



The Torch

The official newsletter for Indiana state employees

The Indiana State Fair has returned to Indy

It's a Hoosier tradition: salivating over the sweet smell of roasted corn on the cob wafting through the warm summer air; hearing high-pitched screams mixed with laughter all over the massive midway; and watching a child's eyes open wide as he gets his first close-up look at a majestic Clydesdale or a playful piglet. This is the Indiana State Fair.

Hoosiers will celebrate their agricultural heritage Aug. 2 – 18 and "Fun at Every Turn" is not just this year's theme, but also a promise. Big-name entertainers like Styx, Joe Nichols, Kevin

Costner and the Modern West Band and many more will perform free concerts while attractions like Get Animated, the Sinbad High Dive Show and Rosstyn Ice Shows give families plenty to see and do all over the 250-acre fairgrounds.

Indiana's State Fair, the sixth oldest in the country, is known for its outstanding livestock shows and 4-H competitions. This year, it will also be known for its popcorn power as Pop Weaver Popcorn presents the "Year of Popcorn" with a variety of

popcorn related activities and events, including the World's Largest Popcorn Ball presented by Indiana Family of Farmers!



General admission is \$10; advance tickets (available at www.indianastatefair.com) are \$7; kids 5 and younger are free.

It's Hoosier Hospitality at its best with 17 days of non-stop memory making. And, of course... fun at every turn!

State Employees Day at the Fair
All state employees are admitted for free on **Thursday, Aug. 8**, with the presentation of an employee ID card.

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The Torch is published monthly by the State Personnel Department and is available online at www.in.gov/spd

Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

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Styx, Joe Nichols, Kevin Costner among stars on State Fair's Marsh Free Stage

Classic 1980's rock, upbeat pop and down home country are only a few of the music genres that will get fairgoers on their feet at this year's Great Indiana State Fair, Aug. 2 – 18. The artists also span all generations – from Disney's Coco Jones to 1960's stars like The Turtles that are part of the "Happy Together Tour."

Rock legend group Styx takes the Marsh Free Stage Aug. 12 at 7 p.m. to play songs from their late '70s and early '80s albums, including "Paradise Theater." The band was the first in history to release four consecutive triple-platinum albums with several chart topping hits that include "Lady," "Come Sail Away" and "Too Much Time on My Hands."

Along with rock, the Marsh Free Stage is a place to get a dose of some good ol' country music. On Aug. 13 at 7 p.m., award-winning artist Joe Nichols performs his hit songs like "Tequila Makes Her Clothes Fall Off" and "Brokenheartsville." On Aug. 15 at 7:30 p.m., Montgomery Gentry will mix in hits from their newest album, "Rebels on the Run," with some of their past hits like "If You Ever Stop Loving Me" and "Lucky Man." Country fans will also enjoy some local talent on Aug. 10 at the WFMS Country Music Showdown beginning at 3 p.m.

Here is the list of Marsh Free Stage concerts and events, all of which are free with paid admission to the fair:

- 🎵 **Aug. 2:** KARMIN (7:30 p.m.)
- 🎵 **Aug. 3:** Coco Jones (noon and 2:30 p.m.), Matt Nathanson (7:30 p.m.)
- 🎵 **Aug. 4:** Hispanic Music Day (10 a.m. to 8 p.m.)
- 🎵 **Aug. 5:** Vertical Horizon followed by Blind Melon (7:30 p.m.)

