



HEALTH MATTERS



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

| | | | | |
|----------------------|-------------|--|----------------------|-------------|
| April 30 Balance | \$24,030 | | Dec 31, 2013 Balance | \$685,728 |
| Total Revenues | \$1,358,724 | | Jan-May Revenues | \$4,795,712 |
| Employer Premiums | 1,051,872 | | Jan-May Expenses | \$4,830,922 |
| Employee Premiums | 219,456 | | May 31, 2014 Balance | \$650,518 |
| Other Revenues | 87,396 | | | |
| Total Expenses | \$732,236 | | YTD Gain/(Loss) | (\$35,210) |
| Week 1 Claims | 126,672 | | | |
| Week 2 Claims | 221,493 | | | |
| Week 3 Claims | 147,544 | | | |
| Week 4 Claims | 97,914 | | | |
| Clinic Expenses | 44,921 | | | |
| Wellness Expenses | 983 | | | |
| Fixed Costs—Premiums | 66,784 | | | |
| Fixed Costs--Fees | 25,925 | | | |
| Monthly Gain/(Loss) | \$626,488 | | | |
| May 31 Balance | \$650,518 | | | |

As expected, we received a significant revenue boost in May due to the third payroll, quarterly retiree premiums and drug rebates.

Attention Wellness Participants - Change Is On The Way!

Big changes are coming soon to the City's Wellness Program! Because of several unresolved and ongoing problems with the Omron pedometer software and website, we will be upgrading all current participants to the *FitBit Zip*. This is a very positive change and one that we are extremely happy and excited to roll out.

The *FitBit Zip* is a very small, lightweight pedometer that tracks steps, distance and calories burned. Those stats are then wirelessly synced to your PC or Mac computer, as well as select smartphones. Included with the *FitBit Zip* are free online and mobile tools to help you set goals, track trends and log food. You can go to www.fitbit.com to learn more about these devices.

Please pay close attention to emails from Sue Wolfgang in approximately one week. She will send out complete instructions regarding the upgrade to the *FitBit Zip*, as well as guidance if you wish to use a different *FitBit* device or what to do if you already have a *FitBit*.

As a reminder, everyone who participated in the wellness program on any level during this second quarter (April-June) will receive the \$20/pay wellness incentive during the third quarter (July-September).

Primary Plus Employee Health Center Updates

Prescription Refills - A postcard has been (or will be) sent to your home very soon regarding a new service to be offered by the Employee Health Center starting July 1st.

The Health Center will start providing generic refill prescriptions (up to 90 days) through mail order. Beginning July 1st, refills on generic prescriptions written by Dr. Fagan (or a fill-in Health Center physician) will be mailed directly to your home. You will no longer be required to pick up your refills at the Health Center.

This new mail-order program applies to all generic prescriptions written by Dr. Fagan (or a fill-in Health Center physician) before or after July 1st.

In the unlikely event that you experience any problems with this new mail-order service (not receiving drugs on time, receiving incorrect drugs, etc.) please contact the Health Center immediately to get the issue resolved.

Sports Physicals Reminder - Summer will get away from us very quickly, so contact the Health Center soon to schedule your child's physical before school starts. Be sure to bring all applicable school and/or sports physical forms with you for Dr. Fagan to complete. These forms are often specific to the school or sport and are not available at the Health Center.

Health Center Contact Information - Since same-day appointments are almost always available (through online scheduling or by phone), please be courteous and avoid walk-in visits.

| <u>Hours</u> | | <u>Address</u> |
|---------------------|-------------|--|
| Monday | 8 AM - 1 PM | 1402 Chase Court, Suite 110, Carmel |
| Tuesday | 1 PM - 7 PM | <u>Online Appointment Scheduling</u> |
| Wednesday | 8 AM - 1 PM | www.carmel.in.gov under Human Resources tab |
| Thursday | 1 PM - 5 PM | <u>Telephone</u> |
| Friday | 8 AM - 1 PM | 317-688-5415 |

Vacation Safety and Security

Summer and vacations often go hand in hand. Following some basic tips can help ensure that a happy getaway doesn't end in an unhappy way:

Home Security

- Stop mail and newspaper delivery. An overflowing mailbox is a red flag that no one is home.
- Keep your plans quiet - don't broadcast your vacation all over social media. Instead, tell a few select neighbors and relatives who may be able to keep an eye on your home.
- Fake out potential troublemakers - set up electronic timers for lights and TV at various times so it appears someone is home.

Vacation Safety

- Travel with current photos of your kids in case you become separated.
- Make sure your kids know how to swim before getting near the water and keep swim vests handy.
- Wear protective clothing; reapply sunscreen often.
- Take along a first aid kit, bottled water and nonperishable foods.