



# HEALTH MATTERS



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

March 31 Balance	\$2,652,141		Dec 31, 2016 Balance	\$1,570,679
Total Revenues	\$1,127,319		Jan-Apr Revenues	\$4,997,499
Employer Premiums	870,127		Jan-Apr Expenses	(\$3,779,274)
Employee Premiums	170,314		Apr 30, 2017 Balance	\$2,788,904
Other Revenues	86,878			
Total Expenses	(\$990,556)		YTD Gain/(Loss)	\$1,218,225
Week 1 Claims	157,006			
Week 2 Claims	162,567			
Week 3 Claims	169,390			
Week 4 Claims	282,870			
Clinic Expenses	77,091			
Wellness Expenses	2,799			
Fixed Costs—Premiums	92,167			
Fixed Costs--Fees	46,666			
Monthly Gain/(Loss)	\$136,763			
April 30 Balance	\$2,788,904			

The majority of the "Other" revenues is a quarterly drug rebate.

### Anthem Programs Offer Health & Wellness Assistance

Because Anthem is the City's health plan administrator, members have the opportunity to take advantage of services and programs to assist with a variety of health and wellness topics. Here's a sampling of what Anthem has to offer:

- **ON THE GO:** If you haven't already done so, downloading the *Anthem Anywhere* app from your app store allows you to access important insurance information on the go, including a digital copy of your medical ID card. With this app you can also find a doctor and access your medical records. By taking one more step, you can also view and manage your prescription benefits through the Anthem Anywhere app: Once you have Anthem Anywhere on your phone and log in, select **Menu > My Coverage > Prescriptions** within the app. You will then be prompted to download the *Express Scripts* app. You cannot access your pharmacy information directly through the Express Scripts app, but once you have both apps on your phone, you can get pharmacy information directly from the **Prescriptions** button on the Anthem Anywhere app.
- **FUTURE MOMS:** Anthem's Future Moms program offers personalized support for pregnant members throughout the entire pregnancy and even after delivery. Participants can receive coaching for such things as healthy eating and exercise, in addition to specialized assistance with management of high risk pregnancies, referral to specialists,

quit smoking programs and screening for pre- and post-natal depression. Over 90% of participants in the Future Moms program say the tools helped them manage a healthy pregnancy. You can find out more about this program by logging in to your account at [www.anthem.com](http://www.anthem.com) and clicking the *Health and Wellness* tab, or by calling Anthem at (888) 279-5449.

- **CONDITION CARE:** For those with a long-term health problem, Condition Care could be a valuable resource. This program offers assistance to members with asthma, chronic obstructive pulmonary disease (COPD), diabetes, heart failure, coronary artery disease (CAD) and more. Participants receive tools to help take charge of their health, along with 24/7 access to a care manager, a health review, follow-up calls and tips on prevention and lifestyle choices to help improve quality of life. You can find out more about this program by logging in to your account at [www.anthem.com](http://www.anthem.com) and clicking the *Health and Wellness* tab, or by calling Anthem at (888) 279-5449.
- **REACHING OUT:** If you have provided your phone number to Anthem, there may be times when they reach out to you by phone. Don't worry, they aren't selling anything, they will always ask to verify your name and date of birth and all calls are completely confidential. These calls may occur to help with important health issues such as losing weight, quitting smoking or preparing for upcoming surgery. They also may be made to remind you of a health appointment or suggest a supportive program based on your personal health issues or complaints.
- **24/7 NURSE LINE:** Through Anthem, members have access to a registered nurse by phone 24 hours a day, seven days a week. They are there to answer questions, regardless of whether you are sick at that moment. They can also offer guidance on where to go if your doctor is not available. The 24/7 Nurse Line (including information on all of the above-listed programs) is provided on your Anthem ID card, (888) 279-5449.

Remember, all of the programs and services listed above are offered **free of charge** to members of the City's health plan.



### New EAP Services to Start June 1st

Just a quick reminder - Beginning June 1<sup>st</sup>, our EAP will start offering new legal and financial services to employees. These services, free to employees, may include assistance with such things as legal defense issues, real estate transactions, mortgage counseling, estate planning, IRS issues, financial consultation, rebuilding credit and tax preparation.

For more information or to request these or other EAP services, please call 317-962-2622, ext. 2.

### In Recognition of You

Friday, June 2<sup>nd</sup>, is *City of Carmel Employee Appreciation Day!* Please join us between 7:00 and 9:00 AM curbside on the north side of City Hall to receive your complimentary breakfast (and a few goodies). Each breakfast bag will contain a raffle ticket - we have a record number of prizes this year, so you have a good chance of winning something cool. We will have both drive-thru and walk-up service available, with a few picnic tables if you want to sit outside.

This breakfast is sponsored and hosted by Mayor Jim Brainard, the Department of Human Resources, the Department of Administration and Clerk-Treasurer Christine Pauley.

**WE WISH EVERYONE A SAFE AND RESTFUL  
MEMORIAL DAY, AND THANK ALL  
MILITARY PERSONNEL WHO HAVE SERVED  
OR ARE SERVING OUR COUNTRY.**



**YOUR DEDICATION IS THE  
REASON FOR THE SEASON, AND  
WE APPRECIATE YOUR SACRIFICE**