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- 🎵 **Aug. 6:** "Happy Together Tour" with The Turtles featuring Flo & Eddie, Chuck Negron formerly of Three Dog Night, Gary Puckett, Mark Lindsay of Paul Revere & The Raiders and Gary Lewis & The Playboys (7 p.m.)
- 🎵 **Aug. 7:** Parmalee and Rachel Farley presented by HANK-FM (7 p.m.)
- 🎵 **Aug. 8:** Kevin Costner and Modern West (7:30 p.m.)
- 🎵 **Aug. 9:** Theory of a Deadman (7:30 p.m.)
- 🎵 **Aug. 11:** Contemporary Christian Music Day featuring Matthew West, For King and Country, Jason Castro, Love and the Outcome, Brianna Caprice (2 to 9 p.m.)
- 🎵 **Aug. 12:** Styx (7 p.m.)
- 🎵 **Aug. 13:** Joe Nichols presented by HANK-FM (7 p.m.)
- 🎵 **Aug. 14:** "Sailing Rock Tour" featuring Christopher Cross, Orleans, Firefall, John Ford Coley, Robbie Dupree and Player (7 p.m.)
- 🎵 **Aug. 15:** Montgomery Gentry (7:30 p.m.)
- 🎵 **Aug. 16:** Reverend Peyton's Big Damn Band with Jennie DeVoe (6:30 p.m.)
- 🎵 **Aug. 17:** Blood, Sweat & Tears (7 p.m.)
- 🎵 **Aug. 18:** Pepsi Gospel Music Day welcomes Joshua Rogers, BET Sunday Best 2012 season 5 winner (2 to 9 p.m.)

The Marsh Free Stage, a permanent stage in the northwest corner of the fairgrounds in Dow AgroSciences Celebration Park, accommodates about 5,000 fans. For more information, visit www.indianastatefair.com.

More State Fair tips

Here are several more tips for budget minded fairgoers:

- Buy admission tickets in advance for just \$7 (\$3 less than gate admission) online at www.indianastatefair.com or at any Indiana Walmart store, CVS/pharmacy stores, Indiana Farm Bureau offices, The Marten House Hotel or the State Fairgrounds Ticket Office
- Take advantage of the free Indiana State Fair shuttle by parking at Glendale Mall's Rural Street lot. The shuttle runs every 20 minutes from 10 a.m. to 11 p.m. each day of the fair.
- Save \$1 off fair admission when biking to the State Fair and using one of the secured bike racks available on the Monon Trail at 38th Street from 9 a.m. to 8 p.m.
- Seniors (age 55 and older) can ride the tractor shuttles around the fairgrounds for just \$3 a day with a wristband purchased from the State Fair Information Booths located in Pioneer Village and on State Fair Blvd. Seniors ride free on Golden Hoosiers' Day, Aug. 6.
- Regular gate admission price for the fair is still \$10 with kids 5 and younger admitted free. The fair runs Aug. 2 – 18.



Artwork by Jerry Williams

Celebrate National Farmer's Market week with these recipes

National Farmer's Market week is August 4-10! Take a few moments today and think about how fortunate we are to have so many healthy food options available to us, including hundreds of local farmer's markets all over Indiana. I like to celebrate with some fun "new to me" recipes that will incorporate the summer flavors my friends and family love. Here a couple to try at home:

Bean & Tomato Salad with Honey Vinaigrette

8 servings, about 1 cup each

Ingredients

- 1 1/4 cups dried beans, preferably heirloom, OR 2 15-ounce cans white beans, rinsed (reduces the sodium)
- 1 teaspoon salt, divided
- 1/2 cup minced red onion
- 1/4 cup cider vinegar
- 4 teaspoons honey
- 1 teaspoon peanut or canola oil
- 1/2 teaspoon freshly ground pepper, or to taste
- 8 ounces green beans, trimmed and cut into 2-inch pieces
- 1 pint cherry or grape tomatoes, halved or quartered
- 1/2 cup fresh basil leaves, thinly sliced
- 1 pound tomatoes, sliced

Preparation

1. If using canned beans, skip to Step 3. If using dried beans, rinse and pick over for any stones, then place in a large bowl, cover with 3 inches of cold water and soak at room temperature for at least 6 hours or overnight.
2. Drain the soaked beans, rinse and transfer to a large saucepan. Add 6 cups cold water. Bring to

a simmer, partially cover, and simmer gently, stirring once or twice, until tender but not mushy, 20 minutes to 1 hour, depending on the freshness of the dried beans. (If you're using heirloom beans, be sure to check them after 20 minutes; they tend to cook more quickly than conventional beans.) If at any time the liquid level drops below the beans, add 1 cup water. When the beans are about three-fourths done, season with 1/2 teaspoon salt. When the beans are tender, remove from the heat and drain.

