



HEALTH MATTERS



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

January 31 Balance	\$2,645,293	Dec 31, 2018 Balance	\$2,425,022
<u>Total Revenues</u>	\$1,069,762	Jan-Feb Revenues	\$2,230,150
Employer Premiums	880,660	Jan-Feb Expenses	(2,165,981)
Employee Premiums	170,573	Feb 28, 2019 Balance	\$2,489,191
Other Revenues	18,529		
<u>Total Expenses</u>	(\$1,225,864)	YTD Gain/(Loss)	\$64,169
Week 1 Claims	221,400		
Week 2 Claims	301,545		
Week 3 Claims	151,430		
Week 4 Claims	265,895		
Clinic Expenses	75,139		
Wellness Expenses	45,948		
Fixed Costs—Premiums	110,568		
Fixed Costs—Fees	44,539		
Other Expenses	9,400		
<u>Monthly Gain/(Loss)</u>	(\$156,102)		
February 28 Balance	\$2,489,191		

Take Care of Your Mental Health

Mental health statistics are alarming in the United States. One in five adults experiences mental illness in a given year, at a cost of more than \$193 billion in lost earnings.

In an effort to help those suffering from mental illness, The City is joining forces with the Police and Fire Departments to host ***Carmel Cares: A Mental Health Awareness Forum***. The focus will be on education about mental wellness and available resources. Breakout sessions will cover a variety of topics such as domestic violence and trauma, suicide awareness and prevention and human trafficking, as well as self-coping skills, mindfulness and positive thinking.

This Form will be held Wednesday, April 24, from 6:00 to 8:00 PM at Orchard Park Elementary, 10404 Orchard Park Drive South. Please feel free to attend and bring anyone you feel might benefit from the experience.

Stress management is also a part of mental health. On that note, our Wellness Coach and representatives from the City's Employee Assistance Program will host ***Managing Life's Hassles*** on April 30 at 2:00 PM in the Caucus Room at City Hall.

This presentation will last about one hour and provide tools to define the stress and hassles in your life. You will also learn how stress can affect your health and the health of loved ones, as well as practical ways to reduce or lessen stress.

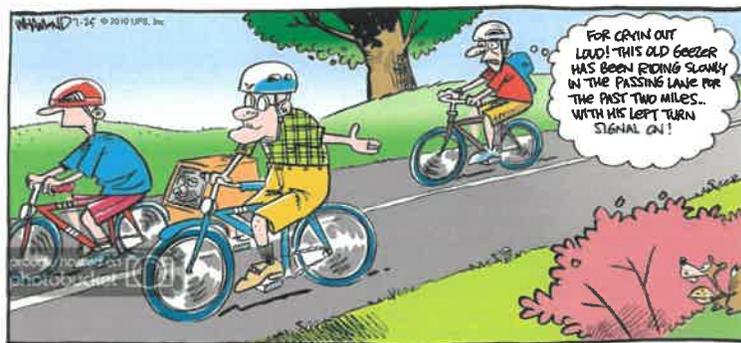
Make the Most of Bike Month!

May is National Bike Month and communities across the country are gearing up for fun ways to recognize and support all of the great reasons to get out and peddle!

As part of the celebration, the City's Department of Community Relations and Economic Development has created a National Bike Month Challenge especially for City employees.

Each employee who rides 100 miles during the month of May will receive a Bike Carmel t-shirt. If an employee rides 500 miles in May, he/she will also get a prize yet to be determined. Also, a \$50 gift card to a local bike shop will be awarded for each of the following challenges:

- Most miles cycled in May
- Most trips made by bike in May
- Most commutes to work by bike in May



If you want to participate in this Challenge, click [here](#) and then click "Join Club". If you have any questions, please contact Kayla Arnold (karnold@carmel.in.gov) or David Littlejohn (dlittlejohn@carmel.in.gov).

