



HEALTH MATTERS



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

November 30 Balance	\$1,676,140		Dec 31, 2015 Balance	\$309,864
Total Revenues	\$1,030,757		Jan-Dec Revenues	\$13,985,597
Employer Premiums	840,633		Jan-Dec Expenses	(\$12,724,782)
Employee Premiums	161,335		Dec 31, 2016 Balance	\$1,570,679
Other Revenues	28,789			
Total Expenses	(\$1,136,218)		YTD Gain/(Loss)	\$1,260,815
Week 1 Claims	303,724			
Week 2 Claims	253,771			
Week 3 Claims	236,582			
Week 4 Claims	187,485			
Clinic Expenses	51,521			
Wellness Expenses	1,916			
Fixed Costs—Premiums	84,709			
Fixed Costs--Fees	16,510			
Monthly Gain/(Loss)	(\$105,461)			
December 31 Balance	\$1,570,679			

2016 was an extremely good year for the City's health plan—our balance went from \$309,864 at the beginning of the year to \$1,570,679 at the end. We credit this to Anthem's deep discounts, our wellness program, employee participation in the high deductible plan and the popularity of our Primary Plus Employee Health Center. We hope to see similar progress in the coming year so we can keep premium increases to a minimum.

Vitals Smart Shopper Up and Running

Just a reminder - the Vitals Smart Shopper program is up and running for participants in the City's health plan. This tool can help you shop for high-quality, cost-effective healthcare providers. You should have received instructions in a home-mailer regarding this program, but a copy is attached to this email for your convenience.

Keep in mind - when you use this shopping tool, you have the potential to receive a cash reward ranging from \$25 to \$500, depending on the service and savings.

To use this service, you can either go to the Vitals website (vitalssmartshopper.com) or call 1-800-824-9127.

New Wellness Program Starts Tomorrow!

All full time employees should receive an email from *Virgin Pulse* tomorrow afternoon, February 1st, around 2:30 PM. This email will introduce the Virgin Pulse Wellness Program, provide instructions on setting up your wellness account and linking your device, explain incentives and offer guidance on establishing wellness goals. It will also provide contact information if you have any questions.

Those who have received a pedometer from the City in the past few years, or who already have their own device, can continue to use that device as long as it is supported by Virgin Pulse. Supported devices are listed on the website. If you are new to the wellness program, or have not participated in the past few years, you should see a \$60.00 credit on your *PulseCash* account on the Virgin Pulse website. That credit can go towards the purchase of a device from the website store.

Those wellness participants who earned a minimum of 300 points during the final quarter of 2016 (through CHC Wellness) will see a \$125.00 credit on their *PulseCash* account.

Keep in mind - if you did not register with the Program Code for the fourth quarter of 2016 through CHC, any steps taken would not have counted toward your incentive. Since we no longer use CHC as our vendor, it will not be possible to go back and fix that issue.

You should, however, be able to log on to your CHC Wellness account (www.chcw.com) to retrieve any previous screening or walking information. Anything you want to keep should be printed and saved to your personal files because the information will only be available for four months. If you are asked to input a Program Code, use 3202Cit611. Again, this information is view only - nothing can be added or amended.



“Lose some weight, quit smoking, move around more and eat the carrot.”

Be on the lookout for future emails and announcements regarding wellness screenings that will take place in March. While it is not mandatory for wellness participants to have a screening, those who do will receive a significant number of points that will translate into *PulseCash*.

Welcome to Virgin Pulse - We are excited to offer a new way to help you obtain and/or manage your wellness goals!

Mail Order Info for Primary Plus Prescriptions

You recently received a postcard in the mail regarding changes to the free mail order pharmacy benefit available through the Primary Plus Employee Health center. If you did not receive this postcard, one is attached to this email for your convenience. The following should help answer questions that have been raised:

- **This benefit is available only to those members who have prescriptions written by staff at the Primary Plus Employee Health Center.** If you have prescriptions written by providers outside of Primary Plus, they should be filled by either a regular pharmacy or through Anthem's mail order service which can be found under Prescription Benefits after logging on to www.anthem.com.
- **For those who currently have refillable prescriptions through Primary Plus, you will need to first contact Primary Plus (688-5415) to make sure your prescription has been transferred to the new pharmacy.** You should only have to do this once. After that, you can call the mail order pharmacy (800-228-3108) when you need a refill on a current prescription.
- **If you have a prescription that was written through Primary Plus but has expired, you will first have to contact Primary Plus to have a provider approve a refill.** At that time, Primary Plus will send the prescription to the pharmacy for refill. From that point on, you can call the mail order pharmacy to order your refills.
- **This mail order pharmacy's only purpose for the City is to refill medications prescribed by staff at Primary Plus Health Center.** It is not available for healthcare guidance. Therefore, any specific questions regarding your medications should be directed to the Primary Plus staff.

Identity Protection Services Due to Expire

In 2015, shortly following the cyber attack against Anthem, they offered two free years of AllClear ID Credit and Identity Theft Monitoring Services to affected members. That two-year timeframe is soon coming to a close.

If you enrolled in this monitoring service in 2015, you should have received (or soon will receive) a courtesy AllClear ID email that includes renewal options should you choose to continue receiving this protection.

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 will not 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 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. 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.

February is American Heart Month

Friday, February 3rd, is National Wear Red Day, dedicated to educating people about fighting one of the country's most prolific killers - heart disease and stroke

So, Go Red This Friday!!