3. Combine the beans (cooked or canned), the remaining 1/2 teaspoon salt, onion, vinegar, honey, oil and pepper in a large bowl. Stir, cover and refrigerate to marinate for at least 1 hour or overnight.
4. Cook green beans in a large pot of boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. Pat dry and add to the marinated beans. Stir in cherry (or grape) tomatoes and basil. Season with pepper.
5. To serve, arrange tomato slices around the edge of a serving

platter or shallow salad bowl and spoon the bean salad into the center.

Nutrition Per serving : 134 Calories; 1 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 26 g Carbohydrates; 7 g Protein; 7 g Fiber; 298 mg Sodium; 565 mg Potassium
Exchanges: 1 starch, 1 vegetable
From EatingWell: July/August 2008

Roasted Corn with Basil-Shallot Vinaigrette

4 servings, about 1/2 cup each

Ingredients:

- 3 cups fresh corn kernels
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh basil
- 1 tablespoon minced shallot
- 1 tablespoon red-wine vinegar
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Preparation

Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn; toss to coat. Serve warm or cold.

Nutrition

Per serving : 165 Calories; 8 g Fat; 1 g Sat; 6 g Mono; 0 mg Cholesterol; 23 g Carbohydrates; 4 g Protein; 3 g Fiber; 163 mg Sodium; 332 mg Potassium
Exchanges: 1 1/2 starch, 1 1/2 fat
From EatingWell: June/July 2006

Thanks to the Indiana Dietetic Association for this submission.



Bean & Tomato Salad with Honey Vinaigrette

Invest In Your Health

Are you a foot above the rest? Take the Healthy lifestyles challenge

Ready for a little friendly competition? Beginning August 12, sign up for the Healthy Lifestyles Steps Challenge, which kicks off on September 1. The winning team and individual competitor will earn rewards points and bragging rights!

When you sign up for the four-week challenge, you will receive a pedometer to track your steps. You can also convert activities (like yoga, swimming or tennis) to steps online to count toward your goal. Whether you join a team or compete as an individual, you'll earn 1,000 points just for joining the challenge. Plus, you can earn points for tracking your activity all throughout the challenge.

Not enrolled in Healthy Lifestyles yet?

If you're ready to improve your well-being, Healthy Lifestyles can guide you on where you want to go. With the Healthy Lifestyles website, you can:

- Create a well-being plan based on the results of your Well-Being Assessment and your own personal goals.
- Set up custom trackers to keep tabs on your exercise, weight, medication and nutrition.
- Get access to wellness resources, including videos, articles, healthy recipes and more.
- Connect with people who have the same goals.

Here's how to get started:

1. Go to MyHealthyLifestyles.com and select Sign Up.



2. After entering your information, select Well-Being Assessment to get started.
3. After you complete your Well-Being Plan, go to the Groups & Challenges tab.
4. Scroll down to Steps Challenge and select Join This Challenge.

The first of many Castlight giveaways has been awarded

Anita Samuel, State Personnel Department Director and Scott Sanders, Department of Workforce Development Commissioner present the first Castlight giveaway to Patricia Vann (left). Vann won an iPad 2 for registering for Castlight and performing one search before June 30 of this year. Look for more information on all the winners in the September issue of The Torch.

Castlight brings together several different sources of data to give you an idea of how much you'll pay before you go to the doctor. Use Castlight to learn about the costs and quality of all of your options so you can get the most value out of your health care dollar.

