



HEALTH MATTERS



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

February 28 Balance	\$233,839		Dec 31, 2013 Balance	\$589,830
Total Revenues	\$881,327		Jan-Mar Revenues	\$2,637,792
Employer Premiums	713,502		Jan-Mar Expenses	\$3,063,858
Employee Premiums	153,616		Mar 31, 2013 Balance	\$163,764
Other Revenues	14,209			
Total Expenses	\$951,402		YTD Gain/(Loss)	(\$426,066)
Week 1 Claims	275,095			
Week 2 Claims	143,943			
Week 3 Claims	187,619			
Week 4 Claims	255,375			
Fixed Costs—Premiums	68,816			
Fixed Costs--Fees	20,554			
Monthly Gain/(Loss)	(\$70,075)			
March 31 Balance	\$163,764			

Primary Plus Only Weeks Away

Primary Plus, the City of Carmel Employee Health Care Center, will open Tuesday, May 14. You are invited to an open house on Monday, May 13, from 1:30 to 4:00 PM. We encourage you to stop in, tour the facility and meet the staff. There will be refreshments and door prizes. The address is 1402 Chase Court, Carmel, IN 46032. (South of Carmel Drive, behind Piano Solutions, in the IU Health Sports Performance Center)

We are pleased to announce that Dr. Daniel Fagan will be the clinic physician. Dr. Fagan will work with RN Gwen Kopecky. They are both excited about partnering with the City of Carmel, and we have been impressed with their dedication to this new concept in primary health care. A Medical Assistant will also be joining the staff shortly.

The clinic will be open to the following health plan participants--active employees, eligible retirees and their dependents.

Clinic hours will be as follows:

Monday	8:00 AM to 1:00 PM
Tuesday	1:00 PM to 7:00 PM
Wednesday	8:00 AM to 1:00 PM
Thursday	1:00 PM to 5:00 PM
Friday	8:00 AM to 1:00 PM

Clinic Photos

Left to right: Nurse's Station, Exam Room, Reception Area



IU Health Partnership

As we prepare to open the employee health center, we are also entering into several other partnerships with IU Health. Methodist Assistant Program (MAP), an affiliate of IU Health, will be offering Employee Assistance Plan (EAP) counseling services to full-time employees. You have already received email notification of that change. IU Health will also be doing all of the City's drug and alcohol testing. You will be provided with relevant details as necessary.



Aside from its contractual relationships with the City, IU Health offers many resources to those who want to lead a healthier life. My Healthy Habits is a free iOS (Android coming soon) app that allows you to select from a list of pre-loaded healthy habits or gives you the ability to create your own unique healthy habit to incorporate into your daily routine.

With a calendar to track your progress over 21 days and an option to receive daily push notifications to maintain your new healthy habit, My Healthy Habits makes it easier than ever to add a healthy habit to your life. You can also share your habit-forming progress with friends via a Facebook or Twitter post with just the click of a button.

There is no better time than the present to start a new healthy habit. For more information, go to <http://iuhealth.org/healthyhabits>.