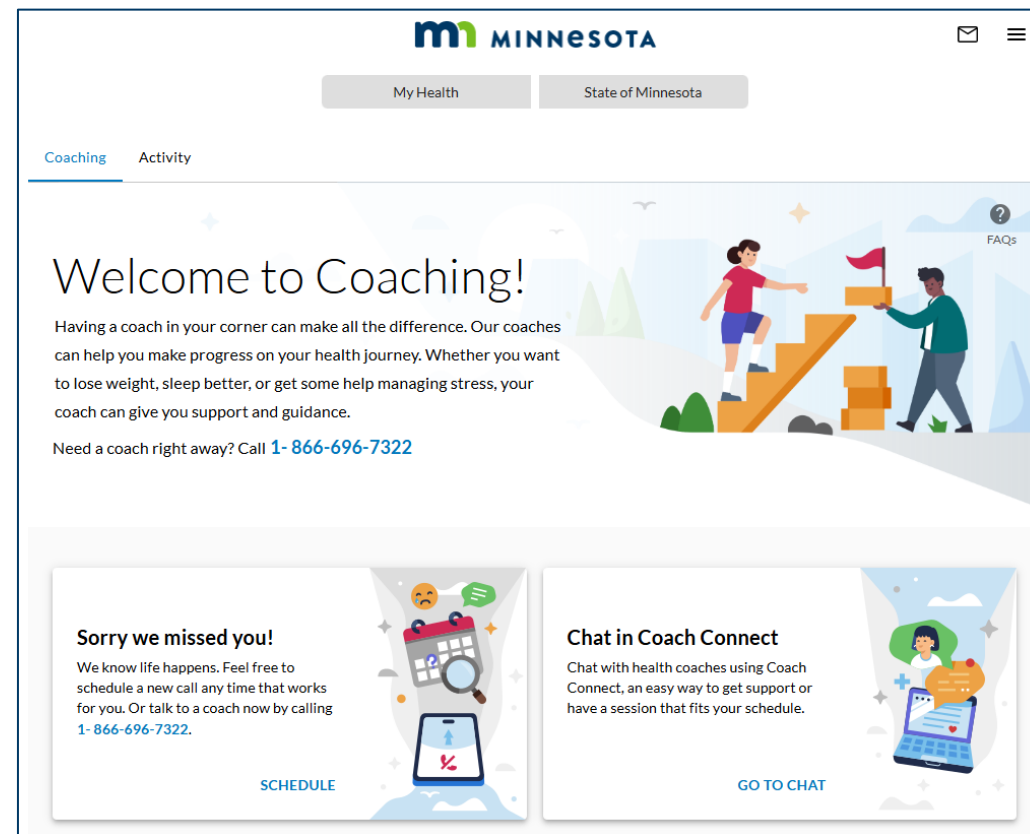


# WebMD Coaching Overview

## WebMD Coaching Overview

- At our recent **Well-being Champion Meeting**, **Senior Well-being Coordinator, Hailey Peckat**, introduced the **new Coaching Lobby** in the [WebMD website](#). She highlighted key features, including:
- **"Talk to a Coach"** – Easily connect with a professional for personalized guidance.
- **"Chat in Coach Connect"** – Instant support through live chat.
- **"Coaching Call Scheduled"** – Clear scheduling to track upcoming coaching sessions.

These updates enhance accessibility and engagement, helping employees take full advantage of WebMD coaching services.



# Wednesday Work Life Webinars

## Wednesday Work Life Webinars

- In our latest **Well-being Champion Meeting**, we dove into the **January [webinar](#) attendance**—and wow, what a turnout! 🚀

Here's what's coming up in **February**:

📅 A fresh lineup of **engaging, insightful, and downright awesome webinars!**

💡 Expect powerful sessions on topics that fuel both mind and body that include *Keep the Beat: Essential Steps to a Healthier Heart*, *LifeMatters Services Overview*, and *Personal Resilience*.

