



HEALTH MATTERS

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



December 31 Balance	\$2,552,797	Dec 31, 2017 Balance	\$2,552,797
<u>Total Revenues</u>	\$1,220,350	Jan Revenues	\$1,220,350
Employer Premiums	884,682	Jan Expenses	(\$1,016,971)
Employee Premiums	172,790	Jan 31, 2017 Balance	\$2,756,176
Other Revenues	162,878		
<u>Total Expenses</u>	(\$1,016,971)	YTD Gain/(Loss)	\$203,379
Week 1 Claims	146,796		
Week 2 Claims	177,843		
Week 3 Claims	153,868		
Week 4 Claims	211,337		
Week 5 Claims	102,051		
Clinic Expenses	63,567		
Wellness Expenses	12,904		
Fixed Costs—Premiums	100,482		
Fixed Costs—Fees	43,816		
Other Expenses	4,307		
<u>Monthly Gain/(Loss)</u>	\$203,379		
January 31 Balance	\$2,756,176		

Other revenue consisted primarily of a quarterly drug rebate and retiree premiums.

Wellness Screenings Start Next Week

The IU Health bi-annual biometric screenings start next week. Although not required, completing a screening allows you to be proactive in addressing many health issues. These finger-stick screenings will measure (and give immediate results on) the following:

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

If you haven't signed up yet, you still have a few days to do so. Some of the sites are nearly full, but plenty of spots remain on other dates. Following is the screening schedule:

DATE	TIME	LOCATION	Spots Available as of Feb. 28
3/6/2018	7-11 AM	City Hall Caucus Room	7
3/7/2018	7-11 AM	City Hall Caucus Room	11
3/8/2018	7-11 AM	City Hall Caucus Room	11
3/13/2018	7-11 AM	Street Department Meeting Room	25
3/14/2018	7-11 AM	City Hall Caucus Room	25

To schedule an appointment, visit login.registertime.com/tw/cityofcarmel, click the blue **REGISTER** box next to the day/location of your choice and choose an available time.

Everyone who completes a screening will receive 1,000 Virgin Pulse wellness points. As an added bonus, on each one of the screening days, IU Health will award one employee who pre-schedules and competes a screening with a Speedway gift card.

NOTE: For the most accurate lab results, do not eat or drink anything for at least nine hours before your screening appointment.

Anthem Formulary Changes Coming

Each quarter, Anthem puts its formulary (drug list) through a thorough review, occasionally adding or removing drugs or moving them to a different tier. This is done to maintain the highest level of integrity while continuing to offer the best cost savings to Health Plan members and the City.

Because of this review, up to twice each year medications may be moved to a higher tier, added or removed from the Anthem formulary. The next update will be effective April 1st. At that time, new drug lists will be available through Anthem (www.anthem.com).

In the meantime, Anthem is in the process of reaching out to members of the City's Health Plan who may be impacted by any of the upcoming changes.

Learn to Buy and Eat Healthier

Need tips on how to shop for healthier foods? Learn from our IU Health wellness coach how to look for and purchase nutritious produce, meat and packaged food items for you and your family.

IU Health will offer its next free grocery store tour on Monday, March 12, at 4 PM at Fresh Thyme Farmers Market, 14727 Fresh Thyme Market Drive, located at the northeast corner of 146th Street and Carey Road.

Space is limited, so if you wish to attend, please register by emailing our wellness coach, Kristin Hullett, khullett@iuhealth.org, or call her at 317-517-5161 by this Friday, March 2.



“Don’t slice the pizza. My diet says I’m only allowed to eat one piece!”