Start shopping and [register for Castlight today!](#)



Think you having a winning healthy recipe? Consider submitting it for Employee Health Awareness Month

September is Indiana State Employee Health Awareness Month and State Personnel has issued a recipe contest to celebrate. A great way to celebrate being healthy is to cook. Do you have a recipe everyone loves? Think yours is the best recipe and could win? Consider submitting your favorite healthy recipe to the State Employee Healthy Recipe contest.

This contest is designed to provide state employees with an opportunity to share their favorite healthy recipe. The person who submits the winning recipe receives a FitBit Zip wireless activity tracker.

Once submitted, each recipe is reviewed by the **Invest In Your Health** team to ensure that it meets the guidelines for healthy recipe submissions. Recipes that do not meet the guidelines listed below will be rejected. Approved recipes will be posted on the [Invest In Your Health Indiana website](#) for voting, beginning September 9.

How to Submit Your Recipe:

- Use the [online recipe submission form](#) located on the Invest In Your Health website and attach any pictures that you would like to include.
- Submit a completed form as an email attachment to investinyourhealth@spd.in.gov.



Guidelines for Healthy Recipe Submissions:

1. Healthy recipe submissions should include ingredients that are either organic or 100 percent natural.
2. Recipes (when meat is included) must use lean cuts of meat such as: chicken, turkey, fish, shellfish, beef (sirloin, eye and top round steak/roast, 90 percent lean ground, etc.), pork (tenderloin, boneless loin roast/chops).
3. Recipes (when grain products are included) must use whole grain products (rices, pastas, breads, etc.).
4. Recipes (when dairy, sauces and dressing are included) must use reduced fat products.
5. Recipes (when soups, spices and sauces are included) must use reduced sodium options. Salt products may be used in acceptable quantities.
6. Heavy use of fruits and/or vegetables is strongly encouraged.
7. Recipes must include a complete list of ingredients including accurate measurements for every ingredient.
8. Recipes must include complete

step-by-step directions for preparation and cooking to include times, temperatures, etc.

9. Photos of the entire process are encouraged and can include shopping for ingredients at your local farmer's market, throughout the preparation and cooking process and of course the finished product. Photos must be copied and pasted into the designated picture section of the Healthy Recipe Submission Form.
10. Recipes must be submitted using the Healthy Recipe Submission Form and follow all formatting rules provided on the form

See the [State Employee Health Recipe Contest website](#) for the contest rules and legal disclaimer.

Please email investinyourhealth@spd.in.gov if you have any questions on the contest rules, who is eligible or on the recipes itself.

Important dates to remember:

- Monday, Aug. 5—Recipe Submission Opens
- Wednesday, Sept. 4—Final Day to Submit Recipes
- Monday, Sept. 9—All Recipes Posted on Website and Voting Opens
- Friday, Sept. 27 at Noon —Final Day for Voting
- Monday, Sept. 30—Contest Winner Announced

Check out Statehousemarket.com for recipes to sample!

Special deals and discounts keeps State Fair affordable

The Indiana State Fair has added another special discount to a long list of established promotional deals in an effort to help Hoosier families enjoy the fair while stretching their entertainment dollar. The new discount is called “Foodie Friday” and calls for all State Fair food vendors to offer at least one item at half off its regular price on Friday, Aug. 16.

The new deal brings the total number of the fair’s special pricing programs to 15. It also allows visitors yet another day to feast on their favorite fair foods for less than the going rate.

“We’ve got a tremendous event that offers incredible value with all the exhibits and entertainment that are on display each day of the fair, and we know that these kinds of discounts are important to people when deciding what to do with their families,” Indiana State Fair Executive Director Cindy Hoye said. “Our admission prices have remained steady and another special discount that brings in more people will help us keep costs down.”

Here is a complete list of the special values at this year’s fair:

Midway Deals – North American Midway Entertainment offers special vouchers for midway wristbands at all Indiana Walmarts for just \$20 through Aug. 18. That’s a \$5 savings for each wristband purchased! A listing of the midway’s wristband special days can be found [here](#).

