

MARCH 2024 CHAMPION CHECK-IN NEWSLETTER



STATE OF WELLBEING CHAMPION CHECK-IN

HEALTH AND WELL-BEING PROGRAM UPDATES

- **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*

March 12, 2024



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

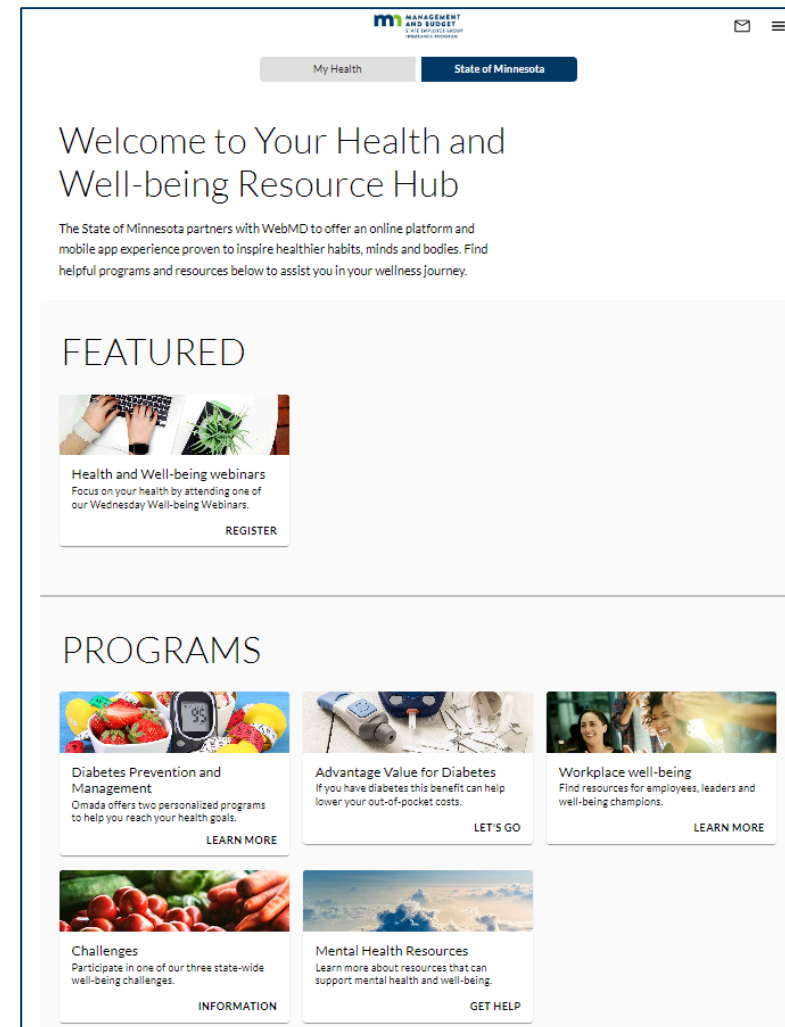
- Discussed our communication campaign update for WebMD. Talked about schedules for the launch welcome email, registration emails, coaching emails, health assessment email, wellness themes, community, and challenges.

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.



