



The Torch

The official newsletter for Indiana state employees

Attain Wellness CDHP eligibility in HumanaVitality by August 31

The qualification period for the 2017 Wellness CDHP insurance plan is coming to a close quickly. The last day to qualify is Wednesday, August 31. This is a great time to log into HumanaVitality and make sure all of your points have shown up. Then, be sure you have all of your recent point earning opportunities uploaded. By qualifying for the Wellness CDHP, you could save hundreds of dollars on your wellness premiums. Lastly, check your Earned Status to ensure that you have reached Silver by using the steps on [this link](#).

If your Earned Status isn't quite to Silver and you're looking for additional ways to earn points fairly quickly, here are some options:



Calculators: Each adult can complete four calculators per year for 75 points each.

Recommended Goals & Personalized Activities: Each adult can complete recommended goals and personalized activities that HumanaVitality recommends.

Prevention Activities: Each adult can earn points for prevention activities including age/gender recommended screenings, dental exams, vision exams, etc... Note, prevention activities must be submitted within 90 days of the date of service.

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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

Indiana State Fair mobile app presented by WGU Indiana



INDIANA
STATE FAIR
CELEBRATING INDIANA'S BICENTENNIAL

Want on-the-go info about all the events at this year's [Indiana State Fair](#)? Download the new mobile app, available now in app stores. Stay connected with shareable itineraries, search the extensive list of activities and events, rate vendors, follow the "What's Hot" list and help select the Taste of the Fair competition grand champion! Make this year your best state fair experience yet, customized specifically for you.

Beware of potential cyber threats

Cyber threats continue to pose constant hazards to all state employees, who should use extreme caution when online or even using phones. Scammers are making concerted efforts to obtain sensitive information, compromise the state's cybersecurity and install malware. "Phishing" is the means by which hackers try to trick users into giving up their usernames, passwords and/or pin numbers. Read more about phishing [here](#). For a more general overview of online safety, including a report by the National Police Chiefs' Council, go [here](#).

You're invited to celebrate 811 Day



Every six minutes, a buried utility is damaged by someone who didn't contact 811 before digging. In order to help keep our communities safe and connected, the Indiana Utility Regulatory Commission (IURC), Indiana 811, local utility operators and contractors are coming together to throw a free 811 Day block party on Thursday, August 11 in Carmel!

- Learn how contacting 811 keeps neighborhoods safe and

connected;

- Meet City of Carmel firefighters and emergency medical services (EMS) responders;
- Have your picture taken for free with Holey Moley, 811's official mascot;
- See how professional locators find buried utilities;
- Enjoy free drinks, cookies and snow cones for adults and kids;
- Pick up a free 811 t-shirt and other prizes;
- Play games, enjoy free face painting and music, and;
- Check out the Pacer's Fan Van!

August 11 serves as an excellent reminder to always contact 811 before doing any digging, and this family friendly block party is the perfect opportunity to have fun while learning a little more about 811 - a free service that helps keep everyone safe. Learn more at www.811blockparty.com.

When: Thursday, August 11 from 4 p.m. – 7 p.m.

Where: 221 West Main Street, Carmel, IN. (located next to the Monon Trail)

Cost: Free!

17 nights of free concerts at the Indiana State Fair

2016 LINEUP

NIGHT RANGER	8/5
NEAL MCCOY	8/6
HISPANIC/LATINO MUSIC FESTIVAL	8/7
AARON TIPPIN	8/8
GRANGER SMITH	8/9
HAPPY TOGETHER TOUR	8/10
THE FRAY	8/11
38 SPECIAL	8/12
THE BACON BROTHERS	8/13
CONTEMPORARY CHRISTIAN MUSIC FESTIVAL	8/14
BLUES TRAVELER	8/15
MADDIE & TAE	8/16
LAUREN ALAINA	8/17
ANTHONY HAMILTON	8/18
ABBA THE CONCERT	8/19
LAURA MARANO	8/20
THE REVEREND PEYTON'S BIG DAMN BAND	8/20
MOUNTAIN DEW GOSPEL MUSIC FESTIVAL	8/21

Indiana Protection and Advocacy Services (IPAS) has become Indiana Disability Rights

One in five Hoosiers has a disability, and all of us will experience a disability at some time in our lives. Indiana Disability Rights is an independent state agency whose mission is to protect and promote the rights of individuals with disabilities through empowerment and advocacy.

Our team of attorneys and advocates work on issues such as access to employment and employment services, appropriate education, accessible transportation, fair housing, and accessible voting. We also investigate abuse, neglect, and exploitation of individuals in any facility which serves people with disabilities.

We changed our name to better reflect the work we do. Indiana Disability Rights has made it a priority to reach people all over the state of Indiana, to let them know we are here to help when their civil rights are violated because of their disability. For more information about Indiana Disability Rights, go to www.indianadisabilityrights.org/.

If you or someone you know needs help with a disability rights issue, get help [here](#) or call us at 800.622.4845.

Take our survey! Tell us what you think Indiana Disability Rights should focus on. Click [here](#) or go to www.surveymonkey.com/r/IDR2016GOALS to take the survey.



INDIANA DISABILITY RIGHTS

Equality Through Advocacy

SAVE THE DATE

for the 2016

ANNUAL EDUCATIONAL DINNERS



Join host Pete the Planner and his guests as they discuss how you can become retirement ready . . . before it's too late.

