



# HEALTH MATTERS



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

March 31 Balance	\$3,077,154		Dec 31, 2018 Balance	\$2,425,022
<u>Total Revenues</u>	\$1,160,070		Jan-Apr Revenues	\$5,103,739
Employer Premiums	884,828		Jan-Apr Expenses	(3,996,129)
Employee Premiums	171,358		Apr 30, 2019 Balance	\$3,532,632
Other Revenues	103,884			
<u>Total Expenses</u>	(\$704,592)		YTD Gain/(Loss)	\$1,107,610
Week 1 Claims	143,145			
Week 2 Claims	91,501			
Week 3 Claims	102,572			
Week 4 Claims	124,581			
Clinic Expenses	79,880			
Wellness Expenses	7,065			
Fixed Costs—Premiums	111,786			
Fixed Costs—Fees	44,062			
<u>Monthly Gain/(Loss)</u>	\$455,478			
April 30 Balance	\$3,532,632			

Most of the Other Revenues in April came from a prescription drug rebate.

### **Calling All Cooks!**

The City’s Wellness Committee is cooking up some fun, but everyone’s help is needed. The committee is putting together a cookbook that will include healthy-ish, well-worn and time-tested recipes from City employees. So, please take a few minutes to look through all of your best creations and submit one or more for publication. Recipes for soups to salads, entrees to side dishes, appetizers to desserts, suitable for breakfast, lunch, dinner or snacks are welcome!

Use the template attached with this email to record the ingredients and preparation instructions. Please remember to include your name and department, preparation time, cook time and total servings. Also, if the recipe is gluten-free, vegetarian or vegan, please indicate that on the template. While it’s not mandatory, providing serving size and calories per serving would be appreciated, as would a picture of the finished product.

These recipe templates are due no later than Friday, August 16, and should be submitted to Carol Dixon, [cdixon@carmel.in.gov](mailto:cdixon@carmel.in.gov), or through interoffice mail.

Each employee will receive one free cookbook. Additional copies can be purchased for \$5.00 (*great idea for holiday gifts!*) with proceeds going to CPD’s “Holiday with Heroes” program in which our police officers take kids shopping for the holidays.

### **Employee Health Center Reminders**

- In an effort to control (and hopefully avoid) no-shows at Primary Plus Employee Health Center, appointments can now be confirmed or cancelled via text message. If

you have provided your cell phone number to the Health Center and selected the text reminder option, you will receive a text reminder 48 hours in advance of an upcoming appointment. You will be asked to confirm or cancel the appointment, which can be done by appropriately replying to that text.

- Employee Assistance Program (EAP) services are provided free of charge to City employees, and there are several location options available for anyone seeking an appointment. For convenience, an EAP provider is on site at the Health Center every Tuesday. However, please be aware that walk-ins are not available. If you wish to visit the EAP provider on a Tuesday at the Health Center, or at any other location, you must first make an appointment by calling 317-962-8001.

## **Zumba Gold Continues**

*Zumba Gold* is a great way to work low-impact fitness into a busy schedule. To that end, the City's *Zumba Gold* classes are continuing with an expanded schedule at a new location.

The free, 45-minute classes are scheduled every Tuesday and Thursday at 5:15 PM at the Carmel Fire Department training center, 4925 East 106<sup>th</sup> Street. The only requirements are comfortable shoes, stretchable clothing and a positive attitude.

We may be able to open the classes to spouses of employees, so if your spouse is interested, please contact Sue Wolfgang, [swolfgang@carmel.in.gov](mailto:swolfgang@carmel.in.gov).

## **In The Spotlight**

This month's Spotlight Story comes from Clayton Bell. Please read how he achieved his best possible healthy self through hard work and perseverance. If you wish to share your health-related story, or want to recommend someone else to share their story, please contact Sue Wolfgang at [swolfgang@carmel.in.gov](mailto:swolfgang@carmel.in.gov).

***My name is Clayton Bell and I am the Facilities Manager at City Hall. Though I like to think I'm a pretty healthy guy, my life hasn't always been that way.***

***It all started at a mere 14 days old when I was diagnosed with Congenital Adrenal Hyperplasia 21 Hydroxylase Deficiency (CAH). The name alone is enough to scare anyone, let alone someone living with the disease! CAH prevents my body from producing steroids, which is treatable. But it also causes my body to be salt wasting, which is life-threatening forever.***

***Growing up with CAH had very little impact, except when it came to weight gain. Balancing the steroids my body needed, but couldn't produce, was always a challenge. A visit to the doctor every four months was usually followed by an increase in steroids. Those who have ever been on a prescription steroid know that many of the side effects are weight-related.***

***I always tended to be heavier than most, with no way to shed the extra pounds. No matter what workout program I followed, what diet I went on, or how hard I worked, the weight just would not come off. The day of my high school graduation I was the heaviest I had ever been - 298 pounds. I knew something had to give, and it was at that moment that I became determined to make changes.***

***With a change in diet, more dedication to exercise than ever before, and the support of my family and friends, I started losing five to ten pounds at a time.***

***Forcing my body into a healthier lifestyle proved to work better than any medication, diet fad, or the latest workout. As the pounds started shredding, other numbers began dropping as well - lower blood pressure and lower cholesterol. These are numbers a 19-year-old should never be worried about. After 19 years of bad news with CAH, my body had undergone a transformation for the better. My doctors were happier, I was healthier, and the chance of adding more health issues to my grocery list of medical worries had started to dissipate.***

***Fast forward to today - I couldn't be happier with the condition my health is in. It took over a year, but I lost a grand total of 110 pounds. I have put some of the weight back on with encouragement of family, friends, and doctors because, as it turns out, the statistical weight ratio just simply looks unhealthy for someone 6'2".***

***Today I continue to keep an eye on my diet. If I could give advice to someone on a weight loss journey, I would simply say count on your family and friends. They're not critiquing what you're eating and doing because they just feel like it, they're doing it because they love and care for you. Obesity is slowly taking over America, and I don't ever want to find myself there again. CAH and medical mysteries will always be a part of my life, but I'm determined to never let excess weight take over again.***

***Clayton's journey.....before and after:***

