



HEALTH MATTERS



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

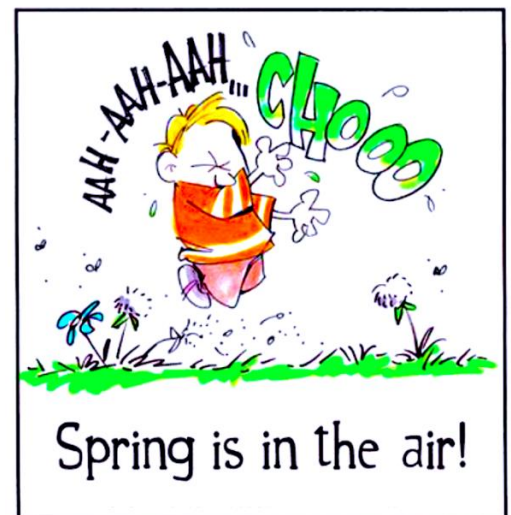
February 28 Balance	\$2,103,561		Dec 31, 2016 Balance	\$1,570,679
Total Revenues	\$1,596,248		Jan-Mar Revenues	\$3,870,180
Employer Premiums	1,312,571		Jan-Mar Expenses	(\$2,788,718)
Employee Premiums	256,777		Mar 31, 2017 Balance	\$2,652,141
Other Revenues	26,900			
Total Expenses	(\$1,047,668)		YTD Gain/(Loss)	\$1,081,462
Week 1 Claims	154,388			
Week 2 Claims	89,466			
Week 3 Claims	268,657			
Week 4 Claims	109,628			
Week 5 Claims	225,610			
Clinic Expenses	56,719			
Wellness Expenses	3,570			
Fixed Costs—Premiums	92,588			
Fixed Costs--Fees	47,042			
Monthly Gain/(Loss)	\$548,580			
March 31 Balance	\$2,652,141			

We continue to grow our medical fund balance, which is a welcome trend. Three pays in March made a big difference.

Get the Most from Primary Plus Pharmacy

Most people who use our Primary Plus Employee Health Center realize the benefit of using the mail-order pharmacy with which IU Health has partnered. So we would like to offer a few tips and reminders for getting the most out of this benefit:

- This pharmacy fills generic, non-controlled substance prescriptions. There is usually no cost to you for medications unless the charge exceeds \$100 for 30 days or \$300 for 90 days. Any excess would be billed to you separately.
- The only prescriptions that can be filled or refilled through this mail-order pharmacy are those ordered by the medical staff at Primary Plus. You cannot use it to fill or refill prescriptions written by outside doctors.



- When a Primary Plus medical staff member first submits a prescription, you should receive your first delivery at home within 48-72 hours. Be sure to confirm your home address with Primary Plus before the prescription is submitted.
- Refills on prescriptions are generally not done automatically. If you have refills remaining on a prescription written by Primary Plus medical personnel, you should call 800-228-3108 to order a refill. If you are out of refills, you will need to contact Primary Plus to arrange for continuation (317-688-5415).
- Keep in mind - if you order several prescriptions through this pharmacy, typically each medication will be packaged and shipped separately, even if several are ordered/refilled on the same day. Separate packaging allows medications to be sent timely without being held up by those drugs that may be on back order. It also assists pharmacists in ensuring all prescriptions are filled accurately for each individual.
- If you have any questions regarding your prescription order, or if you feel you have received an incorrect medication, you can call the pharmacy (800-228-3108) 24 hours a day.

Check in on Your Financial Health

Because our financial well-being is often just as important as our physical and mental health, we have scheduled a few group meetings with the City's independent financial advisors, Pete Emigh and Chris Shockley. These meetings will give you an opportunity to hear about the status of your investments, discover how the market may trend over the next few months and ask questions regarding your investments or investing in general.

The meetings are scheduled as follows. You and/or spouse or significant other are welcome to attend any session:

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| • Tuesday, May 2 nd | 9:30 AM | City Hall - Council Chambers |
| • Wednesday, May 3 rd | 1:30 PM | Wastewater Plant (96 th St. & Hazel Dell Pkwy) |
| • Thursday, May 4 th | 1:30 PM | Water Operations (3450 W. 131 st St.) |

NOTE: As of April 30th, Pete and Chris's company name will change from Financial Partners Group to Argos Financial Group. Email contacts are the only things affected - Pete can be reached at pemigh@argosfg.com and Chris can be reached at cshockley@argosfg.com. Telephone numbers will remain the same - Pete can be reached at 317-574-2940 and Chris can be reached at 317-574-2910.

Wellness Stations Up and Running!

We are happy to announce that all three Virgin Pulse (VP) Wellness Stations are set up and ready for use by anyone participating in the City's wellness program. Each station includes a scale, blood pressure cuff and iPad.

You will enter your Virgin Pulse username and password into the iPad and step on the scale. Your weight will automatically be recorded in your VP account. You will then take your blood pressure and the reading will also go automatically be recorded in your VP account. That's all there is to it! These readings are referred to by VP as "validated measurements."

You can visit the wellness station as often as you like; however, you will only receive wellness points for one visit per month. You can receive up to 1000 points per month for taking these measurements. If you self-report your weight or blood pressure on the VP site during any month, you will receive 400 points. If you then complete validated measurements during that same month, you will receive an additional 600 points. If you only complete a validated measurement each month, you will receive 1000 points for that measurement.

These wellness stations are open Monday through Friday from 8:00 AM to 4:30 PM at the following sites:

- City Hall - Department of Human Resources
- Water Operations - 3450 W. 131st St.
- Water Plant I - 4915 E. 106th St.

EAP Offers New Services

The City's Employee Assistance Program (EAP) is available to all City employees and their families to assist with counseling, assessments and referrals for individuals with personal and/or work-related concerns, including stress, family problems, office conflicts and alcohol and substance abuse. The EAP representatives can be reached at 317-962-2622, ext. 2.

Beginning June 1st, our EAP will be adding both legal and financial services. This could include assistance with such things as civil and criminal defense issues, real estate transactions, mortgage counseling, estate planning, IRS issues, financial consultation, developing a spending plan, rebuilding credit, getting out of debt and tax preparation and counseling.

There are two meetings scheduled for anyone interested in learning more about these new services. Please feel free to attend either of these sessions:

- Thursday, May 18th 9:00-10:00 AM Water Operations (3450 W. 131st St.)
- Monday, May 22nd 3:00-4:00 PM City Hall - Council Chambers

Please Say a Fond Farewell

It is with regret that we announce the resignation of our Primary Plus registered nurse, Mareesa Martin. Mareesa is leaving for personal reasons and indicated it was a very difficult decision for her to make. We will certainly miss her presence and we appreciate her hard work in helping to make Primary Plus such a wonderful asset to everyone. Her last day will be on or about May 19th, so if you have a chance, please stop by Primary Plus to say goodbye and wish her the best of luck!

