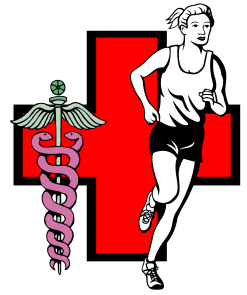




HEALTH MATTERS



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

| | | | | |
|----------------------------|---------------|--|----------------------|-------------|
| April 30 Balance | \$3,532,632 | | Dec 31, 2018 Balance | \$2,425,022 |
| <u>Total Revenues</u> | \$1,083,431 | | Jan-May Revenues | \$6,187,170 |
| Employer Premiums | 902,772 | | Jan-May Expenses | (5,301,872) |
| Employee Premiums | 172,540 | | May 31, 2019 Balance | \$3,310,320 |
| Other Revenues | 8,119 | | | |
| <u>Total Expenses</u> | (\$1,305,743) | | YTD Gain/(Loss) | \$885,298 |
| Week 1 Claims | 155,973 | | | |
| Week 2 Claims | 163,275 | | | |
| Week 3 Claims | 285,504 | | | |
| Week 4 Claims | 168,840 | | | |
| Week 5 Claims | 276,125 | | | |
| Clinic Expenses | 88,628 | | | |
| Wellness Expenses | 9,041 | | | |
| Fixed Costs—Premiums | 112,188 | | | |
| Fixed Costs—Fees | 46,169 | | | |
| <u>Monthly Gain/(Loss)</u> | (\$222,312) | | | |
| May 31 Balance | \$3,310,320 | | | |

Exciting News Regarding Your HSA!

Indiana Members Credit Union now offers an investment option for City employees enrolled in Plan A with a Health Savings Account (HSA).

HSA account holders at IMCU have the option to invest a portion of their funds in a HSA Certificate of Deposit (CD). This is an especially good opportunity for those who have larger balances, don't need immediate access to their funds and are looking for a safe investment.

The rates on the HSA CDs are the same as a typical CD and can be found on the IMCU website, <https://www.imcu.com/deposit-rates>. As it currently stands, it would make the most sense for members to invest in at least a three-year CD since the rate is above IMCU's current 1.5% HSA rate.

Here are a few other details regarding these HSA CDs:

- The HSA CDs require a minimum investment of \$1,000.
- Dividends are compounded monthly and credited on the last day of every month.
- Funds are not "liquid" and cannot be used for health care while in the HSA CD.
- A penalty will apply for early withdrawal.
- Funds are not available to cover any overdrafts on your HSA debit account while invested in a CD.

Wellness Screenings Scheduled in August

Beginning this year, the City will do annual (rather than bi-annual) wellness screenings. This year's screenings are set in August in the City Hall caucus rooms according to the following schedule:

- Tuesday, August 20 6:30-10:30 AM
- Wednesday, August 21 6:30-10:30 AM
- Tuesday, August 27 6:30-10:30 AM
- Wednesday, August 28 6:30-10:30 AM

Please take a moment now to mark your calendars. Additional information will be provided in the coming weeks.

There’s Still Time to Submit Recipes

The City’s Wellness Committee is continuing to collect your recipes for its upcoming cookbook. The cookbook will include healthy-ish, well-worn and time-tested recipes from City employees. So, please take a few minutes to look through all of your best creations and submit one or more for publication. Recipes for soups to salads, entrees to side dishes, appetizers to desserts, suitable for breakfast, lunch, dinner or snacks are welcome!

Use the template attached with this email to record the ingredients and preparation instructions. Please remember to include your name and department, preparation time, cook time and total servings. Also, if the recipe is gluten-free, vegetarian or vegan, please indicate that on the template. While it’s not mandatory, providing serving size and calories per serving would be appreciated, as would a picture of the finished product.

These recipe templates are due no later than Friday, August 16, and should be submitted to Carol Dixon, cdixon@carmel.in.gov, or through interoffice mail.

Each employee will receive one free cookbook. Additional copies can be purchased for \$5.00 (*great idea for holiday gifts!*) with proceeds going to CPD’s “Holiday with Heroes” program in which our police officers take kids shopping for the holidays.

Zumba Gold Time Change

NOTE: The start time for the Zumba Gold classes has changed from 5:15 PM to 5:00 PM. These free classes are held each Tuesday and Thursday at the Carmel Fire Department training center, 4925 East 106th Street. Spouses are welcome to attend.

