



HEALTH MATTERS



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

May 31 Balance	\$3,820,217	Dec 31, 2017 Balance	\$2,552,797
<u>Total Revenues</u>	\$1,085,628	Jan-June Revenues	\$7,354,734
Employer Premiums	888,012	Jan-June Expenses	(6,023,087)
Employee Premiums	173,232	June 30, 2018 Balance	\$3,884,444
Other Revenues	24,384		
<u>Total Expenses</u>	(\$1,021,401)	YTD Gain/(Loss)	\$1,331,647
Week 1 Claims	150,031		
Week 2 Claims	254,139		
Week 3 Claims	214,567		
Week 4 Claims	190,647		
Clinic Expenses	6,367		
Wellness Expenses	60,961		
Fixed Costs—Premiums	101,190		
Fixed Costs—Fees	43,499		
<u>Monthly Gain/(Loss)</u>	\$64,227		
June 30 Balance	\$3,884,444		

Check Your Numbers!

You know that fall is right around the corner when it's time to schedule your biometric wellness screening and flu vaccine. We are still working on final confirmation of dates for flu shots, but the schedule for wellness screenings is set. We are a couple of months away, but please take this opportunity to check your calendar to determine the date that best fits your schedule.

The biometric wellness screenings are for full-time employees only, and if you participate in the Virgin Pulse Wellness Program, you will receive 1,000 wellness points by completing a screening. A slight change from the past - because the remote locations have experienced decreased attendance in recent years, we have decided to move all screening sessions to the caucus rooms at City Hall.

All screening sessions will run from 6:30 to 10:30 AM in the caucus rooms at City Hall on the following dates:

- Tuesday, October 2
- Wednesday, October 3
- Tuesday, October 16
- Wednesday, October 17

As in the past, you should fast for 12 hours before your scheduled screening. You will use an online scheduling tool to sign up for your screening, and more information on that will be shared in the coming weeks. Remember, after the online tool is opened, the sooner you sign up, the better your chances of getting the time slot you want.

Learn to Prepare Healthier Meals

The Wellness Coach at Primary Plus Employee Health Center (Kristin Hullett) will soon be conducting a two-part class in meal planning and preparation. During these classes you will learn valuable skills to help take control of your family's nutrition, save time and money and reduce the stress of meal preparation.

These classes will be taught in the caucus rooms on the second floor of City Hall on July 31 and August 14 (both Tuesdays) from 5:00 to 6:00 PM.

You should only participate if you can attend both sessions. Contact Kristin by email to register or ask questions - khullett@iuhealth.org.

Welcome Dr. Moody

As earlier announced, Dr. Fagan has left the Employee Health Center to spend more time teaching for Indiana University. We now welcome Dr. Wanda Moody to the Health Center staff. Dr. Moody is an internal medicine physician who comes to us from Hamilton Southeastern School Corporation.

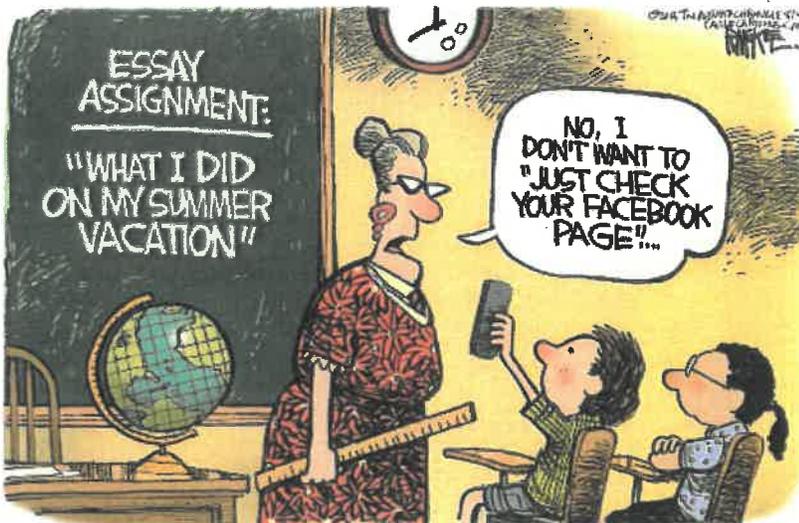
Please be sure to welcome Dr. Moody the next time you visit the Health Center.

Save the Date!

Preparations are underway for Carmel City Council's Annual Employee Appreciation Picnic at the Water Park at Monon Community Center. Please mark your calendars for August 24, 7:00 to 10:00 PM and join your friends and co-workers for an evening of fun and prizes!

This year's theme is "The Arts" and attractions will include a dessert and appetizer bar, an ice cream bar, a DJ, swimming, bingo, corn hole, an awesome "instant" photo booth, caricature artists, face painting, balloon artists, "wine & canvas" and loads of wonderful raffle prizes. Everyone will soon receive instructions on how to RSVP to attend, as well as how to RSVP if you wish to participate in "wine & canvas" (space is limited for this activity).

City leaders look forward to this event as a wonderful opportunity to honor and thank the many dedicated employees of our fair City.



Children will be returning to school very soon - Please watch for them on streets and sidewalks!