👏 Let's keep the momentum going—**spread the word and encourage your teams to tune in!**





# Omada March Campaign

## Omada March Campaign

🥑 Fueling Wellness with [Omada](#)! 🍎

In our latest **Well-being Champion Meeting**, we explored the fantastic March (one month in advance) campaign resources from Omada, our trusted prediabetes and diabetes vendor! Here's what's on the menu:

📢 **Banner:** *5 Nutrition Plans for Weight Loss Success – Because one size doesn't fit all when it comes to healthy eating!* 🥗

📄 **Flyer:** *Bridge the Gap Between Healthy and Tasty – Say goodbye to bland and hello to balanced!* 🍴

📖 **Reference Guide:** *March "National Nutrition Month" Micro Campaign – Your go-to playbook for spreading the word on smarter nutrition choices!* 📅

👏 Champions, let's share these resources far and wide! 💪



The flyer features the Omada logo and the Management and Budget State Employee Group Insurance Program logo. The title "Bridge the Gap Between Healthy and Tasty" is prominently displayed. Below the title, it says "Discover delicious, healthy food choices with the support of a personal health coach." A woman is shown in a circular inset, preparing food. The flyer lists four tips: 1. Colorful Veggies, 2. Lean Protein, 3. Healthy Fats, and 4. A Bit of Fun. A quote from Ruby, an Omada member, is included. At the bottom, there is a call to action "Apply today" with the URL omadahealth.com/SEGIP.

**omada**

**m1** MANAGEMENT AND BUDGET STATE EMPLOYEE GROUP INSURANCE PROGRAM

### Bridge the Gap Between Healthy and Tasty

Discover delicious, healthy food choices with the support of a personal health coach.

Your food choices influence your energy, sleep, and even mood but Omada® is here to help. With Omada, you can work one-on-one with your very own personal health coach to find meals that fit your lifestyle and health goals.

**Try out these 4 tasty tips:**

- 1 Colorful Veggies**  
Fill up half of your plate with non-starchy veggies in a variety of colors.
- 2 Lean Protein**  
Pick good lean protein that can be enjoyed hot or cold, like cooked chicken, tuna, or tofu.
- 3 Healthy Fats**  
Healthy fats—like avocados, nuts and olive oil—help support our brain, heart, skin, reduce inflammation and can even help with weight loss.
- 4 A Bit of Fun**  
Add a bit of fun—like frozen yogurt covered blueberries or dark chocolate—to satisfy cravings and help you stay on track.

“My coach helps to make my experience personalized. She reaches out to check in and sends recipes of foods I actually like and eat and what my family likes and eats. Things that I will actually cook.”  
— RUBY, OMADA MEMBER

→ **Apply today**  
[omadahealth.com/SEGIP](https://omadahealth.com/SEGIP)

Join Omada to receive personalized help in reaching your nutrition and health goals.

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.

*"Small changes add up to big results—let's make March a month of mindful nutrition!"*



## LifeMatters Resources

✨ [February LifeMatters EAP Resources](#) were a hot topic at our meeting! We covered:

- **LifeMatters February Webinar: *Tips for a Tax-Smart Future*** – because who doesn't love keeping more of their hard-earned cash? 💰
- **Winter 2025 Featured Topics:**
  - **Setting Limits on the “Virtual” World** – unplug and recharge! 🖱️🚫
  - **Coping with Bullying and Harassment** – supporting a healthier workplace.
  - **Financial Benefits (and Pitfalls!) of Online Activity** – smart money moves in the digital age.
  - **Cutting Costs During Financial Hardship** – stretch those dollars wisely!


**LifeMatters®**  
Resources for Life. Work. Family. Wellbeing.

### Cutting Costs During Financial Hardship

Financial hardships often come on unexpectedly. A change in circumstances could make it difficult for you to sustain your financial obligations, sometimes with little advanced notice.

If you find yourself in this situation, it is important to reduce spending immediately. Here are several places where you can quickly cut back:

- **Food.** Start by cutting restaurant and takeout food from your routine, including at work. Next, consider creative ways to stretch your grocery budget, such as making meals yourself rather than buying pre-made foods. Finally, look for ways to eliminate food waste.
- **Phone and Internet.** Check into whether you could cut back to cheaper plans or consolidate these services.
- **Insurance.** Comparison shop to see if you can find a better auto, home, or renters' insurance rate. A higher deductible may help you obtain a lower rate.
- **Entertainment.** Canceling streaming services and other subscriptions is a quick way to cut expenses. Use your local library to access books and movies for free.
- **Gas.** Carpool, combine errands, and use public transportation when available.







