



HEALTH MATTERS



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

June 30 Balance	\$3,485,953		Dec 31, 2018 Balance	\$2,425,022
<u>Total Revenues</u>	\$1,176,268		Jan-July Revenues	\$8,537,722
Employer Premiums	891,980		Jan-July Expenses	(\$7,565,313)
Employee Premiums	172,816		July 31, 2019 Balance	\$3,397,431
Other Revenues	111,472			
<u>Total Expenses</u>	(\$1,264,790)		YTD Gain/(Loss)	\$972,409
Week 1 Claims	156,812			
Week 2 Claims	227,834			
Week 3 Claims	164,271			
Week 4 Claims	250,007			
Week 5 Claims	196,958			
Clinic Expenses	74,191			
Wellness Expenses	12,315			
Fixed Costs—Premiums	112,229			
Fixed Costs—Fees	46,081			
Other Expenses	24,092			
<u>Monthly Gain/(Loss)</u>	(\$88,522)			
July 31 Balance	\$3,397,431			

Most of the “Other Revenues” is a prescription drug rebate.

Anthem Introduces Sydney

Anthem has a new mobile app that promises to make your digital healthcare experience easier, faster and friendlier. This new app, **Sydney**, will launch on September 1, at which time you can download it to your smart phone and remove the **Anthem Anywhere** app.

If you have been using Anthem Anywhere, you will **not** be required to re-register on Sydney. Once you have downloaded Sydney to your cell phone you will be able to use the same login credentials. If you have never used the Anthem Anywhere app but want to start using Sydney, you can log in to it by using the same credentials you set up with Anthem’s website, www.anthem.com.

You will be able to do the same things with Sydney that you did with Anthem Anywhere, such as find care, check costs, check benefits, see claims and view and use your digital ID cards. Plus, a new **Health Dashboard** will bring together personalized program recommendations and wellness content. Other new features include:

- A personalized health score
- Chat box technology for quick answers to common questions
- Member-selected goals
- Goals dashboard
- Care gap alerts
- Device/Tracker integration
- High touch clinical program integration

Anthem promises additional content for Sydney over time in order to deliver an even better member experience. Have fun exploring Sydney and discovering how it can benefit you and your family!

Virgin Pulse Strengthens Security

Between October 8 and November 19 Virgin Pulse will launch a new log-in feature to provide an additional layer of security when you log in to its platform, www.virginpulse.com. This new feature is called Multi-Factor Authentication (MFA) and is becoming a very common Internet practice in protecting your private information.

When this new feature is live, you will receive a message requesting a security code when you log in to your Virgin Pulse account. That code will be sent to you by text or email, whichever you prefer. After that, you will be asked to re-authenticate each time you log in from an unrecognized device or if it has been more than 30 days since your last log in.

Beginning September 10 Virgin Pulse will enable phone numbers on the member profile and enrollment page. It will also provide a prompt to collect cell phone numbers when you log in. If you wish to receive the security code via text, you will need to either provide your cell phone number at this prompt or later in your account settings.



And the Winners Are.....

The annual Employee Appreciation Night at the Monon Water Park, hosted by our City Council, was a roaring success, even if the weather was a bit cooler than we would have liked. Thanks to all who attended and enjoyed the activities. Nearly everyone stayed through the evening's big event – the raffle prize drawings. Here are your winners:

Employee	Department	Prize
Courtney Livingston	Law	Drone
Andy Heinlein	Police	Stein and Sunking Gift Card
Brady Myers	Police	Tent, Airbeds and Wagon
David Finn	Fire	Coach Purse
Dwight Frost	Police	Power Tools and Lowes Gift Card
Carlos Wilson	Police	Children's Museum Family Membership
Jim Semester	Police	Apple Air Pods and Charging Pad
Alexia Lopez	DOCS	Fire Pit, Chairs and Accessories
Bryan Smith	Human Resources	Dyson Vacuum
Darrell Bell	Street	Canopy, Chairs, Cooler and Wagon
Todd Utzig	Fire	Echo Show, Dot and Smart Plugs
Terry Krueskamp	ICS	Portable Grill and Cooler
Todd Gillian	DOCS	Mechanic's Tool Set and Cart

Adrienne Keeling	DOCS	Colts Tickets
Ben Donald	Utilities	Custom Grizzly Cooler
TC Tilson	Police	Chromebook
Eric Shanayda	Street	Custom Corn Hole Boards
Jennifer Stites	Utilities	Blackstone Griddle and Accessories
Jim Hobbs	Street	Kayak and Dick's Gift Card
Aaron Reese	Fire	Kayak and Dick's Gift Card

We also had the following bingo winners, each receiving a gift card:

- Ambry Morley (wife of Michael Morley) – Police
- Aaron Reese – Fire
- Emily Utzig (wife of Todd Utzig) – Fire
- Justin Keeling (husband of Adrienne Keeling) – DOCS
- Angie Johnson – DOCS

Congratulations to all! **Save the date for next year – August 28, 2020!**

In the Spotlight

This month's Spotlight Story comes to us from Sarah Livingston. Please enjoy reading how her drive to rejuvenate her fitness goals turned into a new passion. If you wish to share your health- or wellness-related story, or want to recommend someone else to share their story, please contact Sue Wolfgang, swolfgang@carmel.in.gov.

My name is Sarah Livingston and I am a School Resource Officer for the police department. On August 3, 2019, Anna Flaming, Sean Sutton and I participated in the Eagle Creek Trail Quarter Marathon in Indianapolis.

Anna asked me months ago to run it with her. "It'll be fun," she said. Never in my wildest dreams did I imagine I would be searching the internet for the next possible trail race hours after I crossed the finish line. I thought this was a "one and done" event. I looked at it as an opportunity to challenge myself to do something I've never done before. Though I played sports throughout high school, I was never a runner. My physical fitness level dropped during the dreaded freshman year of college when I gained the "freshman fifteen" and then some. During my sophomore year, I decided I was going to make a lifestyle change and commit to exercising and eating healthy.

Here I am, two babies and almost 20 years later (wow, that makes me sound a lot older than I feel), and I feel like I'm in the best shape of my life. I did this quarter marathon as a form of self-care, allowing myself time away from being a mom, wife and police officer. It was so much more than 6.55 miles. Running allowed me time for self-reflection so I can be a better mom, wife, and police officer. It was one of the coolest things I've ever done (aside from my kids, of course).

The course was challenging - the trail was filled with debris we had to jump over or duck under and some sections were narrow, allowing only single-file running. The hills were steep and, at times, slippery. But the view of Eagle Creek in the morning was spectacular – the view of the finish line was pretty cool, too. Seeing my husband, children, and other family members cheer me on as I crossed the line made me smile with pride. I can't wait for the next one!

Left to right: Anna Flaming, Sean Sutton, Sarah Livingston



**Wishing Everyone a Relaxing Labor Day
You've Earned It!**

