

# HEALTH MATTERS



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

May 31 Balance	\$1,467,459		Dec 31, 2020 Balance	\$2,387,586
<u>Total Revenues</u>	1,105,538		Jan-Jun Revenues	\$7,021,038
Employer Premiums	912,485		Jan-Jun Expenses	(\$8,434,732)
Employee Premiums	173,032		Jun 30, 2021 Balance	\$973,892
Retiree/COBRA Premiums	18,636			
Other Revenue	1,385			
<u>Total Expenses</u>	(\$1,599,105)		YTD Gain/(Loss)	(\$1,413,694)
Week 1 Claims	274,833			
Week 2 Claims	237,263			
Week 3 Claims	148,412			
Week 4 Claims	371,681			
Week 5 Claims	265,392			
Clinic Expenses	87,460			
Wellness Expenses	13,457			
Fixed Costs—Premiums	130,819			
Fixed Costs—Fees	25,078			
COVID Testing	44,710			
Other Expenses				
<u>Monthly Gain/(Loss)</u>	(493,567)			
June 30 Balance	\$973,892			

Reimbursable COVID testing costs through June are more than \$450,000. We are expecting reimbursement in the next few months. We are also looking forward to some extra income in July because there will be three pay dates.

### **Digital Access to Your Anthem ID Card**

Your Anthem ID member card is available anytime through your smartphone or computer. Register at [anthem.com](https://www.anthem.com) or on the Sydney app to see your digital ID card, anytime. You will need your member ID to register online.

Registering online or on the Sydney mobile app also provides you with quick access to your health care, including claims information and finding in-network providers. Instructions on how to register online are found on the "How to Access Your Anthem Digital ID Card" link at: <https://www.carmel.in.gov/departments-services/human-resources/employees/employment-and-benefits-documents>

## **Wellness Screenings – Held in September**

Free wellness screenings for City of Carmel full-time employees will take place at City Hall in the Caucus Room. Completing a wellness screening enables you to be proactive in addressing any health issues.

Participants in the Virgin Pulse Wellness Program will receive 1,000 wellness points for completing a screening. For the most accurate lab results, you must not eat or drink anything for at least 9 hours before your screening appointment.

The screening includes:

- **Blood pressure**
- **Height, Weight and Waist Circumference**
- **Finger-stick Blood test for**
  - \* **Cholesterol (Total, HDL and triglycerides)**
- **Health Education**

Screening Schedule:

<b>Wednesday, September 22</b>	<b>6:30-10:30 am</b>
<b>Thursday, September 23</b>	<b>6:30-10:30 am</b>
<b>Tuesday, September 28</b>	<b>6:30-10:30 am</b>
<b>Wednesday, September 29</b>	<b>6:30-10:30 am</b>

To schedule a screening appointment, visit <https://login.registernmytime.com/tw/cityofcarmel>

