



# HEALTH MATTERS



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

April 30 Balance	(\$652,018)		Dec 31, 2014 Balance	(\$586,107)
Total Revenues	\$1,372,692		Jan-May Revenues	\$5,155,359
Employer Premiums	1,129,742		Jan-May Expenses	(\$4,629,335)
Employee Premiums	214,868		May 31, 2015 Balance	(\$60,083)
Other Revenues	28,082			
Total Expenses	(\$780,757)		YTD Gain/(Loss)	\$526,024
Week 1 Claims	190,432			
Week 2 Claims	203,091			
Week 3 Claims	135,294			
Week 4 Claims	107,739			
Clinic Expenses	46,983			
Wellness Expenses	1,374			
Fixed Costs—Premiums	75,144			
Fixed Costs--Fees	20,700			
Monthly Gain/(Loss)	\$591,935			
May 31 Balance	(\$60,083)			

May was an extremely good month—mostly because of the third payroll, which brought in almost \$450,000 in additional revenues, but also because claims were very reasonable. As long as we keep our claims average under \$200,000 per week, we should do well.

### And The Winners Are....

We had 133 participants grouped in 12 teams (each named for one of the Indy race teams) in our recent Indy 500 Walking Challenge, which ran the entire month of May. Everyone put forth a fantastic effort to walk the equivalent of the two-and-a-half mile oval as many times as possible during the month.

A total of 44,027,275 steps were walked by all participants, which is about 22,014 miles, or 8,806 times around the track. Quite impressive.

Finishing in first place was the RAHAL LETTERMAN LANIGAN racing team consisting of the following people:

Kristy Bricker	TJ Diallo	Tim Green
Frazier Jones	Barb Lamb	Dave Mead
Wanda Moran	Larry Schimmel	Brian Tolan
Jeff Tragesser	Sean Whitlow	

This team walked a total of 4,682,229 steps (2,341 miles)! Each member won a \$50 Target gift card and a pair of Regal Cinema movie passes. Congratulations to everyone who participated! Job well done!



### Message From Anthem

Because of concern caused by the January data breach, it has come to our attention that some members are reluctant to answer phone calls from Anthem. To help alleviate concerns, Anthem wants everyone to know when and why they may call you, and what to expect. They may call you from time to time to alert you to important health information, remind you of upcoming appointments, encourage you to join a health program or assist in managing a specific health issue.

With these calls, keep in mind that your caller ID may or may not indicate Anthem as the caller, but Anthem will always ask you to verify your name and date of birth to protect your health information. Also, you can always opt out of receiving calls by contacting the Customer Service number on the back of your Anthem ID card (844-453-4508),

### Fireworks Safety and Eye Injury Prevention

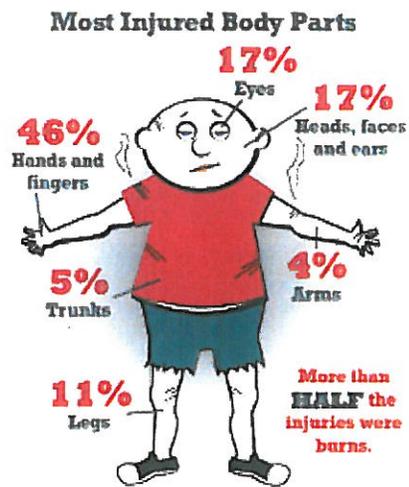
July is both Fireworks Safety and Eye Injury Prevention Month. Please remember - over half of all fireworks-related injuries are to the eyes, hands and fingers, and most of those are burns.

According to the National Fire Protection Association, the risk is highest for children age 14 and younger, and hospital emergency rooms typically treat between 11,000 and 14,000 people for fireworks-related injuries each year. Of those, about 55% are for injuries to extremities and 38% to the head.

In addition to bodily injury, the NFPA also states that fireworks are to blame for thousands of fires each year to land, structures and vehicles. On Independence Day, far more fires are reported than any other day of the year. Fireworks account for two out of five fires, more than any other cause.

The NFPA offers the following advice regarding fireworks:

- Leave all fireworks to the professionals.
- Do not use consumer fireworks.
- Attend only public displays conducted by professionals.
- After any fireworks display, do not allow children to pick up any leftover fireworks. They may still be hot or active.



### Primary Plus Employee Health Center

**REMINDER** - *If you use the online option to schedule an appointment due to sickness, please make sure you schedule the appointment with Dr. Fagan rather than one of the nurses. The nurses can draw blood, but they cannot diagnose or treat illnesses.* Since same-day appointments are often available, so 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	<a href="http://www.carmel.in.gov">www.carmel.in.gov</a> under Human Resources tab
Thursday	1 PM - 5 PM	<u>Telephone</u>
Friday	8 AM - 1 PM	317-688-5415

The City's Employee Assistance Program (EAP) can be reached 24 hours/day, 7 days/week by calling 317-962-2622, ext. 2.

The maximum generic prescription benefit through the Health Center is \$100 for 30-day or \$300 for 90-day prescriptions. Any balance is the responsibility of the employee and will be billed to that employee by the Health Center Pharmacy, Young At Heart. The medication cannot be dispensed until payment is received. Any questions regarding this should be directed to the Health Center, 317-688-5415.

**WISHING EVERYONE A  
HAPPY AND SAFE  
INDEPENDENCE DAY!**