



# HEALTH MATTERS



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

February 28 Balance	\$720,703		Dec 31, 2015 Balance	\$309,864
Total Revenues	\$1,070,429		Jan-Mar Revenues	\$3,098,505
Employer Premiums	832,632		Jan-Mar Expenses	(\$2,686,693)
Employee Premiums	152,391		March 31, 2016 Balance	\$721,676
Other Revenues	85,406			
Total Expenses	(\$1,069,456)		YTD Gain/(Loss)	\$411,812
Week 1 Claims	158,394			
Week 2 Claims	239,410			
Week 3 Claims	182,665			
Week 4 Claims	190,254			
Week 5 Claims	136,494			
Clinic Expenses	45,478			
Wellness Expenses	13,756			
Fixed Costs—Premiums	84,177			
Fixed Costs--Fees	18,828			
Monthly Gain/(Loss)	\$973			
March 31 Balance	\$721,676			

March was a break-even month, better than expected. The Other Revenues are primarily the City's portion of the first quarter retiree premiums

### Video Visits Debut in May

We are very excited to announce that members of the City's Health Plan will soon have access to a new healthcare source.

As a supplement to services provided by the Employee Health Center, IU Health has invited the City to participate in a 90-day pilot program which will offer covered employees and families the ability to consult with IU physicians via video. The only thing you need is a smartphone, tablet or computer.

With a target start date of May 3<sup>rd</sup>, these IU Health Video Visits are free to covered employees and their families and will be available weekdays and weekends from 8 AM to 8 PM. You will be able to consult, one-on-one, with an IU physician regarding a large range of symptoms and illnesses - everything from bronchitis, asthma, sore throat and fever to diarrhea, nausea, headache and back pain.

A direct mailer will be sent by IU to everyone's home the first week in May with information about this new program. *Also, please watch your email over the next few days for instructions on downloading the app, registering and using the services.*

At the end of the 90-day pilot period, the program and usage will be evaluated to determine whether these video visits will become a permanent benefit.

## EAP Changes

Please note that the City's EAP, Methodist Assistance Program (MAP) has changed its name to Indiana University Health Employee Assistance Program.

The contact information has also changed. You can contact IU Health EAP seven days a week, 24 hours a day, by calling either 800-745-4838 (ext. 2) or 317-962-8001. Appointments can be made for face-to-face contact at several locations around Central Indiana; emergency appointments and telephonic consultations are also available.



Some typical reasons employees may seek EAP services for themselves or family members include depression, family and marital problems, stress and anxiety management, drug and alcohol problems and grief counseling. Several sessions of EAP counseling are free of charge to City employees and family members. If continued counseling is recommended, referral can be made to an Anthem in-network provider.

### Primary Plus Employee Health Center

**REMINDER** - *If you use the online option to schedule an appointment for an illness or injury, 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. There is also a separate option to make an appointment with the Wellness Coach. Walk-in visits for any of the providers cannot be accommodated.*

#### Hours (Doctor, NP and/or Nurse)

Monday	8 AM-12 PM (Ms. Nitsos); 12 PM-5 PM (Dr. Fagan)
Tuesday	1 PM-7 PM (Dr. Fagan)
Wednesday	8 AM-1 PM (Dr. Fagan); 1 PM-5 PM (Ms. Nitsos)
Thursday	1 PM-5 PM (Dr. Fagan)
Friday	8 AM-1 PM (Dr. Fagan)

#### Hours (Wellness Coach)

Monday	8 AM - 11 AM
Thursday	2:30 PM - 7 PM
Friday	8 AM - 12:30 PM

#### Address

1402 Chase Court, Suite 110, Carmel

#### Online Appointment Scheduling

[www.carmel.in.gov](http://www.carmel.in.gov) under Human Resources tab

#### Telephone

317-688-5415

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