



HEALTH MATTERS



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

June 30 Balance	\$141,515		Dec 31, 2013 Balance	\$685,728
Total Revenues	\$931,792		Jan-Jul Revenues	\$6,584,678
Employer Premiums	701,278		Jan-Jul Expenses	\$7,197,544
Employee Premiums	143,177		July 31, 2014 Balance	\$72,862
Other Revenues	87,337			
Total Expenses	\$1,000,445		YTD Gain/(Loss)	(\$612,866)
Week 1 Claims	31,035			
Week 2 Claims	342,267			
Week 3 Claims	323,005			
Week 4 Claims	168,723			
Clinic Expenses	37,828			
Wellness Expenses	1,019			
Fixed Costs—Premiums	67,132			
Fixed Costs--Fees	25,936			
Other Costs	3,500			
Monthly Gain/(Loss)	\$(68,653)			
July 31 Balance	\$72,862			

Other revenue in July consists primarily of second quarter retiree premiums paid by the City and a quarterly drug rebate from Catamaran.

Wellness Walking Challenge

If you are a member of the City's Wellness Program, you no doubt know by now that the ROAD TO FIT(bit)NESS Walking Challenge is set to begin next Monday, September 1st. The deadline for enrolling in this Challenge was August 27th, and participation is the only way to earn the 300 points necessary to get the wellness incentive during the final quarter of 2014.

The rules are simple - As long as you signed up for the Challenge by the deadline and walk an average of 4,000 steps per day during the month of September (120,000 total steps), you will get your \$20/pay wellness incentive during the last quarter of 2014 - This is the only way you can earn the fourth quarter incentive.

These steps must be recorded by your pedometer and must transfer to your CHC web account. No matter what type of device you have (FitBit, Jawbone or Omron), you need to make sure your pedometer's website is linked to the CHC website. The easiest way to tell if your accounts are linked is to check your CHC account to see that steps are automatically transferring over from your pedometer's website account on a regular basis. Instructions for linking have been sent via email to all participants numerous times over the past few weeks.

We have a record 206 employees participating in this Challenge, and top finishers will receive Dick's gift cards. NOTE: If you have a FitBit and want to make things a little more interesting, you can invite fellow FitBit users to personal challenges through the FitBit website.

Upcoming Events - Mark Your Calendar

As we work our way into the final third of the year, everyone should start watching for notices regarding upcoming events, such as the following:

- **Open Enrollment for 2015 Health Insurance** - Typically, this enrollment period will run the entire month of October. Please watch for more information from HR in the coming weeks regarding procedures for completing your insurance elections for 2015.
- **Flu Shots** - We will be scheduling flu shots (two sessions at City Hall and two sessions at Water Operations) sometime in October or November. These shots are free and available to all City employees, retirees and family members. We will notify everyone via email as soon as we have confirmation on dates and times. These shots will be administered by staff from Primary Plus Employee Health Center.
- **Wellness Screenings** - CHC Wellness will again be conducting biometric screenings for full time employees. These screenings involve a blood draw and blood pressure check, as well as a weight and waist circumference check. Your results are confidential and will be provided to you in a full report, available either online or in hard copy. If you wish to participate in the 2015 Wellness Program, you are required to participate in this screening process. Screening dates are as follows:
 - Morning of December 2nd
 - Morning of December 3rd
 - Morning of December 9th

The exact times and locations will be provided at a later date. **NOTE:** You should fast for at least eight hours prior to the screening.

Primary Plus Employee Health Center

REMINDER - The Primary Plus Employee Health Center offers many healthcare services and generic medications completely free of charge to everyone on the City's health plan. Contact information is provided below. Since same-day appointments are almost always available (through online scheduling or by phone), please be courteous and avoid walk-in visits.

Hours

Monday	8 AM - 1 PM
Tuesday	1 PM - 7 PM
Wednesday	8 AM - 1 PM
Thursday	1 PM - 5 PM
Friday	8 AM - 1 PM

Address

1402 Chase Court, Suite 110, Carmel

Online Appointment Scheduling

www.carmel.in.gov under Human Resources tab

Telephone

317-688-5415