



HEALTH MATTERS



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

July 31 Balance	\$4,088,600	Dec 31, 2017 Balance	\$2,552,797
<u>Total Revenues</u>	\$1,694,664	Jan-Aug Revenues	\$10,225,570
Employer Premiums	1,321,094	Jan-Aug Expenses	(8,417,699)
Employee Premiums	257,458	Aug 31, 2018 Balance	\$4,360,668
Other Revenues	116,112		
<u>Total Expenses</u>	(\$1,422,596)	YTD Gain/(Loss)	\$1,807,871
Week 1 Claims	302,435		
Week 2 Claims	153,729		
Week 3 Claims	151,873		
Week 4 Claims	210,623		
Week 5 Claims	379,469		
Clinic Expenses	72,240		
Wellness Expenses	6,429		
Fixed Costs—Premiums	100,747		
Fixed Costs—Fees	45,051		
<u>Monthly Gain/(Loss)</u>	\$272,068		
August 31 Balance	\$4,360,668		

Other revenues consist primarily of a drug rebate.

Open Enrollment Starts Monday

Open enrollment for your 2019 health insurance starts next Monday, October 1, and runs through Wednesday, October 31. Please mark your calendar and complete your enrollment as soon as possible on or after October 1.

All enrollment instructions and documents were sent by Sue Wolfgang in an email on September 27. They are also available under the Help/Information tab on the open enrollment site, as well as under the Human Resources tab on the City website.

New "WW" Session Starts Next Week

The City's Weight Watchers (renamed "WW") group has had great success, with several employees reaching their goal. The next session starts Thursday, October 4, and runs through December 27 - **perfect timing for those most difficult weeks of holiday eating!**

- Meetings are held each Thursday from 12:15 to 1:15 PM in the caucus room on the second floor of City Hall.
- If you attend the first meeting on October 4 and bring payment for your membership fee that day, you will save 15% over the regular fee. So, instead of \$156.00, you will pay only \$132.60 for the 12-week membership. This applies to both new and returning members.
- This discount applies only to those who attend and pay on October 4. After that, you will pay the pro-rated full membership price.

- If you enroll in the entire 12-week course and are a full-time employee on the City's health plan, **you have the opportunity to earn back up to your entire fee, depending on whether you meet certain goals.**
- Spouses and employees not on the health plan are also free to join; however, they are not eligible to earn back the membership fees.

We must have a minimum enrollment of 15 at the October 4 meeting in order to continue with the City's own WW group. **If you wish to join but cannot attend this October 4 meeting, you can deliver your \$132.60 check to Sue Wolfgang before that date. The check should be made out to either WW or Weight Watchers.**

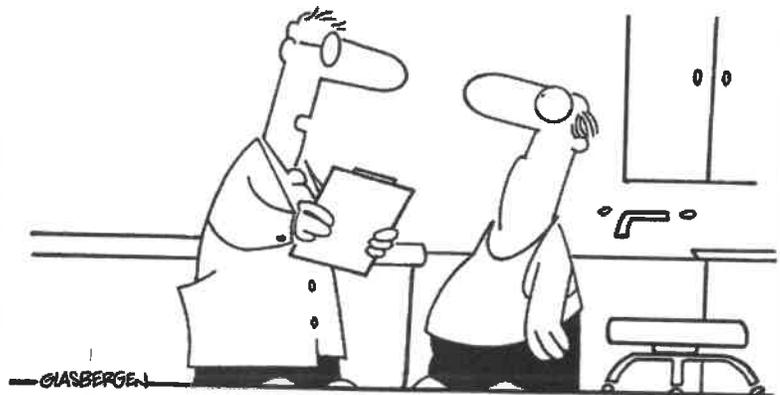
Wellness Screenings Coming Up

The bi-annual wellness screenings are fast approaching. There are only a few spots left, so take an opportunity now to schedule yours! These free, finger-stick screenings are available to all full-time employees and will be held in the second-floor caucus room at City Hall from 6:30 to 10:30 AM on the following dates:

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

You should fast for at least nine hours before your appointment, and be sure to bring a photo ID.

Participants in the Virgin Pulse Wellness Program will receive 1,000 wellness points for completing a screening.



“No, HDL and LDL were not the robots in Star Wars.”

To schedule your screening, please visit login.registermytime.com/tw/cityofcarmel

Be a Flu Fighter

A quick reminder - Primary Plus Health Center staff will be administering annual flu shots on four different dates in October and November. The schedule is as follows:

- Thursday, October 25 - Street Department - 8 AM to Noon
- Tuesday, October 30 - City Hall Caucus Room - 8 AM to Noon
- Tuesday, November 6 - City Hall Caucus Room - 2 to 6 PM
- Thursday, November 8 - Wastewater Treatment Plan - 1 to 5 PM

These vaccines are free and available to employees, retirees, board and commission members and dependents age 13 and older. Anyone under the age of 13, or cannot attend one of the above onsite locations, can get the vaccine after November 8 by appointment at the Primary Plus Health Center.

More HSA Meetings Scheduled

If you intend to enroll in the City's Plan A health insurance next year and were unable to attend one of the recent meetings regarding switching Health Savings Accounts to Indiana Member's Credit Union, you now have an opportunity to attend an abbreviated make-up session in council chambers on the second floor of City Hall on one of the following dates:

- October 9 - 10:00 AM
- October 16 - 10:00 AM

Those who have not been to a meeting are strongly urged to do so. You will receive instructions and be able to complete all of the required registration documents during these meetings.

Please bring a photo ID. If you want your spouse on your HSA, he/she does not have to be present, but you will need to provide his/her date of birth and social security number.

For anyone you wish to list as a beneficiary on the account, you will need to bring their dates of birth and social security numbers.

These meetings are scheduled to make this transition to IMCU as easy as possible for everyone. Please take advantage of one of them.

Learn to be a Healthy Grocery Shopper

Kristin Hullett, the City's wellness coach, has scheduled another free grocery tour for employees on Monday, October 15, 4:30 PM at Fresh Thyme Farmer's Market, 14727 Fresh Thyme Market Drive off of 146th Street. This is a great way to learn tips and advice on making smart and nutritious choices when shopping for you and your family.

Let Kristin know if you wish to participate in this tour by calling 317-517-5161 or emailing her, khullett@iuhealth.org.



COACH'S CORNER

Introducing the City's New Wellness Committee

By Kristin Hullett

Interested in making your health a priority? The City's new Wellness Committee is on your side! Our team consists of motivated staff members from several departments who are committed to improving their health and the health of their peers. We believe all aspects of health should be recognized and honored including body, mind and spirit.

Throughout the year, the committee will be offering fun and exciting ways to live a healthier life. Be on the lookout for wellness-forward events including cooking demos, exercise classes, walking clubs and even opportunities to interact with other department members. There will also be a monthly "Spotlight Story" highlighting a City member who has taken initiative to value their health. We encourage you to submit your own stories or nominate a peer with their consent – these stories provide inspiration, motivation and resources to guide others along their wellness journey.

Mini-health tip:

Drink a glass of water each morning when you wake up! We become incredibly dehydrated overnight and it's important to replenish.

Try placing a glass next to your sink as a reminder!

Interested in becoming a member of our Wellness Committee? Email Kristin Hullett, khullett@iuhealth.org, for more information.