



HEALTH MATTERS



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

April 30 Balance	\$1,269,886		Dec 31, 2015 Balance	\$309,864
Total Revenues	\$1,444,813		Jan-May Revenues	\$6,117,349
Employer Premiums	830,974		Jan-May Expenses	(\$4,648,919)
Employee Premiums	157,732		May 31, 2016 Balance	\$1,778,294
Other Revenues	456,107			
Total Expenses	(\$936,405)		YTD Gain/(Loss)	\$1,468,430
Week 1 Claims	104,951			
Week 2 Claims	163,973			
Week 3 Claims	258,218			
Week 4 Claims	244,979			
Clinic Expenses	62,062			
Wellness Expenses	1,196			
Fixed Costs—Premiums	84,212			
Fixed Costs--Fees	16,814			
Monthly Gain/(Loss)	\$508,408			
May 31 Balance	\$1,778,294			

In May we received an adjustment of nearly \$429,000 from Anthem for 2015 stop-loss payments, due to payments made by BAS at the beginning of the year. The fund has gained nearly \$1.5 million since the beginning of the year.

Video Visits Reminder

We are just past the midway point in a 90-day pilot program offered by IU Health that allows you as a covered employee the ability to consult with an IU physician via video from the comfort of your own home. Employees who have used the service thus far have rated it five out of five stars as part of the satisfaction survey. For instructions on accessing these Video Visits, please see the other attachment on this email.

This program is being offered to covered employees at no cost during the trial period, which ends on July 31st. You are able to consult with an IU physician about a wide range of symptoms and illnesses including sore throat, fever, nausea, diarrhea, back pain, rashes, etc. As a result of a video diagnosis, the physician is able to prescribe appropriate non-controlled substances for treatment.

At the end of the 90 days, we will evaluate the program and usage and decide whether these video appointments will become a permanent benefit, and in what form. If you wish to have your opinion considered in making this decision, please be sure to complete the short survey after your visit. If you wish to add additional thoughts, please contact Sue Wolfgang, swolfgang@carmel.in.gov.

Tips for Healthy Living from Anthem

In order to help those who struggle with weight and maintaining healthy eating habits, Anthem has created a new *Weight Management Center* on their website. It is a collection of information and resources focused on managing weight from a total health perspective. Some of the things you will find at this Center are:

- An interactive, printable *Weight Management Playbook*, with sections on fitness and nutrition
- Tips on getting active, eating healthy, reducing stress and improving sleep.
- Heart rate and body mass index calculators
- Radio link to a station specializing in workout tunes
- Sign up for the WebMD newsletter
- Special offers and discounts on fitness and healthy living items

To access this *Weight Management Center*, simply log on to your Anthem online account. Click "Health & Wellness" and under Health Topics, click "Weight Management".

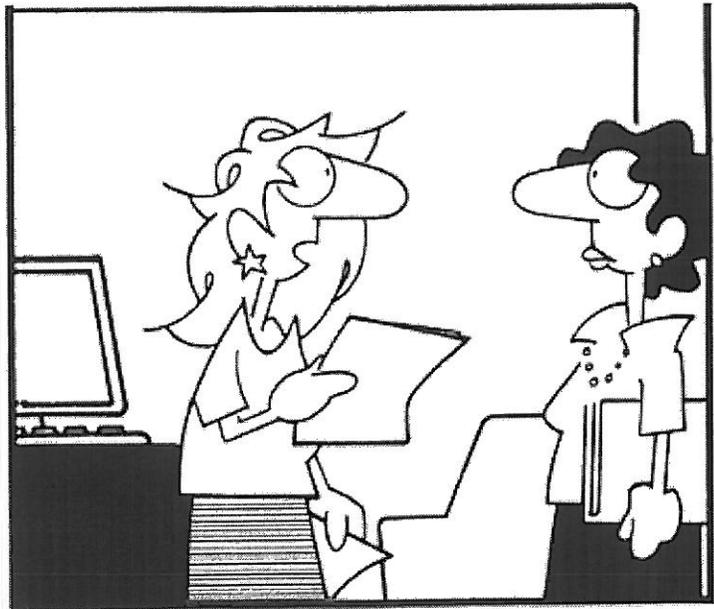
Wellness Screenings Coming Soon

The third quarter of the Wellness Program begins this Friday, July 1st (it's hard to believe this year is already half over!). In the next couple of days participants will receive the Program Guide for the third quarter - **Please review it carefully because it contains information regarding follow-up screenings occurring in July.**

Participants will be able to sign up for one of two onsite screenings where blood will be drawn in order to check for certain metabolic syndrome factors. Also, participants will have their waist circumference measured, blood pressure taken and be given a nicotine breath test. Results will determine if participants will be eligible to receive the wellness incentive during the final quarter of the year.

These Days Are Made For Walking

Summer is definitely here, so what better time to be outside and get a little exercise? Our Health and Wellness Coach, Marissa, is continuing her lunchtime walks with anyone who feels the need for a little activity break from the workday. She will meet you every Thursday at 11:30 AM at the gazebo in front of City Hall for a 30-minute walk around City grounds and Monon trail. Then, if you bring a sack lunch, feel free to join Marissa in the Japanese garden after your walk.



"I'm trying to squeeze 30 minutes of exercise into my daily schedule. Today I took 120 fifteen-second walks."

Staying Safe on Independence Day

Independence Day is a time for celebrations, picnics, cookouts, parades and festivals, and we hope everyone has a wonderful time with family and friends. Along with all the fun, however, comes the risk of injury due to one of the best things about Independence Day.....fireworks.

The National Council on Fireworks Safety has put together a list of safety tips regarding fireworks. Even if you think you know everything there is to know, please take a moment to review and refresh:

- Obey all local laws regarding the use of fireworks.
- Know your fireworks - read the cautionary labels and performance descriptions before igniting.
- A responsible adult should supervise all firework activities. Never give fireworks to children.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Use fireworks outdoors in a clear area; away from buildings and vehicles.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Always have a bucket of water and charged water hose nearby.
- Never carry fireworks in your pocket or shoot them into metal or glass containers.
- Do not experiment with homemade fireworks.
- Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.

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 or Tina Nitsos 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 under Human Resources tab

Telephone

317-688-5415

Marissa Grant's email: mgrant3@iuhealth.org

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.

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

Wishing Everyone a Safe and Happy Independence Day!