Free admission ticket in the Indianapolis Star – On Monday, Aug. 5, the Indianapolis Star will print a



ticket good for free admission to the fair on Wednesday, Aug. 7.

Meijer Day – Meijer customers get 50 percent off one fair admission (a \$5 value) on Aug. 5 when they buy one pair of Falls Creek jeans July 24 – Aug. 5 (Catalina coupon print from Meijer required at fair entrance gate).

Turkey Hill Dairy \$2 Tuesday – On Tuesday, Aug. 6 and Tuesday, Aug. 13, visitors with a voucher printed from www.turkeyhill.com/indianastatefair are admitted for just \$2 compliments of Turkey Hill Dairy.

\$2 Taste of the State Fair – Also on both Tuesdays of the fair, Aug. 6 and 13, concessionaires all over the fairgrounds will have \$2 servings all day long!

Free admission for Indiana state employees – All state employees are admitted for free on Thursday, Aug. 8, with the presentation of an employee ID card.

Pop Weaver Discount Day – Visitors with a Pop Weaver box top receive \$5 off gate admission on Thursday, Aug. 8. One box top per person.

Free admission for Military personnel and families - The State Fair is honoring our current and former members of the Armed Forces by offering free admission for them and family members on Thursday, Aug. 8, with the presentation of a military ID.

Free lottery ticket – On Hoosier Lottery Day, Saturday, Aug. 10, all guests over the age of 18 can redeem their fair admission ticket stub for a free lottery ticket from 10 a.m. to 7 p.m. at Lotto Town at the Hoosier Lottery Grandstand.

IPL Carload Day – Large families and groups of friends can save big on Monday, Aug. 12. Admission is just \$15 per vehicle for up to 10 people with a voucher printed from www.IPLpower.com.

BMV Discount Day – Fairgoers can save \$5 off of the \$10 gate admission on Wednesday, Aug. 15 by redeeming the voucher available online at www.mybmv.com.

AAA Day – Hoosier AAA members receive free admission on Thursday, Aug. 15 when they show their valid 2013 AAA membership card at the gate.

Foodie Friday – On Friday, Aug. 16, all concessionaires will offer an item at *half* off its regular price.

\$2 discount on Pepsi Next Day with Pepsi brand can – All visitors who bring any Pepsi brand can on the fair’s final day Sunday, Aug. 18, will receive \$2 off the gate admission.

INDOT

South Split Project to increase bridge clearances

The Indiana Department of Transportation (INDOT) awarded Milestone Contractors a contract to close Interstates 65 and 70 for 59 days to reconstruct and lower pavement under seven bridges near the South Split.

INDOT used an innovative bidding technique that required four Indiana contractors compete over construction cost and closure days. Private sector competition and innovations expedited construction of the Allisonville Road Bridge over I-465 and other major projects around the state.

Milestone's bid reduces the interstate closure to 59 days and construction costs to \$12.4 million. Contract incentives and liquidated damages of \$60,000 per day will encourage crews to meet or beat their closure estimate. INDOT will keep the motoring public informed as contractors establish a construction schedule, including the exact date of closure.

INDOT is using dynamic message signs on interstate routes leading into the city to reinforce permit requirements and direct vehicles with heights over 13'5" to use I-465. The messages will be displayed in advance of the downtown interstate closure as a means to familiarize motorists to the official detour and prevent additional bridge strikes from oversize loads.

Motorists, residents and businesses are encouraged to visit www.SouthSplit.in.gov to learn details of the project and sign up for project email updates. Updates will also be provided on the [Indiana Department of Transportation East Central](#) Facebook page and on Twitter [@INDOT_ECentral](#).



