



HEALTH MATTERS



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

December 31 Balance	\$1,887,709		Dec 31, 2019	
Balance	\$1,887,709			
<u>Total Revenues</u>	\$1,655,114		Jan Revenues	\$1,655,114
Employer Premiums	1,362,898		Jan Expenses	(\$1,464,377)
Employee Premiums	260,913		Jan 31, 2020 Balance	\$2,078,446
Other Revenues	31,303			
<u>Total Expenses</u>	(\$1,464,377)		YTD Gain/(Loss)	\$190,737
Week 1 Claims	605,912			
Week 2 Claims	208,791			
Week 3 Claims	272,783			
Week 4 Claims	113,884			
Clinic Expenses	71,809			
Wellness Expenses	22,800			
Fixed Costs—Premiums	118,990			
Fixed Costs—Fees	49,408			
<u>Monthly Gain/(Loss)</u>	\$190,737			
January 31 Balance	\$2,078,446			

Claims were high in January, but they were offset by premiums collected from the third payroll.

Meet Our New Primary Plus Clinic Nurse Practitioner and RN Manager

We are very pleased to welcome Kellie Marsoobian, NP and Abbey McDonough, RN Manager.

Kellie is a certified family nurse practitioner and has been in the healthcare profession for more than 10 years. As a healthcare provider, Kellie’s goal is to educate and create personalized care plans to optimize the overall health and well-being of her patients.

Abbey is a Registered Nurse Associate Partner and comes to us from Riley Hospital. Abbey has many years of experience in healthcare, including experience as a Clinical Advisor and Charge Nurse.

Primary Plus Clinic Important Information

Here are some helpful tips and reminders from the Clinic:

- Not all clinic providers are certified to complete DOT physicals. Please call the clinic to schedule all DOT/CDL physicals.
- All school sports physicals, miscellaneous and CDL forms **MUST** be completed prior to your scheduled appointment. If the forms are not completed, you may be asked to reschedule.
- Beginning in March, please arrive 10 minutes prior to your scheduled appointment to allow time for patient registration.
- If you are unable to keep your appointment please call the clinic at (317) 688-5415.

Wellness Lunch and Learn- City Hall Caucus Room

Do you feel as if you have tried and tried again to establish an exercise routine but nothing seems to stick? Does this leave you feeling discouraged, overwhelmed, and not sure what to do next? On Monday, March 16th from 11:00am to 12:00pm bring your lunch to hear Megan Tsangaris, Health Coach at the Primary Plus Clinic, present how to learn to identify what motivates you. And how to take this motivation and use it to create and execute a specific, measurable, and attainable exercise plan. Attendees will receive 50 Virgin Pulse Points. RSVP by Wednesday, March 11th to Megan at mtsangaris@iuhealth.org.



Coronavirus (COVID-19) Prevention

We have all heard about the Coronavirus and the associated health risks. There is not currently a vaccine to prevent the Coronavirus, however the Centers for Disease Control and Prevention (CDC) does have recommendations to prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Please note that the City of Carmel reserves the right to require employees who have risk factors or exhibit symptoms for Coronavirus to be evaluated by a doctor.