



HEALTH MATTERS



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

March 31 Balance	\$98,304		Dec 31, 2013 Balance	\$685,728
Total Revenues	\$856,906		Jan-Apr Revenues	\$3,436,988
Employer Premiums	700,499		Jan-Apr Expenses	\$4,098,686
Employee Premiums	143,707		Apr 30, 2014 Balance	\$24,030
Other Revenues	12,700			
Total Expenses	\$931,180		YTD Gain/(Loss)	(\$661,698)
Week 1 Claims	155,397			
Week 2 Claims	154,858			
Week 3 Claims	231,095			
Week 4 Claims	231,839			
Clinic Expenses	48,492			
Wellness Expenses	16,953			
Fixed Costs—Premiums	66,544			
Fixed Costs--Fees	26,002			
Monthly Gain/(Loss)	(\$74,274)			
April 30 Balance	\$24,030			

We expect a significant revenue boost in May due to the third payroll, quarterly retiree premiums and drug rebates.

Wellness Program

If you participate in the wellness program and use an Omron pedometer, you may be having problems uploading your steps to the Omron website or having those steps successfully transfer over to the CHC website. Omron advises that their website continues to experience technical problems, but please know that we are doing everything we can to make sure these glitches are ironed out soon. In the meantime, if you have uploaded your steps to omronfitness.com and do not see them tracked on the Omron website within 24 hours, or the CHC website within 72 hours, please contact Michelle Drish at CHC, mdrish@chcw.com (copy Sue Wolfgang on any email you send to Michelle). Michelle can manually input your steps (if you have kept track) or she can input a total based on your daily average. These circumstances will be taken into consideration when points are assessed at the end of the quarter, and we apologize for the inconvenience.

If you have not yet done so, take the time now to follow all directions outlined in the User Guide sent in previous emails regarding signing up for an Omron account and linking your pedometer to the CHC website. If you do not do this, your steps will no longer be counted or saved by CHC. Even though the previous pedometer uploader may appear to record your steps, it does not.

Primary Plus Employee Health Center Updates

Sports Physicals - Get a jump on back-to-school activities by scheduling your child's school or sports physical (age 5 and above) at the Employee Health Center. These physicals, as with all Health Center services, are free to dependents who are on the City's health plan. Plus, they are a good way to ensure your child is healthy and developing normally.

Summer will get away from us very quickly, so contact the Health Center soon to schedule your child's physical before school starts. Be sure to bring all applicable school and/or sports physical forms with you for Dr. Fagan to complete. These forms are often specific to the school or sport and are not available at the Health Center.

Childhood Immunizations - A few weeks ago an email was sent to all employees to gauge interest in offering kindergarten and sixth grade immunizations at the Health Center. Because so few employees indicated a need for these shots, we have decided not to offer them at this time. Since many of the vaccines have to be ordered in multiples of 10 or 12, require refrigeration and have a limited shelf life, it is not cost-effective for the Health Center to stock them right now. We may revisit the possibility of offering them in the future.

Therefore, while the Health Center can provide consultation on required childhood immunizations, you will need to take your child to your own healthcare provider to receive the shots. All required immunizations would be considered "preventive" under the Affordable Care Act, so there should be no charge to you.

Health Center Contact Information - Since same-day appointments are almost always available (through online scheduling or by phone), please be courteous and avoid walk-in visits.

<u>Hours</u>		<u>Address</u>
Monday	8 AM - 1 PM	1402 Chase Court, Suite 110, Carmel
Tuesday	1 PM - 7 PM	<u>Online Appointment Scheduling</u>
Wednesday	8 AM - 1 PM	www.carmel.in.gov under Human Resources tab
Thursday	1 PM - 5 PM	<u>Telephone</u>
Friday	8 AM - 1 PM	317-688-5415

Sun Safety

Warm weather is FINALLY upon us, but along with that comes the risk of too much time in the sun. Skin cancer, while largely preventable, is the most common form of cancer - more than one million cases are reported in the United States each year! Following a few simple steps can allow you to protect yourself and still enjoy the season:

- Do not burn
- Avoid sun tanning and tanning beds
- Apply sunscreen generously and often
- Wear protective clothing, including hats and sunglasses
- Seek shade whenever possible
- Use extra caution near water or sand

Remember - early detection can save your life. Examine your skin monthly, and if you see a new or changing mole, immediately make an appointment to have it examined by your healthcare provider.