In Terre Haute, Governor Mike Pence and First Lady Karen Pence speak with kids from the Chestnut Community Center prior to the second "Walk a Mile" event to promote fitness and health among Hoosiers. To see more pictures of Governor Pence, visit <http://in.gov/gov/2387.htm>

DNR

Volunteers needed for outdoor experience

Volunteer to help with Indiana's largest, hands-on outdoor recreation event, the Hoosier Outdoor Experience, Sept. 21-22. Held at Fort Harrison State Park in Indianapolis, the free event of the Indiana DNR features more than 50 activities, such as fishing, mock dig, mountain biking and many more activities, and 120 grassroots partners provide the public opportunities to learn about the outdoors.

Each day, the event opens to the public at 10 a.m. and runs until 6 p.m. Volunteers and staff are on site at 9 a.m. for setup and an hour after gates close for tear down.

Starting July 1, sign up to volunteer at <http://2013experiencevolunteers.eventbrite.com>.

Questions? Contact volunteer coordinator Cheryl Hampton, (317) 233-1002, champton@dnr.in.gov or Leah Kopp, (317) 234-1064, lkopp@dnr.in.gov. More at www.hoosieroutdoorexperience.IN.gov.



Governor selects INDOT Commissioner

On July 10, Governor Mike Pence named Karl Browning Commissioner of the Indiana Department of Transportation (INDOT).



Browning, of Zionsville, has served as Executive Director of the Hoosier Lottery since December of 2011. He previously held the role of Commissioner of INDOT from 2006 to 2009, where he oversaw the contracting of the I-69 extension project. He also served as Chief Information Officer of the Indiana Office of Technology.

"I believe roads mean jobs. An effective Department of Transportation is critical to Indiana's success, and I am pleased to announce the appointment of Karl Browning as the next Commissioner," said Governor Pence. "Karl is the right leader for this agency at a critical time in the development of our state's infrastructure, and I am grateful he is willing to continue to serve the people of Indiana in this role. He brings extensive experience, integrity and a steady hand to one of state government's most important tasks. Under his leadership, the Indiana Department of Transportation will operate efficiently and effectively for the benefit of Hoosiers across the state."

Browning also worked in the private sector as President of The Schneider Corporation and as Senior Vice President and Chief Information Officer of Golden Rule Insurance Company. He has spent the majority of his career managing service delivery organizations to help customers improve processes and profitability, traits that have translated well during his roles as agency head in state government.



One of the **10 best** things to do at the world's **biggest** children's museum.

Visit The Children's Museum of Indianapolis for one last summer blast and hours of endless fun! From August 1-30, celebrate summer with a free youth admission with a paid adult admission. When was the last time you dug for a dinosaur bone? Journeyed to the stars? Or jumped behind the wheel of a real racecar? Download your coupon today and discover the 10 best things to do at the world's biggest children's museum!

- [Download and print the coupon](#)

New Louisville Bats discount available



Get discounted tickets for the Sunday, September 1 game at 6:05 p.m. vs. the Indianapolis Indians. Enjoy activities for all ages with our free Inflatable Fun Zone and a postgame Labor Day Eve fireworks show.

Discounted tickets are available online at www.batsbaseball.com/tickets. Use the online promo code "INDIANA" (all caps) when ordering to receive the special discount. In addition to ordering online you can order by mail with the attached order form or by phone by calling Eric Finley at 502-614-4551.

For more information about Louisville Bats group tickets, premium seating options, or suite rentals, feel free to contact Eric Finley by phone at (502) 614-4551, or by email at efinley@batsbaseball.com.

Parents: don't forget about your children immunization requirements

With the new school year quickly approaching, State health officials want Indiana parents to be aware of new immunization requirements for school entry. Parents can get immunization records from their health care provider or use the secure website, www.MyVaxIndiana.in.gov, to print their child's official immunization record from home by using personal identification number (PIN).

