



HEALTH MATTERS



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

July 31 Balance	\$1,614,589		Dec 31, 2015 Balance	\$309,864
Total Revenues	\$1,080,202		Jan-Aug Revenues	\$9,291,558
Employer Premiums	835,621		Jan-Aug Expenses	(\$8,107,547)
Employee Premiums	158,907		August 31, 2016 Balance	\$1,493,875
Other Revenues	85,674			
Total Expenses	(\$1,200,916)		YTD Gain/(Loss)	\$1,184,011
Week 1 Claims	205,422			
Week 2 Claims	152,472			
Week 3 Claims	244,503			
Week 4 Claims	216,471			
Week 5	137,061			
Clinic Expenses	52,894			
Wellness Expenses	1,051			
Fixed Costs—Premiums	84,099			
Fixed Costs--Fees	17,736			
Other Expenses	89,207			
Monthly Gain/(Loss)	(\$120,714)			
August 31 Balance	\$1,493,875			

The Other Expenses consists primarily of a quarterly drug rebate, and the Other Expenses of an incentive we pay Anthem when they meet cost-saving goals.

Open Enrollment Just Around the Corner

Open Enrollment for your 2017 medical and dental insurance begins October 1st and runs through October 31st. Please review the section below that applies to your current situation:



- **ACTIVE CITY EMPLOYEES:** In the next few days you will receive an email from Sue Wolfgang outlining everything you need to know about choosing your 2017 health insurance, including complete instructions on how to enroll and descriptions of your options. As in past years, you will have to do your enrollment on a City computer - no paper forms will be accepted.
- **ACTIVE PARKS DEPARTMENT EMPLOYEES:** In the next few days you will receive an email from Sue Wolfgang (forwarded from Lynn Russell) outlining everything you need to know about choosing your 2017 health insurance, including complete instructions on how to enroll and descriptions of your options. **Beginning this year, we will not accept paper enrollments.** Computer station(s) have been set up in or near Lynn Russell's office where you will need to complete your enrollment.

- **RETIREES:** In the next few days you will receive an email from Barb Lamb outlining everything you need to know about choosing your 2017 health insurance, including complete instructions on how to enroll and descriptions of your options.

In addition to the email you will receive, information on 2017 health insurance will be available through the HELP/INFORMATION link on the enrollment site, as well as the HUMAN RESOURCES tab on the City web site. REMEMBER - Open enrollment will run from October 1st-31st. If you wish to have medical and/or dental insurance through the City next year, you are required to enroll within this time period.

Flu Shots Coming Soon



**“I can install this virus software if you bend over.
But a flu shot would be easier for both of us.”**

Next week the City will begin providing free flu shots to all full and part time employees, retirees, commission and board members and dependents (13 years of age and older) according to the following on-site schedule:

- | | | |
|---------------------------------------|--------------|--|
| • Tuesday, October 4 th | 8 AM to Noon | City Hall Caucus Rooms |
| • Wednesday, October 5 th | 2 PM to 6 PM | City Hall Caucus Rooms |
| • Tuesday, October 11 th | 8 AM to Noon | Water Operations Training Room
3450 West 131 st Street |
| • Wednesday, October 12 th | Noon to 4 PM | Wastewater Plant Admin Building
9609 Hazel Dell Parkway |

Please mark your calendar if you wish to receive one of these flu shots. Appointments are not necessary.

After October 12th - If you have a dependent under the age of 13 who needs a flu shot, you must make an appointment at the Health Center (even if you are not on the City's health plan), either by

going to the Health Center link on the City's website or calling 317-688-5415 during hours of operation.

New Wellness Partner

Look for a "reinvention" of the City's wellness program next year! While we will maintain some of the current components (pedometers will still be the main emphasis), we will be partnering with a new vendor in order to spice up, streamline and simplify the program.

The \$20/pay wellness incentive that is currently awarded to active participants will be replaced by a more interactive, engaging and dynamic rewards system, and we are very excited about the possibilities!

We are still working out final details, but this new program will start with enrollment and biometric screenings after the first of the year. More information will be provided as it becomes available, so be sure to watch your emails closely.

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,

Telephone

317-688-5415

Marissa Grant's email: mgrant3@iuhealth.org

Online Appointment Scheduling

Carmel www.carmel.in.gov under Human Resources tab

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.

**"We don't know how STRONG we are until being STRONG is the only choice we have."
October is Breast Cancer Awareness Month
Find the Cure, Be the Cure**