- **Shopping for fun.** Now is not the time to shop for fun or relaxation, either online or in person. If you need to get out of the house, consider going to a museum with free admission or a local park.
- **Utilities.** Make your living space more energy efficient by turning down the thermostat or water heater, cutting water consumption, or decreasing electricity use.

If you are struggling to cut expenses, the following actions may help:

- **Use the LifeMatters Discount Center.** Go to [mylifematters.com](#) and visit the Discount Center to save money on products and services. It's a great way to cut costs!
- **Talk to an expert.** An accountant or financial advisor can recommend helpful adjustments based on your current debt-to-income ratio. In addition, the LifeMatters Financial Consultation Service can offer immediate guidance. Call 247/365.

**1-800-657-3719**  
[mylifematters.com](#) (password: STMN1)  
Local Number: 651-259-3840 • 247/365  
Text: "Hello" to 61295 (U.S.)/204-871-1149 (Canada)  
TTY/TRS 711 and language translation services available



TMN1 resources can be used for the duration of the trial. Please contact your local LifeMatters office for more information. ©2025 LifeMatters. All rights reserved. LifeMatters is a registered trademark of LifeMatters. All other trademarks are the property of their respective owners. The information is not intended to be used as a substitute for professional advice. Please consult your financial advisor for more information.

# Champion Toolkit Overview

## Champion Toolkit Overview

🚀 **Your All-in-One Resource Hub—Now with a Quick Recap!**

Senior Well-being Coordinator, **Hailey Peckat**, revisited the **Champion Toolkit**—your go-to hub for all things well-being!

🌟 **What's Inside?**

✓ Tools & tips to **supercharge** your workplace well-being efforts  
🏆

✓ Easy access to **everything you need**—no more hunting for scattered resources! 🔍

✓ A fun, **impactful** way to make well-being a priority 🎯

💡 Missed it in January? No worries! Reach out anytime and explore the resources designed **just for you**.



*"The best tools in well-being are the ones you use. Let's make a difference—one step at a time!"*

# Heart Health Challenge

## Heart Health Challenge

### ♥ Your Heart, Your Health, Your Challenge! ♥

Senior Well-being Coordinator, **Hailey Peckat**, gave us a quick refresher on the statewide **Heart Health Challenge**—because taking care of your heart should be fun, simple, and rewarding!

#### How It Works:

- ✓ **Commit to a healthier heart for 21 of 28 days** (Feb 17 - Mar 16).
- ✓ Log at least **14 days** of heart-healthy activities at [webmdhealth.com/segip](https://webmdhealth.com/segip).
- ✓ Earn **25 points** and enjoy **better well-being**—because a happy heart = a happy you! 🎉

#### Weekly Focus Areas:

- ♥ **Week 1: Move & Snooze** – Exercise daily & get 7-9 hours of sleep.
- 🍎 **Week 2: Eat Smart & Maintain a Healthy Weight** – Load up on **fruits, veggies, and healthy fats!**
- 🧘 **Week 3: Stress Less & Quit Tobacco** – Relax, recharge, and breathe easier.
- 🩺 **Week 4: Get Checked & Stay Protected** – Screenings & vaccinations = prevention power!