Webinars - Reporting

Webinars

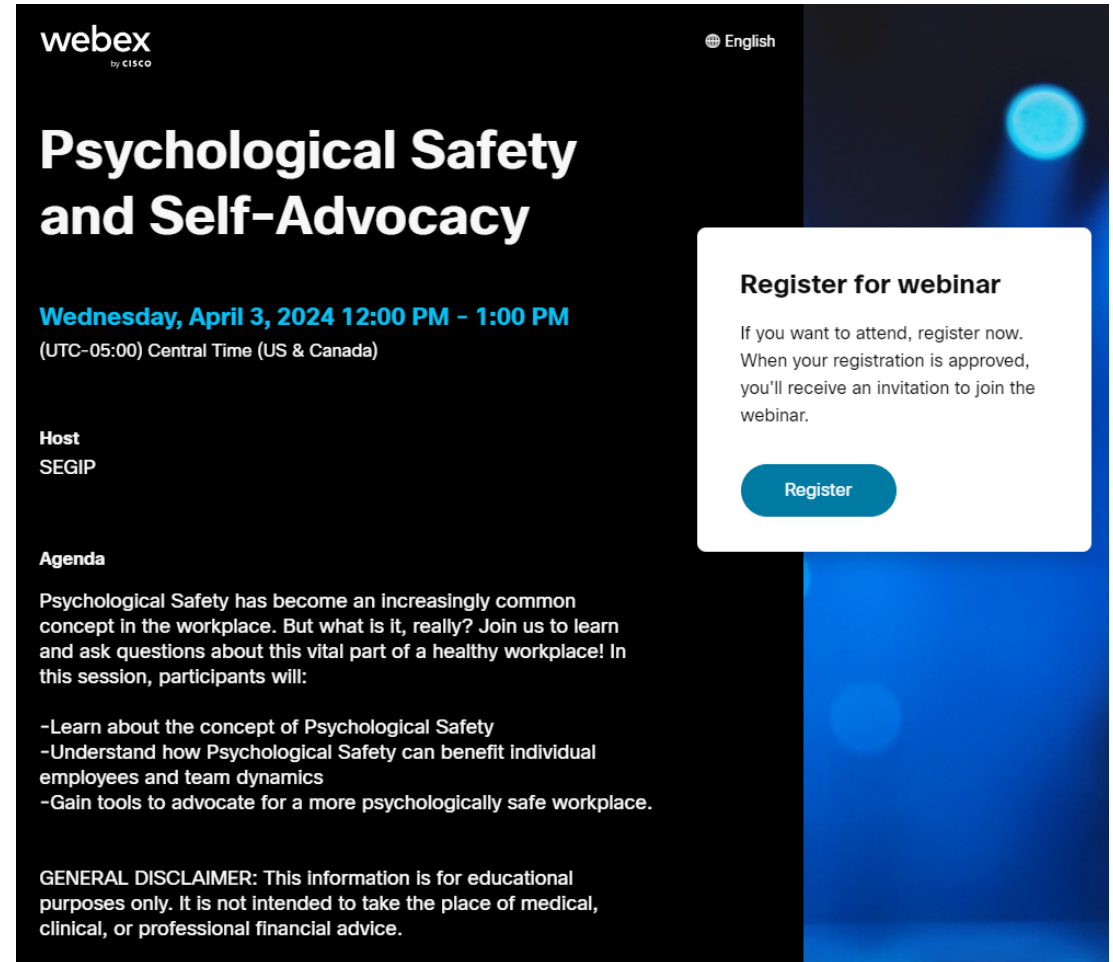
- Discussed reporting/attendance numbers for Wednesday Work Life Webinars through February 28.

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 image shows a screenshot of a webinar registration page. The page has a dark blue background with a lighter blue abstract graphic on the right side. At the top left is the 'webex by CISCO' logo. At the top right is a language selector showing 'English'. The main title 'Psychological Safety and Self-Advocacy' is in large white font. Below it, the date and time 'Wednesday, April 3, 2024 12:00 PM - 1:00 PM' are shown in a light blue font, with '(UTC-05:00) Central Time (US & Canada)' in smaller white text below. The host 'SEGIP' is listed under the 'Host' section. An 'Agenda' section follows, describing the topic and listing three bullet points: '- Learn about the concept of Psychological Safety', '- Understand how Psychological Safety can benefit individual employees and team dynamics', and '- Gain tools to advocate for a more psychologically safe workplace.' A 'GENERAL DISCLAIMER' is at the bottom. A white registration box on the right contains the text 'Register for webinar', a paragraph explaining 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***



The flyer features the Omada logo at the top left. The main headline reads 'Overcome stress one breath at a time'. Below this, a sub-headline states 'Use deeper breathing to reduce stress and feel better.' A paragraph of text explains the benefits of deep breathing, such as slowing heart rate and improving sleep. A quote from Cathie, an Omada member, is presented in a circular graphic: 'My stress level has significantly decreased and I sleep better than I have in years.' To the right of the quote is a photo of Cathie. Below the quote, a list of '5 steps to deeper breathing' is provided, numbered 1 through 5. At the bottom right, there is a call to action button that says 'Claim your benefit at omadahealth.com/SEGIP'. A small disclaimer at the bottom left states: '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

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.

“

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

CATHIE, OMADA MEMBER

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.