New Prescription Plan Starts May 1st

As a reminder, effective May 1 the City's prescription drug plan will be managed by Anthem's own company, IngenioRx, instead of Express Scripts. By now you should have received new Anthem ID cards in the mail. If you have not, log on to your account at www.anthem.com and request new cards. Your old cards will not work at the pharmacy after May 1.

Most current home delivery prescriptions will transfer automatically from Express Scripts to IngenioRx, but the automatic refill feature will not transfer. You will have to sign up for it again by contacting IngenioRx Home Delivery Pharmacy through www.anthem.com or by calling Pharmacy Member Services, 833-214-3608. This number also appears on your new Anthem ID.

Prescriptions for controlled substances and compound medications will not transfer. You will need to have your doctor send a new prescription electronically to IngenioRx Home Delivery Pharmacy.

NOTE: These changes have nothing to do with any prescriptions you get through the Employee Health Center. Those are still managed through Save Rx.

In the Spotlight

Please take a moment to read this month's Spotlight Story below, submitted by Dave McCartney. These stories are in the employee's own words for the purpose of providing motivation and inspiration. If you wish to submit your own story, send it to Sue Wolfgang, swolfgang@carmel.in.gov.

I work in the maintenance building for the Carmel Street Department. My wife, son and I also maintain our family farm, where we raise poultry, beef, lamb and over 100 pasture pigs. We specialize in pork.

But as busy as we are, my son and I enjoy running together. Each year, we run approximately 1,000 miles and compete in 12 to 15 races. In 2017 we ran a 50k trail race in Colorado, and that was the beginning of our addiction to trail races. Trail racing is completely different from the mini or full marathons we were used to. Being at the bottom of a 1,500-foot climb that only gets more challenging with each step is mind blowing.

In early 2018 we were contacted by Team Mason about donating meat for a fundraiser they were hosting. Team Mason is a family that lost a brother, husband, father and son, and we were happy to donate our products and our time. Team Mason hosts many events throughout the year spreading information about kidney disease and promoting kidney donation. I became close with the family while gaining knowledge that could one day change a life.

With my newfound understanding and respect for what Team Mason was doing, I began to consider becoming a member of a live donation program. The first thing I did was get an information packet from IU Health – and it was full of questions like, "What are you thinking?" I learned that becoming a living donor is a long process because there's a lot that goes into finding the best candidate to donate to each recipient. Plus, I went into this having absolutely no idea who would receive my kidney. To think I've lived my last 35 years as healthy as possible, just to purposefully jump into this amazing and scary experience!

I started the process in June of 2018. My first appointment was to make sure I wasn't crazy! "Why are you doing this" was the first question I was asked. My response - "I want to make a difference; I want to knock one of those 16,000-plus recipients off the waiting list!" Can you imagine watching your loved one hooked to a machine for hours a day, three or more days a week, for the REST of their life? I would hate for my family to be part of that. So that is why I decided to do it. I may be a little crazy, but I'm healthy, happy and have an amazing family structure to help me succeed.

Fast forward eight appointments later and I had surgery on February 28! The day before surgery I spoke with my surgeon about what I was going to experience and what to expect. But, honestly, the only real question I had was, "When can I run again?" The surgeon, a runner and biker himself, understood where I was coming from. His response? - "Two weeks. Running isn't real demanding on the abs, just take it easy." That was the best thing I could have heard.

My surgery came and went, and I hurt for a couple of weeks. At two weeks and three days post-op, I signed up for the annual 5k race to benefit the Boys and Girls Club of Montgomery County. I finished dead last – but at least I finished. Two days later, my son and I registered for our sixth 500 mini marathon. Since I want to continue setting high goals, I will sign up for a 50-mile trail race this June!

Every day I move a little farther and faster towards my recovery and goals. It's crazy to think how difficult this surgery and recovery have been for my mind, body and soul, but it's only the tip of this gigantic iceberg compared to what those in renal failure go through. I will gladly wear this scar as a badge of honor. Anything I can do to spread the word of live donation, I will do.

SUBMITTED BY:

DAVE MCCARTNEY, CARMEL STREET DEPARTMENT