*“A healthy heart is a happy heart—every small step adds up to something great!”*

# Targeted Communication/Highlight - Legal Services

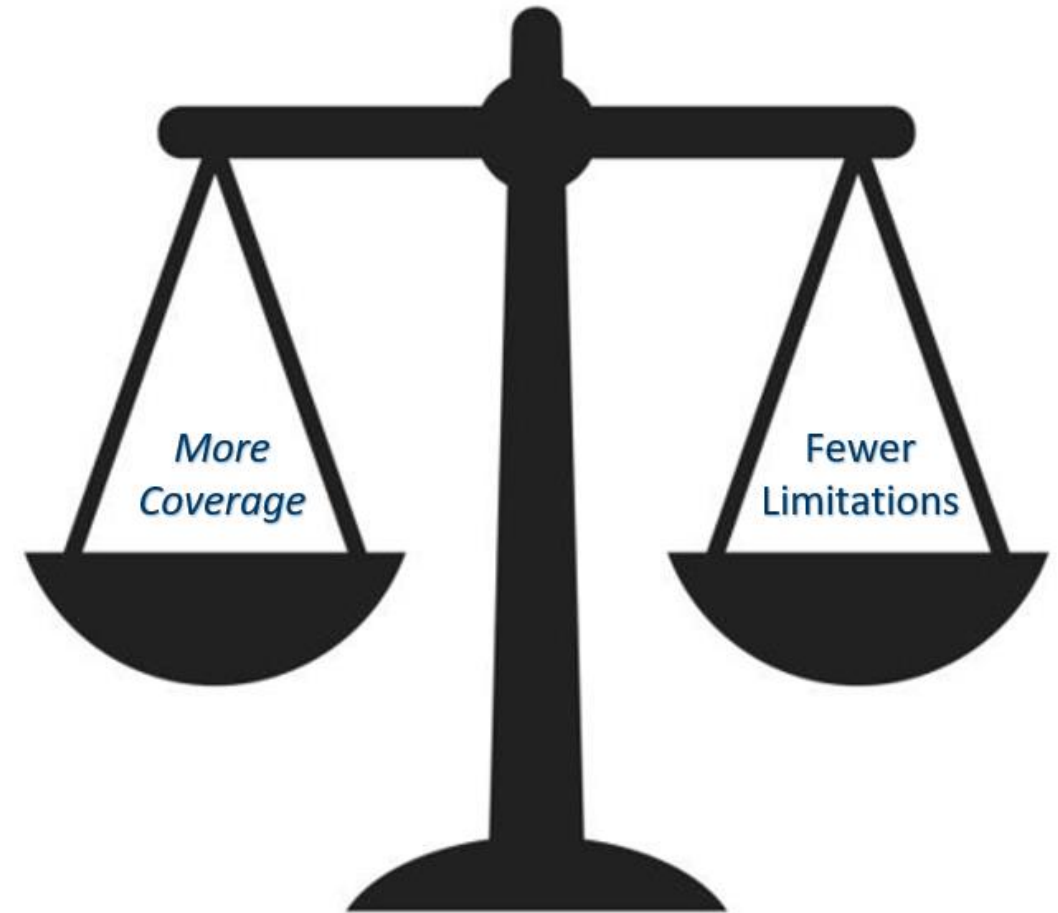
## Legal Services

At our latest Well-being Champion meeting, we reviewed the **updated Legal Services flyers** and highlighted the **new benefits** available with our current vendor, [LifeMatters](#). 🚀

### New & Expanded Legal Services:

- ✅ Flat Fees – Now covered at 25% off, in addition to 25% off hourly rates!
- ✅ 24/7 Criminal Legal Services – Because life doesn't wait.
- ✅ Second Opinions Covered – As long as the previous attorney has been released.
- ✅ Mediation Services – Includes a 30-minute consultation.
- ✅ Legal Forms Library – Self-help tools available via LifeMatters website (under the "Legal" tile).
- ✅ Identity Theft Protection – 60-minute consult included! 🛡️
- ✅ Expanded Coverage – Now includes tax issues, insurance concerns, class action suits, and landlord/tenant matters—even referrals for secondary business concerns.

⚠️ What's No Longer Covered? 🚫 Document Review Services – This was available with our previous vendor but is not covered under CLC.



