



# HEALTH MATTERS



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

June 30 Balance	\$1,636,923		Dec 31, 2015 Balance	\$309,864
Total Revenues	\$1,014,376		Jan-Jul Revenues	\$8,211,356
Employer Premiums	835,945		Jan-Jul Expenses	(\$6,906,631)
Employee Premiums	159,785		July 31, 2016 Balance	\$1,614,589
Other Revenues	18,646			
Total Expenses	(\$1,036,710)		YTD Gain/(Loss)	\$1,304,725
Week 1 Claims	211,564			
Week 2 Claims	218,263			
Week 3 Claims	160,198			
Week 4 Claims	152,038			
Clinic Expenses	62,261			
Wellness Expenses	1,251			
Fixed Costs—Premiums	83,530			
Fixed Costs--Fees	17,354			
Anthem Shared Cost	119,505			
Other Expenses	10,746			
Monthly Gain/(Loss)	(\$22,334)			
July 31 Balance	\$1,614,589			

### A Change in Primary Plus Schedule

Starting last week, you may have noticed a slight schedule change at the Employee Health Center. Each Wednesday beginning August 24<sup>th</sup> our Nurse Practitioner, Tina Nitsos, works the entire day, (8 AM to 5 PM) rather than splitting the day with Dr. Fagan. Again, this applies only to Wednesdays, and does not change the total operating hours of the Health Center.

No worries - Dr. Fagan is NOT phasing out or leaving us! The reason for this change is so he can add additional time to his teaching schedule at IU School of Medicine. In addition, it will allow N.P. Nitsos to have more time to treat children through the Health Center.

### Video Visits to Continue

The 90-day trial period for the IU Video Visits has expired. However, the City has extended the availability of this service through at least the end of 2016, at no cost to employees. For instructions on how to use these visits, refer to the attachment included in this email.

For the most part, feedback from these video visits has been positive; however, in order to make sure everything continues smoothly, we ask that you inform Sue Wolfgang if you have any negative experience with a video encounter.

Most importantly, notify Sue if you receive any sort of bill or invoice from IU for this service. There have been a few errors by IU personnel who are not familiar with our payment arrangement, and some bills have been sent erroneously to employees. Hopefully, these issues are now corrected, but again, please let Sue know if you receive a bill for a video visit so that it can be quickly reversed and removed from your account.

### Be a Dancing Machine

Beginning September 15<sup>th</sup>, all full-time employees will have the chance to take free line dance lessons each Thursday evening for four consecutive Thursdays. Each class will last approximately one hour, and employees who participate in the wellness program will have an opportunity to earn wellness points for participation. Be sure to watch your email over the next couple of days for more information about the classes and enrollment instructions.

Over the next few months, we also hope to offer lessons in other forms of dance, yoga and other activities to help everyone move a little more, relax a little more and enjoy life a little more - all components of a healthy lifestyle!

### Remember.....School is Back in Session

It's that time of year when our kids return to the classroom, homework and after-school sports and activities. Please be mindful of increases in both pedestrian and bus traffic and remember.....



**Because they're *NOT* watching for you!**

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## Primary Plus Employee Health Center Information

**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 (N.P. Nitsos); 12 PM-5 PM (Dr. Fagan)  
Tuesday 1 PM-7 PM (Dr. Fagan)  
Wednesday 8 AM-5 PM (N.P. 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

Marissa Grant's email: [mgrant3@iuhealth.org](mailto: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 Restful  
Labor Day Weekend!**  
**You Work Hard - You Deserve It!**

