



# HEALTH MATTERS

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



February 28 Balance	\$3,025,144	Dec 31, 2017 Balance	\$2,552,797
<u>Total Revenues</u>	\$1,611,427	Mar Revenues	\$3,907,876
Employer Premiums	1,328,902	Mar Expenses	(\$2,818,410)
Employee Premiums	282,241	Mar 31, 2018 Balance	\$3,642,263
Other Revenues	284		
<u>Total Expenses</u>	(\$994,308)	YTD Gain/(Loss)	\$1,089,466
Week 1 Claims	237,983		
Week 2 Claims	142,197		
Week 3 Claims	273,578		
Week 4 Claims	117,075		
Clinic Expenses	67,219		
Wellness Expenses	11,078		
Fixed Costs—Premiums	101,134		
Fixed Costs—Fees	44,041		
<u>Monthly Gain/(Loss)</u>	\$617,119		
March 31 Balance	\$3,642,263		

The plan got a big boost in March from the third pay period.

### **Keep Your Beneficiaries Current**

By setting aside funds for retirement and/or life insurance, you have already taken a huge step towards providing security to your loved ones in case of your death or disability. However, one very important step is often overlooked or forgotten - making sure your beneficiaries are up to date.

Your beneficiaries are the individuals to whom your benefits are paid in the event of your death. Because so many changes occur throughout life, chances are, at some point you will need to change those you want to designate as your beneficiaries.

When life events happen (marriage, divorce, birth, adoption, death, etc.), take a moment to review and update your beneficiaries accordingly. This can be done as follows:

### **Public Employees' Retirement Fund (PERF)**

Log in to your account at [www.in.gov/inprs](http://www.in.gov/inprs). To check your current beneficiaries, hover the curser over "Personal Info" and click "Beneficiary Information." If you wish to add or change beneficiaries, hover the curser over "Beneficiary Information" and click "Add/Edit Beneficiary." There are some circumstances when a spouse's approval is needed to remove them as a beneficiary of your PERF accounts.

### **AUL 457 Retirement Accounts**

Log in to your account at [www.carmelretirement.com](http://www.carmelretirement.com). Click "My Information" then "Personal Information." You can check your current beneficiaries here as well as make additions or changes. You will have to confirm your marital status and may need to provide your spouse's approval to be removed as a beneficiary.

### **Life & Accidental Death/Dismemberment Insurance**

Any life or accidental death/dismemberment insurance you have through the City is provided by Unum Life Insurance. You can check your beneficiaries by asking anyone in the Payroll office to pull your most current designation from your payroll file. If you wish to add or change your beneficiaries, contact Sue Wolfgang in Human Resources ([swolfgang@carmel.in.gov](mailto:swolfgang@carmel.in.gov)) to get the appropriate change form. Complete that form and return it to Sue.

### **A Reminder - Revised Formulary Released**

As reported in the February newsletter, Anthem has released its newest drug formulary effective April 1<sup>st</sup>. The formulary is regularly reviewed in order to maintain the highest level of integrity while continuing to offer the best cost savings to members.

You can check the latest formulary by logging in to your account at [www.anthem.com](http://www.anthem.com).

### **Dental Care - A Whole Health Connection**

Did you know more than 90% of diseases first show signs and symptoms in the mouth? Because healthier teeth can mean better overall health, Anthem now covers additional dental cleanings and/or periodontal maintenance procedures to those on the City's Dental Plan who are being actively managed by Anthem for any of the following conditions:

- Diabetes
- Pregnancy
- Heart conditions
- Organ or bone marrow transplant
- Any cancer treated with chemotherapy
- Head or neck cancer treated with chemotherapy and/or radiation therapy

All you need to do to get the extra procedures is visit your dentist and have them submit the claim. It will already be a part of your dental coverage as long as you are being actively managed by Anthem in one of their health care management programs.

### **Discounts Available from Anthem**

Did you know - as a member of the City's Health Plan, you have access to discounted services through Anthem?

All you need to do is log in to your account at [www.anthem.com](http://www.anthem.com) and click the "Discounts" tab. Doing so will allow you to find special offers from various vendors, even certain items and services that are not covered by health insurance. You will find everything from discounts on contacts and hearing aids to gym memberships, ancestry kits and much more.

**Check it out!**



**"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."**