



HEALTH MATTERS



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

May 31 Balance	\$2,993,400		Dec 31, 2016 Balance	\$1,570,679
Total Revenues	\$1,065,341		Jan-Jun Revenues	\$7,290,818
Employer Premiums	875,473		Jan-Jun Expenses	(\$5,793,885)
Employee Premiums	170,745		June 30, 2017 Balance	\$3,067,612
Other Revenues	19,123			
Total Expenses	(\$991,129)		YTD Gain/(Loss)	\$1,496,933
Week 1 Claims	149,257			
Week 2 Claims	126,286			
Week 3 Claims	303,483			
Week 4 Claims	214,558			
Clinic Expenses	53,138			
Wellness Expenses	8,929			
Fixed Costs—Premiums	90,074			
Fixed Costs--Fees	45,404			
Monthly Gain/(Loss)	\$74,212			
June 30 Balance	\$3,067,612			

Making the Most of Collaborative Care

A strong relationship between you and your primary care physician (PCP) is very important in improving your and your family's health, promoting wellness and reducing overall costs. Anthem now offers a program called "Optional PCP Selection" that lets you designate your primary doctor.

This information allows Anthem to collaborate with doctors who participate in their Enhanced Personal Health Care (EPHC) program to provide you and your family with the right level of care from the right doctor at the right time. The program encourages doctors to focus on the quality of individual care rather than the number of patients treated.

By designating an EPHC doctor as your primary doctor, you will be helping Anthem to help you. Anthem can keep your doctor in the loop if you visit the emergency room or hospital, and then reach out to that doctor regarding any tests or services you may need. Your doctor can also more quickly and easily take over the responsibility of coordinating care needed from radiologists, therapists, specialists or other care providers.

To find out whether your current doctor participates in Anthem's EPHC program, log onto your account at www.anthem.com. Click *Find A Doctor* and type your doctor's name (first name, last name) in the box *Whose name is*. When your doctor's information displays, click *See All Provider Awards/Certifications*.

If your doctor participates in the program, you will see either *Enhanced Personal Health Care* or *Blue Distinction Total Care* on the list.

If you want to designate your doctor as your PCP for this program, log onto your Anthem account, scroll down to the *Resources* box on your home screen and click *Change Primary Care Physician*. Check the box beside each family member to which the designation applies and click *Add or Change PCP*. This will take you through the short process of selecting and designating the primary doctor of your choice.

Again, this program is optional, but the goal is to allow doctors to work together as seamlessly as possible to provide you and your family with the care that makes the most sense. Developing and maintaining a relationship with a primary doctor leads to improved health care quality, outcomes and affordability.



“Chasing the ice cream truck does not count as a summer fitness program.”

Onsite Screenings and Flu Shots Coming Soon

Dates, times and locations have been set for this fall's biometric wellness screenings and flu vaccines. We are still a couple of months out, but please take this opportunity to check your calendar to determine the dates that best fit your schedule.

Wellness Screenings: Biometric screenings for full-time employees will take place in September. Complete details will be provided in the near future, but those employees who participate in the Virgin Pulse Wellness Program will receive 1,000 wellness points. A slight change from past screenings - all will be done in the morning (7-11 AM) since a 12-hour fast is required and the afternoon screenings held last March were not well attended. You will be using an online scheduling tool to choose from the following dates/locations:

- September 6 - Street Department
- September 7 - City Hall Caucus Rooms
- September 8 - City Hall Caucus Rooms
- September 12 - City Hall Caucus Rooms
- September 13 - Street Department
- September 14 - City Hall Caucus Rooms
- September 15 - City Hall Caucus Rooms
- September 19 - City Hall Caucus Rooms
- September 20 - City Hall Caucus Rooms
- September 22 - City Hall Caucus Rooms

Flu Shots: Flu shots will be administered in October and are available to all employees, board members, commission members, retirees and dependents. This year's shot will fight four strains of the virus as opposed to last year's which only affected three strains. As the dates approach, we will let you know the minimum age to receive a vaccine. The schedule is as follows:

- October 5 8 AM-Noon Street Department
- October 10 8 AM-Noon City Hall Caucus Rooms
- October 17 2-6 PM City Hall Caucus Rooms
- October 19 1-5 PM Wastewater Treatment Plant

An Invitation to Self-Identify

The federal government requires the City to adhere to certain nondiscrimination recordkeeping and reporting procedures. One of these recordkeeping tools is an invitation to self-identify your race/ethnicity. So, in the next few weeks, Human Resources will email everyone a very short questionnaire inviting you to do just that. Please be on the lookout for it.

Providing this information to the City is voluntary and refusal to do so will not lead to any negative action against you. If you choose to not self-identify, the City is then required to determine your race/ethnicity by visual means.

The gathered information will be kept confidential and will be used to fulfill federal reporting requirements in order to enforce nondiscrimination practices.

Save the Date!

The Carmel City Council's Employee Appreciation Picnic is only one month away! Please mark your calendars for August 25th from 7:00 to 10:00 PM and join us at the Water Park at the Monon Community Center. Appetizers, desserts, ice cream, games, prizes, music, swimming and more will be enjoyed with a Mardi Gras theme. Everyone should soon receive a postcard in the mail with instructions on how to RSVP. If you plan to attend (and who wouldn't?), please RSVP by the deadline as an accurate head count is crucial for planning purposes.

