



HEALTH MATTERS



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

March 31 Balance	\$163,764		Dec 31, 2013 Balance	\$589,830
Total Revenues	\$924,993		Jan-Apr Revenues	\$3,562,785
Employer Premiums	713,868		Jan-Apr Expenses	\$4,056,144
Employee Premiums	154,801		Apr 30, 2013 Balance	\$96,471
Other Revenues	56,324			
Total Expenses	\$992,286		YTD Gain/(Loss)	(\$493,359)
Week 1 Claims	148,874			
Week 2 Claims	235,412			
Week 3 Claims	172,650			
Week 4 Claims	146,338			
Week 5 Claims	194,184			
Fixed Costs—Premiums	69,003			
Fixed Costs--Fees	20,825			
Other Expenses	5,000			
Monthly Gain/(Loss)	(\$67,293)			
April 30 Balance	\$96,471			

Note: Because April had five Mondays (claims days), expenses were particularly high. Our balance should rebound in May with the third payroll deposit.

Primary Plus Is Here

Primary Plus, the City of Carmel Employee Health Care Center, opened for business May 14. The facility is located at 1402 Chase Court, Suite 110, Carmel, IN 46032 (south of Carmel Drive, behind Piano Solutions, in the IU Health Sports Performance Center).

The clinic is open to the following health plan participants--active employees, eligible retirees and qualified dependents. Clinic hours are:

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

We request that you schedule appointments for the health center; this ensures that everyone gets their allotted time with the doctor. Walk-ins will be accommodated only if time permits. You can make an appointment by calling 317-688-5415 or you can schedule online (instructions are at www.carmel.in.gov/modules/showdocument.aspx?documentid=3477). If you are scheduling for more than one person (e.g., yourself and your child or more than one child), you should make a separate appointment for each.

Employees who go to the health center during work hours will not be charged PTO/sick time, as long as they provide written confirmation of the visit to their supervisor (health center personnel will provide documentation). This policy, however, does not authorize unscheduled or unannounced absences. You must still make arrangements with your supervisor if you are going to arrive late, leave early, or take time off to visit the clinic during your work day.

Scenes from the Open House



June is Men's Health Month

About 75% of City of Carmel employees are men. According to Men's Health Network there is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. Due to a lack of awareness, poor health education and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily.

The men's health crisis is seen most dramatically in mortality figures. In 1920, the life expectancy of males and females was roughly the same. Since that time, the life expectancy for men has dropped in comparison with that of women, with women outliving men by more than 5 years. Over the last thirty years, the ratio of male mortality over female mortality has increased in every age category. Go to www.menshealthnetwork.org for facts, strategies and programs aimed at improving men's health.