For the 2013-2014 school year, all students in grades kindergarten through 12th grade are required to have a record documenting two valid doses of varicella (chickenpox) vaccine or documented history of chickenpox disease. Students from kindergarten through fifth grade need to have their history of chickenpox disease documented by a health care provider.

"We experienced multiple outbreaks of chickenpox around that state during the last school year," said Indiana State Department of Health Chief Medical Officer Joan Duwve, M.D. "This new requirement will help stop the spread of this preventable disease and keep kids healthy and in school."

Although not required for school entry, Dr. Duwve recommends that students also receive the following immunizations if they haven't already:

- Two doses of Hepatitis A vaccine
- Flu vaccine every year
- Human papilloma virus (HPV) vaccine, 3-dose series for all adolescents
- Booster dose of meningococcal conjugate (meningitis) vaccine for adolescents ages 16-18

The requirements and recommendations are in alignment with the routine vaccination schedules

from the Advisory Committee on Immunization Practices (ACIP). For a complete listing of all recommended immunizations, visit the Centers for Disease Control and Prevention at www.cdc.gov/vaccines/schedules/easy-to-read/index.html.

Indiana school immunization requirements are posted on the Indiana State Department of Health's website at www.state.in.us/isdh/17094.htm.



Hoosiers are encouraged to check their children's vaccination records online that provides Hoosiers direct access to their immunization records through the use of a PIN. Many Hoosiers have already utilized this resource. Since MyVaxIndiana was launched in July 2012, nearly 30,000 PINs have been assigned and 4,619 unique records have been accessed from the site. PINs can be obtained from health care providers and used to log in to the secure website. Users can then download, print or fax official records. Each record also displays the Centers for Disease Control and Prevention's recommended immunization schedule.

"The goal of the MyVaxIndiana site is to make it easier for all Hoosiers to access their immunization records," said Dr. Duwve. "Parents can check what immunizations their child has already received and find out what may still be needed, as well as print, fax or email an official copy of the record. Vaccinations reduce the spread of disease and help to keep all of us healthy."

When thunder roars, go indoors!

Lightning kills over 50 people in the U.S. each year. But deaths are only part of the lightning story. Only about 10 percent of those struck are killed; 90 percent survive. However, many of the survivors suffer devastating life-long injuries. These injuries are primarily neurological, with a wide range of symptoms, and are very difficult to diagnose. Lightning also causes over \$5 billion of economic loss each year in the U.S. from fires and other property destruction.



Lightning strike frequencies are highest in the Southeast, Midwest, and the front ranges of the Rocky Mountains, but all states have some lightning threat. Fortunately, most lightning deaths and injuries can be easily avoided. Remember, no place outside is safe when thunderstorms are in the area. Public education is the key. The vast majority of lightning casualties can be easily avoided if people know what to do.

If you hear thunder, lightning is close enough to strike and you should immediately seek safe shelter in a substantial building or a vehicle with a metal top and sides. Stay there until 30 minutes after the last sound of thunder. If you are caught outside, do not stay out in the open or near water, and never stand under a tall, isolated tree. If someone near you is struck by lightning and unresponsive or not breathing, immediately call 9-1-1 and administer CPR. Learn more at www.lightningsafety.noaa.gov

You can save

even more now that 1-800 CONTACTS has joined the Blue View VisionSM network

With 1-800 CONTACTS as an exclusive in-network provider, you can save money, time and effort:

- **Low pricing** – at 1-800 CONTACTS your contact lens allowance will buy you more lenses.
- **Best price guarantee** – if you find a better deal, 1-800 CONTACTS will beat the price and then apply your in-network benefits.
- **24/7 service however you like it** – use your benefits online, by phone, or from our mobile app.
- **More convenience** – 1-800 CONTACTS will confirm your prescription and benefits and lenses are delivered right to your door.

