



# HEALTH MATTERS

## A MONTHLY REPORT ON THE STATUS OF THE CITY OF CARMEL EMPLOYEE HEALTH BENEFIT PLAN



November 30 Balance	\$3,660,795	Dec 31, 2016 Balance	\$1,570,679
<u>Total Revenues</u>	\$17,902	Jan-Dec Revenues	\$13,447,687
Employer Premiums		Jan-Dec Expenses	(\$12,465,569)
Employee Premiums	4,797	Dec 31, 2017 Balance	\$2,552,797
Other Revenues	13,105		
<u>Total Expenses</u>	(\$1,125,900)	YTD Gain/(Loss)	\$982,118
Week 1 Claims	345,636		
Week 2 Claims	220,942		
Week 3 Claims	194,044		
Week 4 Claims	174,744		
Clinic Expenses	53,665		
Wellness Expenses	790		
Fixed Costs—Premiums	90,967		
Fixed Costs—Fees	42,421		
Other Expenses	2,691		
<u>Monthly Gain/(Loss)</u>	(\$1,107,998)		
December 31 Balance	\$2,552,797		

Even with the premium holiday, we ended 2017 with almost \$1 million more than we had at the beginning of the year.

### **Last Chance for Krav Maga**

There are a few spots still available for a three-hour seminar taking place tomorrow to teach our female employees basic self-defense tactics using Krav Maga. Krav Maga is based on instinctive movement and not dependent on age, size, strength or physical ability.

The class is free and now open to female employees, wives or daughters (call 317-660-5729 for rules regarding age). It is scheduled from 1 - 4 PM tomorrow at the Krav Maga studio located inside IronFit Boxing, 620 South Rangeline Road.

To enroll, please email the head instructor, Myles Gomez, [MidwestKravMaga@gmail.com](mailto:MidwestKravMaga@gmail.com).

### **Wellness Screenings Scheduled in March**

Bi-annual wellness screenings are coming up in March, so in the near future please expect emails from Sue Wolfgang regarding how to get registered. The schedule is as follows:

DATE	TIME	LOCATION
Tuesday, March 6 <sup>th</sup>	7-11 AM	City Hall Caucus Room
Wednesday, March 7 <sup>th</sup>	7-11 AM	City Hall Caucus Room
Thursday, March 8 <sup>th</sup>	7-11 AM	City Hall Caucus Room
Tuesday, March 13 <sup>th</sup>	7-11 AM	Street Department Meeting Room
Wednesday, March 14 <sup>th</sup>	7-11 AM	City Hall Caucus Room

These fasting finger stick screenings are free of charge and available to any City of Carmel full time employee. Plus, if you participate in the Virgin Pulse wellness program, you will receive 1,000 wellness points for completing a screening.

The screenings will measure the following:

- Height
- Weight
- Body Mass Index (BMI)
- Waist Circumference
- Blood Pressure
- Cholesterol - Total, HDL and LDL
- Triglycerides
- Fasting Blood Glucose
- Hemoglobin A1C

### **Check Your Financial Health**

Because our financial well-being is as important as our physical and mental well-being, we have scheduled a few group meetings with the City's independent financial advisors. Pete Emigh and Chris Shockley with Argos Financial Group meet with employees several times each year to give everyone the opportunity to hear about the status of investments, find out how the market may trend over the coming months and ask questions regarding specific investments or investing in general.

Next month's meetings are scheduled as follows. You and/or your spouse or significant other are welcome to attend any session:

<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
Tuesday, February 20th	9-10 AM	City Hall Council Chambers
Wednesday, February 21 <sup>st</sup>	9:30-10:30 AM	Water Distribution Training Room
Thursday, February 22 <sup>nd</sup>	9:30-10:30 AM	Wastewater Plant Meeting Room

### **Primary Plus Scheduling - A Reminder**

IU Health recently upgraded the Primary Plus Health Center online scheduling tool available on the City's website.

If you haven't already done so, users need to create a new login as a new user, whether logging in for the first time or as a returning user. This new login can be used for the entire family; however, each member within that family must have a unique password. Once you have created a new login and password, you can continue to use the system as you did before.

Follow these steps to create a new account:

Go to [www.carmel.in.gov](http://www.carmel.in.gov)

Hover the cursor over "Government" and click "Human Resources."

Click "Employees" and "Primary Plus Health Center."

Scroll down and click "Schedule an Appointment Online" in the blue circle.

Click "Create an Account" and provide the information requested. NOTE: Any item with a red asterisk is a required field.

Finish by clicking "Create Account."

## **Please Welcome Our New Wellness Coach!**

Some of you have already had an opportunity to meet our new wellness coach at Primary Plus. For those who have not, her name is Kristin Hullett and her hours at the Health Center on Mondays from 10 AM to 5 PM and Fridays from 8 AM to 1 PM.

Kristin is a registered dietitian with a special interest in functional nutrition and disease prevention. She is a food blogger on Instagram (@therooted\_rd), so check it out for some healthy, delicious recipes!

Please take the opportunity to meet Kristin at one of the following meet-and-greets where she will introduce herself and share her ideas for some future wellness events and challenges.

<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
Tuesday, February 27 <sup>th</sup>	9-10 AM	City Hall Council Chambers
Wednesday, February 28 <sup>th</sup>	9:30-10:30 AM	Street Department Meeting Room

Each month, Kristin will contribute a short article to this newsletter, highlighting an idea or suggestion on living a healthier life. Following is her first ***Coach's Corner***.

### **Coach's Corner**

The winter months can be a challenge for many – the evenings feel shorter, energy levels are low, and weather conditions limit outdoor activities. It is no surprise that physical activity levels often decrease during this time. The outstanding benefits of exercise should not be overlooked and demonstrate the importance of staying active during the colder months!

Some benefits of physical activity include weight management, reducing your risk of disease, strengthening your bones and muscles, and even improving mental health and mood! Recommendations suggest that adults need:

- **At least 150 minutes a week** of moderate-intensity aerobic activity
  - o Examples: brisk walking, swimming, biking
- **Muscle-strengthening activity on two or more days a week**
  - o Examples: resistance training, body weight exercises, lifting at the gym

Below are some ideas to help you meet these recommendations:

1. Take the stairs instead of the elevator.
2. Workout with your mobile device- download apps (example: Sworkit) or use YouTube to do an indoor workout.
3. Clean your house – yes, this counts as activity!
4. Do squats or lunges at your workstation.
5. Park farther from the entrance for extra steps.
6. Take a walk during lunch.
7. Go for a walk in the mall.
8. Join a gym with friends.
9. Bundle up and take your dog for a walk.

If you want to learn more about staying active during the winter or achieving your health goals, schedule an appointment with the health coach at the Primary Plus Health Center!

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***317-517-5161***