



# HEALTH MATTERS



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

August 31 Balance	\$3,843,925		Dec 31, 2018 Balance	\$2,425,022
<u>Total Revenues</u>	\$1,083,289		Jan-Sep Revenues	\$11,235,106
Employer Premiums	893,870		Jan-Sep Expenses	(\$9,799,117)
Employee Premiums	170,303		Sep 30, 2019 Balance	\$3,861,011
Other Revenues	19,116			
<u>Total Expenses</u>	(\$1,066,203)		YTD Gain/(Loss)	\$1,435,989
Week 1 Claims	183,123			
Week 2 Claims	151,368			
Week 3 Claims	291,197			
Week 4 Claims	179,034			
Clinic Expenses	83,849			
Wellness Expenses	14,702			
Fixed Costs—Premiums	113,982			
Fixed Costs—Fees	48,948			
<u>Monthly Gain/(Loss)</u>	\$17,086			
September 30 Balance	\$3,861,011			

September was nearly a break-even month.

### News from Anthem

The following news recently came to us from Anthem:

- Effective December 1, 2019, **Reid Health in Connersville** will be leaving the Anthem network. Reid Health recently acquired Fayette Regional Health Systems and wanted to expand their existing contract with Anthem to include the newly acquired facilities. Anthem felt this move would pose a significant increase in reimbursement, resulting in increased health care costs to members. Anthem has been working with Reid Health, but, to date, have been unable to reach an agreement. Therefore, claims will be processed at the in-plan rate through November 30, 2019. The facilities affected are:
  - Reid Health – Connersville  
1941 Virginia Avenue  
Connersville
  - Reid Health Care Pavilion  
450 Erie Avenue  
Connersville
- Effective November 18, 2019, **Radiology of Indiana** will again be a part of the Anthem network.

## **In the Spotlight**

This month's Spotlight Story comes to us from Nathan Chavez. Please enjoy reading how he and his fellow City employees, friends and family joined together for a fun day of fitness. 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](mailto:swolfgang@carmel.in.gov).

***Several City employees recently enhanced their health through participation in a unique activity – Dragon Boat racing on White River in Indianapolis. This was the second year for the race and for a group of City employees to take part. John Thomas, Engineering Department, is on the planning committee for the event.***

***Nathan Chavez from the Department of Community Services (DOCS) excitedly recounts, The "Carmel White River Allies" dragon boat, consisting of 20 rowers and 1 drummer, out-paddled 16 other community teams to win first place!" The event was a daylong affair featuring three races for the Carmel team. Each race lasted about 80 seconds of tough rowing (and drumming) an area equal to two football fields. Joe Shestak, DOCS, further explained that the team bested their time by six seconds in the second heat, something very difficult to do. This propelled them into the third heat and ultimate final race. They out-rowed other well-experienced teams from Indiana and other states.***

***What does drumming have to do with it? A large drum is at the front of the boat and is used to keep the rowers in sync with each other. He admitted, "It is hard to hear because everyone is screaming."***

***City employees who participated were:***

- ***Nathan Chavez (DOCS)***
- ***Alexia Lopez (DOCS)***
- ***Christina Jesse (DOCS)***
- ***Kate Lustig (Engineering)***
- ***Mike Hollibaugh (DOCS)***
- ***Todd Gillian(DOCS)***
- ***Rachel Keesling (DOCS)***
- ***Joe Shestak (DOCS)***
- ***Alex Jordan (Engineering)***
- ***John Thomas (Engineering)***
- ***Angie Johnson (DOCS)***



***Nathan Chavez says, "We plan on taking first again next year and anyone and everyone is welcome. We are hoping to have two boats from the City next year! We are throwing out the challenge to other City departments to join the fun in 2020!"***

***Perhaps this is an outdoor activity that sounds fun to you! If so, contact John [jthomas@carmel.in.gov](mailto:jthomas@carmel.in.gov) or Nathan [nchavez@carmel.in.gov](mailto:nchavez@carmel.in.gov).***

***Being outdoors is good for health as proven by many research studies. Outside activity improves our body's reaction to stress, enhances memory and cognition, reduces inflammation, lowers blood pressure and fights depression and anxiety.***

***Spend time outdoors. Your body will thank you.***