It's easy to save:

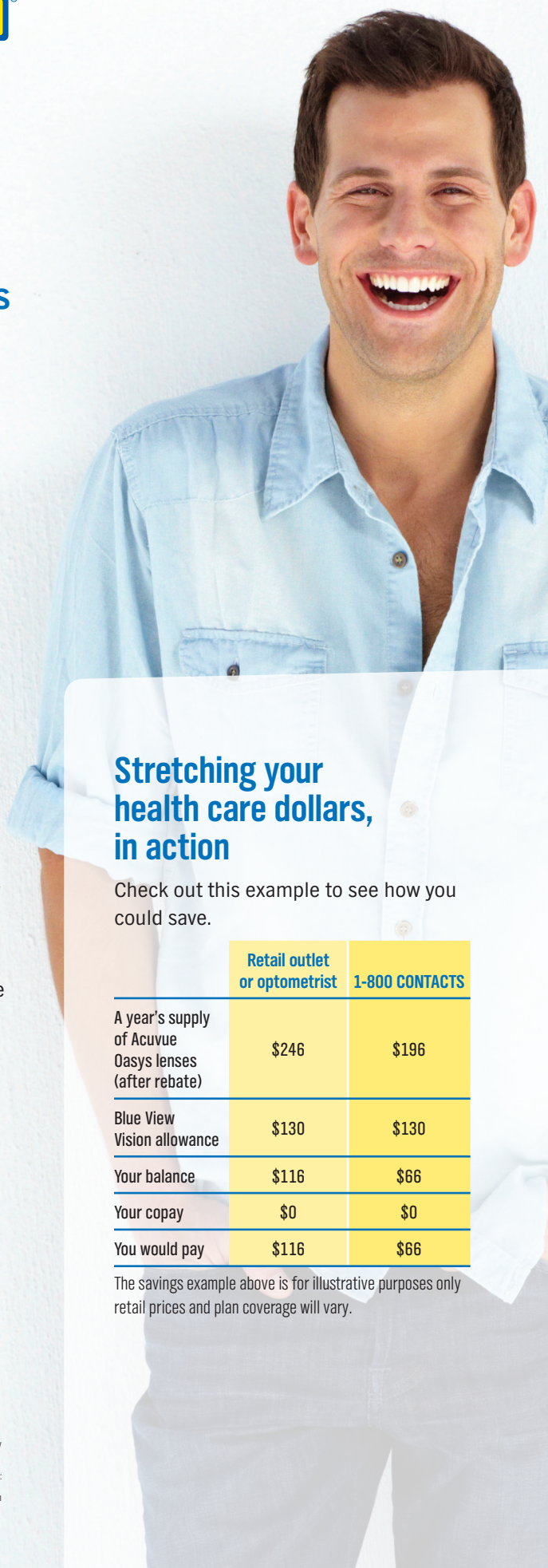
- If you haven't used your contact lens benefit, it will come right off your bill with a single click. No paperwork, no hassle. All you pay is your copay and any amount over your allowance.
- If you do not have contact lens benefits, members always save \$20 off any order of \$100 or more. Simply log on to anthem.com and click Discounts.

As the largest contact lens store in the United States, 1-800 CONTACTS is a great addition to the Blue View Vision network. Offering 99% of brand-name lenses, including specialty lenses, you can stock up now or get an email reminder before you run out.

Visit 1800contacts.com today to use your benefits!

It's easy – give 1-800 CONTACTS a try!

Use your in-network benefits online, by phone, or mobile.



Stretching your health care dollars, in action

Check out this example to see how you could save.

	Retail outlet or optometrist	1-800 CONTACTS
A year's supply of Acuvue Oasys lenses (after rebate)	\$246	\$196
Blue View Vision allowance	\$130	\$130
Your balance	\$116	\$66
Your copay	\$0	\$0
You would pay	\$116	\$66

The savings example above is for illustrative purposes only. Retail prices and plan coverage will vary.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICESM Managed Care, Inc. (RIT), Healthy AllianceSM Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (CompCare), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. SMANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.