



HEALTH MATTERS



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

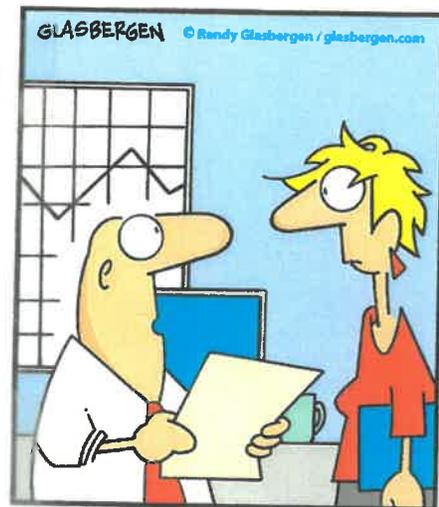
June 30 Balance	\$3,067,612		Dec 31, 2016 Balance	\$1,570,679
Total Revenues	\$1,066,571		Jan-Jul Revenues	\$8,357,389
Employer Premiums	875,213		Jan-Jul Expenses	(\$6,766,107)
Employee Premiums	170,415		July 31, 2017 Balance	\$3,161,961
Other Revenues	20,943			
Total Expenses	(\$972,222)		YTD Gain/(Loss)	\$1,591,282
Week 1 Claims	247,438			
Week 2 Claims	124,243			
Week 3 Claims	134,423			
Week 4 Claims	238,933			
Clinic Expenses	71,756			
Wellness Expenses	6,253			
Fixed Costs—Premiums	90,237			
Fixed Costs--Fees	45,572			
Other Expenses	13,368			
Monthly Gain/(Loss)	\$94,349			
July 31 Balance	\$3,161,961			

Wellness Screenings Begin Next Week

Our bi-annual wellness screenings start next week, so if you haven't already done so, please take this opportunity to schedule yours. The screenings will run from 7:00 to 11:00 AM on the following dates:

- 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

Schedule your appointment by visiting login.registermytime.com/tw/cityofcarmel. The site works best with Google Chrome or Mozilla Firefox browsers. There have been some problems with Microsoft Internet Explorer.



"We're having a big meeting tomorrow to kick off our Employee Wellness Campaign. Who's in charge of bringing the soda and donuts?"

The finger-stick blood test and screening will measure height, weight, BMI, waist circumference, blood pressure, cholesterol, glucose and hemoglobin A1C. Remember to fast nine hours before your scheduled screening.

A Chance to BE THE MATCH - "Hearts4Harting"

Charlie Harting is a member of our police force. His wife, Missy, was recently diagnosed with leukemia and will eventually need a bone marrow transplant. Because she has no matching donor in her family, she is relying on *Be The Match*, an organization that finds bone marrow matches for people like Missy.

We will have a very special opportunity for everyone from 7 AM to 11 AM on September 14th outside the caucus room at City Hall. We will hold a *bone marrow registry drive* that morning, and everyone age 18-44 (including employees, friends and family) is welcome and urged to stop by - it only takes a few moments to have a cheek swabbed and be added to a donor registry that may help Missy or someone else in need.

If it turns out that a City employee is a viable match for Missy's transplant, the City will allow that employee to take the required amount of time away from work for the procedure without using PTO, vacation or sick time.

Primary Plus Health Center Gets a New Home

As we previously announced, our Employee Health Center is moving to a bigger and better space at 99 East Carmel Drive. Construction and renovations are currently underway with a targeted opening in late September or early October.

We will have an open house at the new space on Tuesday, October 17th, from 11 AM to 2 PM, so mark your calendars and stop by.

A clarification regarding our Health Center: Anyone who leaves the City's employ is no longer eligible to use the Health Center as of the end of their last date of employment. Even though those on the City's health plan have 30 days of insurance coverage after leaving the City, the Health Center is not part of that benefit. An exception to this is retirees who remain on the City's health plan - they remain eligible to use the Health Center. Any questions regarding this should be directed to Sue Wolfgang, swolfgang@carmel.in.gov.

Weight Watchers Hosts Open House

Weight Watchers is getting ready to start the next session of classes for City employees on October 12th. On Thursday, September 7th, they will host an open house for anyone interested in joining the next group. The class starts at 12:15 PM in the City Hall caucus room.

Anyone who enrolls by September 14th will receive a 15% discount on the fee (\$136.20 instead of \$156.00). Plus, the City offers an incentive program to get all or some of your money back if you hit certain milestones in your weight loss journey. New enrollees will also get a free Weight

Watchers starter kit, valued at \$70, which includes a tote, fruit infuser water bottle, collapsible salad bowl, measuring cup set and a meal planning guide.

Employees Win Big in Raffle

Last Friday's Employee Appreciation Picnic at the Monon Water Park, hosted by the Carmel City Council, was a fantastic time for everyone, and many of our fellow co-workers walked away with some fairly impressive swag! Be sure to congratulate them.

Colts Tickets	Ralph Burke
Picnic Basket	Maggie Crediford
Sony Sound Bar/Subwoofer	Steve Holubik
Coleman Tents	Elizabeth Royce, Hunter Rogowski
All Things Carmel Gift Basket	Lisa Stewart
Carmel Bag Chairs	Ashley Ulbricht, Greg Epp, Eddie Alvarez
SENSO Bluetooth Headphones	Lupe Esparza
Dremel Tool Set	Brady Myers
Outdoor Canopy	Jordan Kleinsmith
Bath Junkie Gift Basket	Candy Martin
30-oz. Yeti Tumblers	Cory Essex, Tara Washington, Paul Arnone
Crew Car Wash Books	Darin Troyer, Alexia Lopez
American Tourister Luggage	Jim Dorsch
Electric Pressure Washer	Pat Jable
iHome Sleep Therapy Speaker	Mark Carter
Reverse Umbrella	Megan McVicker
Hydration Packs	Mike Miller, Dave Haboush
Amazon Echoes	Chrissy Barker, Teresa Lewis
54-qt. Coleman Cooler	Hani Soueidan
Lottery Ticket Gift Basket	Kate Lustig
Keurig K55	Lisa Kempa
Half-Gallon Yeti Jug	Carol Dixon
Fitbit Charge 2	Jim Spelbring
Folding Sport Wagon	Pam Griffiths
Shop Vac	Brad Haymaker
Bike Gift Basket	Gary Carter
Coleman Portable Grill	Jim Barlow
Porter-Cable Power Tool Set	Nate Hill
Amazon Kindle & Case	Brent Liggett
Household Tool Set	Adrienne Keeling
Ninja Blender	Ed Wolfe
Air Compressor Set	Barb Lamb
Kayaks	Harland McNair, Adam Miller
Custom Corn Hole Set	Todd Luckoski
Photo Booth Swag	Amanda Bennett

There was one reverse umbrella won for which we did not record a winner, so if you know who it is, please tell Sue Wolfgang know so she can have a complete record.

The corn hole tournament was won by Jim and Deb Dorsch and the Flow Rider competition was won by Jack Dorsch (age 13 and younger) and Tyler Lindamood (age 14 and older)