



# HEALTH MATTERS



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

November 30 Balance	\$3,534,439	Dec 31, 2017 Balance	\$2,552,797
<u>Total Revenues</u>	\$17,972	Jan-Dec Revenues	\$12,592,759
Employer Premiums	2,022	Jan-Dec Expenses	(12,720,534)
Employee Premiums	270	Dec 31, 2018 Balance	\$2,425,022
Other Revenues	15,680		
<u>Total Expenses</u>	(\$1,127,389)	YTD Gain/(Loss)	(\$127,775)
Week 1 Claims	224,942		
Week 2 Claims	296,637		
Week 3 Claims	202,760		
Week 4 Claims	180,463		
Clinic Expenses	66,956		
Wellness Expenses	11,251		
Fixed Costs—Premiums	100,225		
Fixed Costs—Fees	44,155		
<u>Monthly Gain/(Loss)</u>	(\$1,109,417)		
December 31 Balance	\$2,425,022		

We start 2019 in essentially the same place we started 2018, even after a two-month premium holiday.

### **Stay Current on Community & City Wellness Events**

The City's Wellness Committee has created a new feature under the public folders (all public folders) section on Outlook – a wellness and fitness calendar. It is labeled "Wellness/Fitness" and is the last item in the public folders section.

This calendar will highlight wellness events throughout the City and Hamilton County, as well as programs offered exclusively to City employees. We hope this new information will encourage and inspire you to try a new fitness class or work towards reaching a new wellness goal.

If you want to add an event to this Wellness/Fitness Calendar, please email either Carol Dixon ([cdixon@carmel.in.gov](mailto:cdixon@carmel.in.gov)) or Valery DeLong ([vdelong@carmel.in.gov](mailto:vdelong@carmel.in.gov)).

### **Learn Meal Planning & Preparation**

Our Primary Plus Employee Health Center health coach, Kristin Hullett, is offering another chance to learn the basics of planning and preparing healthier meals. This two-session class will include instruction on the foundation of balanced eating and nutrition, meal planning, meal preparation and the tools necessary for meal preparation.

These one-hour classes will be held in the Engineering conference room on the first floor of City Hall on February 11 and 25 from 5:00 to 6:00 PM. Class size is limited,

so register soon by emailing Kristin at [khullett@iuhealth.org](mailto:khullett@iuhealth.org). NOTE: Only sign up if you can attend both sessions.

### **Start A Health Journey to the Carmel Marathon**

The current cold weather does not really make you think about running outdoors, but believe it or not, the annual Carmel Marathon will be here in two months!

If you are thinking about participating at any level of the marathon (5k, 10k, half or full marathon), you might want to take advantage of a six-week fitness challenge offered free to City employees. This challenge, run by Kristin Hullett, incorporates body weight and cardiovascular exercises into your weekly routine. It's a great way for all ages to improve muscle strength and mobility in the comfort of your own home, and it will help you prepare to compete at any level of the upcoming Carmel Marathon. *Plus, if you complete both the fitness challenge and the Carmel Marathon, the City's Wellness Program will refund your entire marathon registration fee!* To learn more, please refer to the January 28<sup>th</sup> email sent to everyone by Sue Wolfgang, which included the necessary tracker form for the fitness challenge.



To participate in the fitness challenge, or if you have questions, email Kristin Hullett ([khullett@iuhealth.org](mailto:khullett@iuhealth.org)).

### **Meet Our New Primary Plus Physician**

We are very pleased to welcome a new physician to the Primary Plus Employee Health Center.

Please stop by and say hello to Dr. Johanna Sampson. Dr. Sampson comes to us from the IU Health Urgent Care division. She is board certified in family medicine so she's able to treat children six months or older.

### **Congratulate the "Maintain Don't Gain" Winners**

Congratulations to the participants in December's "Maintain Don't Gain" Challenge. The goal of this challenge was to either lose or maintain their weight over the tricky holiday season. Following are those employees who were successful in the challenge and received an Amazon gift card:

- Scott Bickel
- Carol Dixon
- Rob Harris
- Adrienne Keeling
- Sue Maki

## **Radiology of Indiana Leaves Anthem Network**

Radiology of Indiana has a contract to interpret images such as MRI's in hospitals operated by Franciscan Alliance and Community Health Network in Hamilton, Marion, Hancock, Hendricks, Johnson and Morgan counties, as well as Johnson Memorial Hospital and Hancock Regional Hospital.

As of January 1, 2019, Radiology of Indiana decided to leave the Anthem network.

### **What this may mean for you:**

- There will not be a change in the way claims are processed for the actual imaging services performed by these hospitals – this is part of the facility charge. However, there will be a change in what Radiology of Indiana charges for reading or interpreting the images.
- Effective January 1, Anthem's portion of the charges pertaining to the reading of the images at these hospitals will be paid directly to you at the in-network level.
- But, if Anthem's payment does not cover the entire charge, Radiology of Indiana could decide to bill you for the remaining balance. This is referred to as balance billing.
- Anthem provider contracts prohibit balance billing. Unfortunately, without a provider contract in place, Anthem cannot prevent Radiology of Indiana from balance billing Anthem members.
- Anthem members who have had images read or interpreted by Radiology of Indiana within the past year have received or will receive letters about this network change.

**PLEASE, WATCH OUT FOR YOUR FAMILY,  
YOUR ELDERLY NEIGHBORS AND YOUR PETS.  
BECAUSE, BABY, ITS**



**OUTSIDE!!!**