→ Claim your benefit at 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*

LifeMatters® 



If seasonal allergies are stressing you out, LifeMatters can 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 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.lifematters.com/termsandconditions> Privacy policy: <https://www.lifematters.com/privacy>

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Healthy Discounts Update

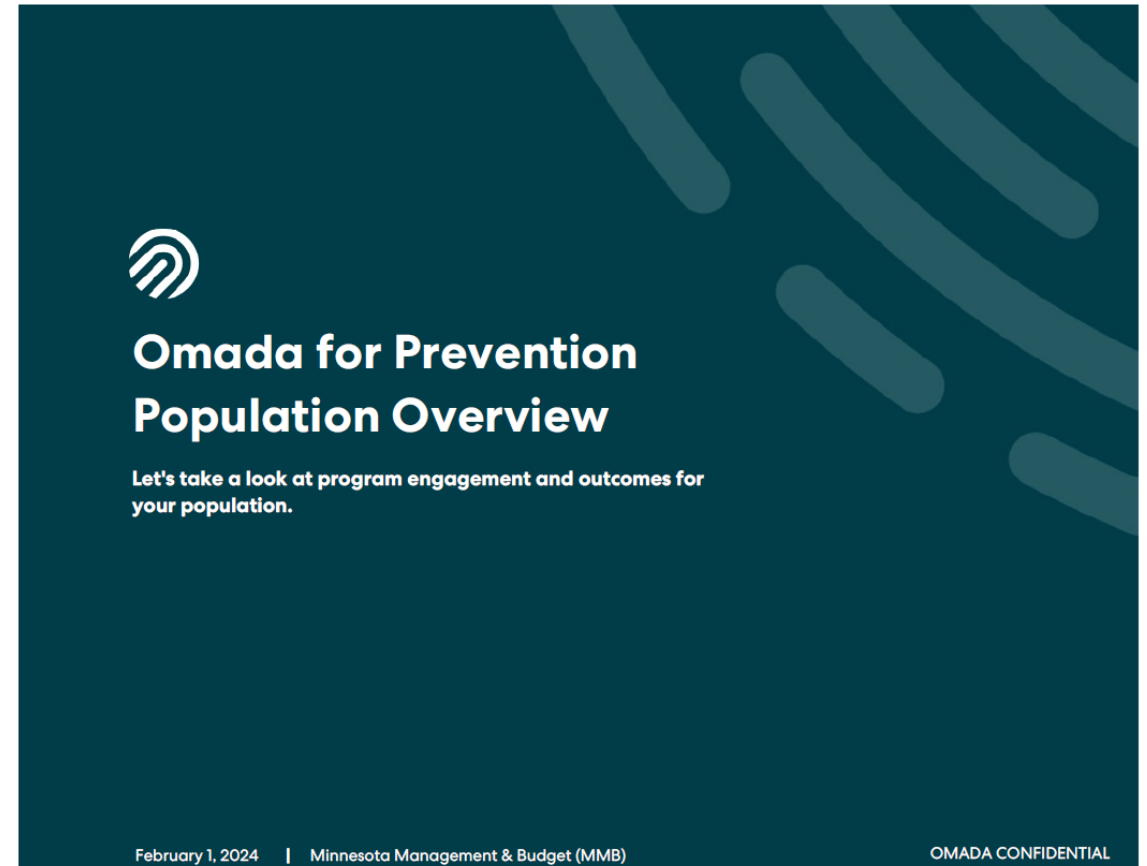
Healthy Discounts Update

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 website interface. At the top, the LifeMart Member Discount Program logo and the EMPATHIA brand name are visible. A navigation bar includes links for Home, New Deals, Tax Prep, Flights, Hotels, Food Delivery, Computers, and My Favorites. Below this, a secondary navigation bar lists categories: TAX PREP, TRAVEL, HOTELS, CAR RENTALS, TICKETS, ELECTRONICS, CHILD CARE, HOME, and MORE. A search bar on the right asks 'What can we help you find?'. Promotional banners offer discounts on T-Mobile, gym enrollment, and TurboTax. The main content area features a large banner for 'Active&Fit DIRECT' with the headline 'Affordable Fitness Made Easy' and a '\$0 Enrollment Fee With Code: STAYSTRONG'. A 'View Deal >>' button is prominently displayed. Below the banner, logos for various fitness partners are shown: Standard Fitness Network, E4 FITNESS, EGS FITNESS, the Y, YOGA, blink, and ANYTIME FITNESS. A small disclaimer at the bottom states: '*\$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 for more information.



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!