*"Empowering you with the legal tools you need for peace of mind."*

# Interactive Element

## Interactive Element

### 📢 Office Hot Take Challenge – The Ultimate Workplace Debate!

To add some fun to our meeting, we played the **Office Hot Take Challenge!** 🔥 We asked the group to vote on four workplace hot topics, settling these great office debates once and for all:

✅ **Best Work Superpower** (Winner = “Instantly clear inbox”)

✅ **Top Meeting Personalities** (Winner = “The Mute Button Forgetter”)

✅ **Most Overused Work Phrase** (Winner = “Let’s circle back”)

✅ **Best Excuse for Missing a Meeting** (Winner = “Got stuck in a meeting”)

The results? A mix of hilarious, insightful, and spot-on responses! Thanks for playing along and bringing the fun to well-being. 🍌

“Instantly clear inbox.”

“Let’s circle back.”



“The Mute Button Forgetter.”

“Got stuck in a meeting.”

*"A little fun goes a long way—because well-being includes laughter too!"*

# Champion Spotlight

## Champion Spotlight

Champion Spotlight: Paula Forte 🌟

**Wellness Consultant to MDVA & Liaison to the Statewide Well-being Program**

For February, we're celebrating Paula Forte, a driving force behind MDVA's employee well-being!

🎯 **Reaching Shift Workers** – Paula uses bulletin boards, break-room displays, and a New Employee Orientation video to engage staff across all shifts.

🏆 **Wellness Wins** – MDVA's Director of Healthcare earned a 3-Star mspWellness Champion designation, and Paula's site visits ensure wellness initiatives reach every facility.

💡 **Innovative Initiatives** – From the MDVA Wellness Wheel to virtual leadership book discussions, a Zen Den, and a 24/7 fresh food vending machine, Paula brings creative well-being solutions to life!



*"Well-being happens when we meet people where they are."*



# Agency/Location Reporting

## Minnesota Department of Revenue

### Spotlight on the Department of Revenue

This month, Champion **Diana Crear** gave us the inside scoop on the well-being buzz at Revenue:

🗑️ **Declutter Challenge** – Employees are embracing the challenge, and engagement is booming on their Teams Channel! Who knew tidying up could bring so much excitement?

📖 **Roving Readers** – In March, Revenue will launch a **Bingo Challenge** to inspire more fun and friendly competition. Stay tuned for details!

🎉 **Way to go, Diana & the Revenue team for keeping well-being fun and engaging!**



*"Well-being happens when we meet people where they are."*

## Wellbeing Tip



### ***Mindfulness: Benefits & Common Pitfalls***

Mindfulness helps us stay present, giving our brain a break from constant to-dos and stress. Over time, it can reduce anxiety, improve heart health, and enhance sleep. While physical activities show quick results (like sore muscles from exercise), mindfulness requires patience and consistency for long-term benefits. A wandering mind is normal at first—sticking with the practice helps train your brain to settle.



## Advocate Tip



### ***How to Make Mindfulness Stick***

Building a mindfulness habit takes time and consistency. Start by identifying your “why” – whether it's reducing stress or increasing focus. Set aside a regular time each day, just like you would for exercise. Expect imperfections; a wandering mind is normal and will settle with practice. Avoid judging your sessions—every moment of mindfulness counts. Be patient, as the benefits unfold gradually over time.



## Leadership Tip



### *Benefits of Mindfulness in the Workplace*

Practicing mindfulness in the workplace can lead to:

- More empathetic leadership, helping leaders connect with their teams.
- Better mental health, reducing anxiety and depression among employees.
- Improved productivity and creativity, as mindfulness enhances focus and inspiration.
- Stronger teamwork, by reducing irritability and fostering positive relationships.
- Greater employee engagement, leading to higher job satisfaction and well-being.



# Meeting Recording Link

## February '25 State of Well-being Champion Meeting Recording



RECORDING TIME STAMP	
Welcome Message	3:56
WebMD Updates	10:40
Wednesday Work Life Webinars	20:25
Health and Well-being Updates	23:24
Targeted Communication/Highlight	39:20
Interactive Element	41:35
Champion Spotlight & Reporting	49:10
Wrap-Up	56:00

# QUESTIONS?



- **SEGIS Health and Wellbeing**

<https://mn.gov/mmb/segip/life-and-well-being/>



- **WEB**

[webmdhealth.com/segip](http://webmdhealth.com/segip)



- **EMAIL**

[work.well.mmb@state.mn.us](mailto: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](#)