



HEALTH MATTERS



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

May 31 Balance	\$3,310,320	Dec 31, 2018 Balance	\$2,425,022
<u>Total Revenues</u>	\$1,174,284	Jan-June Revenues	\$7,361,454
Employer Premiums	891,469	Jan-June Expenses	(6,300,523)
Employee Premiums	172,645	June 30, 2019 Balance	\$3,485,953
Other Revenues	110,171		
<u>Total Expenses</u>	(\$998,651)	YTD Gain/(Loss)	\$1,060,931
Week 1 Claims	125,256		
Week 2 Claims	235,229		
Week 3 Claims	164,761		
Week 4 Claims	234,964		
Clinic Expenses	69,861		
Wellness Expenses	7,916		
Fixed Costs—Premiums	112,606		
Fixed Costs—Fees	48,058		
<u>Monthly Gain/(Loss)</u>	\$175,633		
June 30 Balance	\$3,485,953		

Other Revenues consists primarily of retiree insurance premiums paid by the City. The Plan balance is \$400,000 less than it was at the end of June 2018.

Wellness Screenings Next Month

In August the City will offer free biometric wellness screenings to full-time employees. These screenings are optional and a good opportunity to be proactive in addressing potential health issues.



"No, HDL and LDL were not the robots in Star Wars."

Your screening will include the following:

- Height and weight
- Body mass index (BMI)
- Waist circumference
- Blood pressure
- Finger-stick blood test to measure HDL and LDL cholesterol, triglycerides, blood glucose and hemoglobin A1C.

Screenings will be completed by appointment only, and spots are filling up fast. Simply [click here](#) to schedule.

The screenings will run from 6:30 to 10:30 AM in the caucus rooms on the second floor of City Hall on the following dates:

- Tuesday, August 20 (nearly full)
- Wednesday, August 21
- Tuesday, August 27
- Wednesday, August 28

Participants in the Virgin Pulse wellness program will receive 1,000 wellness points for completing a screening during the scheduled times listed above.

Please remember to fast for at least nine hours before your scheduled screening.

Tobacco Cessation Products Now Prescription Free

According to *America's Health Rankings*, as of last year Indiana ranked as seventh in the nation for the highest percentage of adult smokers.

To help improve this statistic, the Indiana State Department of Health and Indiana Family and Social Services Administration recently announced a new effort aimed at helping people in their effort to quit using tobacco products.

Effective August 1, people living in Indiana will no longer need a prescription to purchase tobacco cessation products. These products include Chantix and Zyban, the two products approved by the FDA that do not contain nicotine.

NOTE: If you wish to use your HSA or flex spending account to purchase a smoking-cessation product after August 1, you will still need a prescription for it to be a qualified expense.

Grocery Store Tour

Please see the flyer attached to this email for information on a grocery store tour scheduled Monday, August 12, at 4:00 PM at Fresh Thyme Farmers Market.

Final Call for Healthy Recipes

Please see the template attached to this email for submitting your healthy recipes for our upcoming cookbook. The deadline is August 16 and completed templates should be submitted to Carol Dixon, cdixon@carmel.in.gov, or through interoffice mail.