Wednesday
October 5
Indiana Roof Ballroom
Indianapolis

Tuesday
October 25
Clifty Inn
Madison

Tuesday
November 1
Location TBD
South Bend

Wednesday
October 26
The Bauerhaus
Evansville

Wednesday
November 9
Avalon Manor
Merrillville

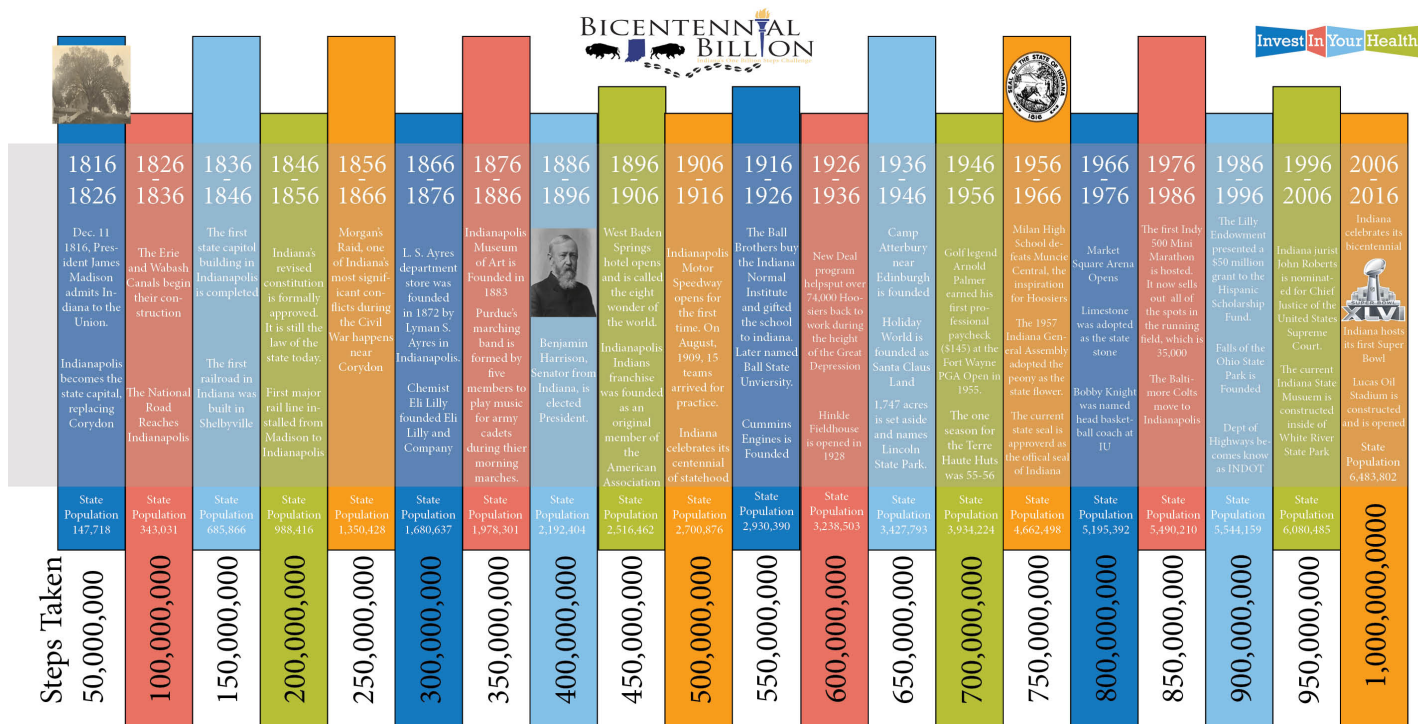
Thursday
October 27
The Landing
Terre Haute

Thursday
November 10
Landmark Centre
Fort Wayne

Choose the location nearest you and mark your calendar today!

REGISTRATION DETAILS COMING SOON!

Hosted by Hoosier S.T.A.R.T. and State Auditor Suzanne Crouch



Click [here](#) for the full sized image.

Congratulations on surpassing one billion steps in July!

Congratulations to all 5,197 participants spanning 695 teams for taking 1,160,401,021 steps during July's Bicentennial Billion Steps Challenge. This challenge attracted the largest participant base in the state's history, as well as one of the highest step totals for a single challenge.

HumanaVitality is announcing the bonus point recipients and grand prize winners later this week. Be sure to subscribe to Invest In Your Health's [Facebook](#), [Twitter](#), and [Instagram](#) to see if you're a winner.

If you joined Josh Marsh's To Silver & Beyond team, he thanks you for participating.

"I really enjoyed meeting some of the participants on the To Silver & Beyond team out on the road and at the Statehouse Market," said Marsh. "As a team, we took an average of 5,476 steps per day

per team member. I also want to congratulate Mary Evans on having the highest step count on the team. Mary had a total of 683,083 steps logged during the challenge. As a newer state employee, this was my first challenge to participate in and it was a lot of fun for me. I hope that it was as much fun for everyone else and I look forward to being involved with even more participants during the next one."

If you enjoyed the challenge during Employee Health and Wellness Month, stay tuned to The Torch and Upgrade Newsletter along with the social media above for information about next state sponsored challenge!

"It is because of great employees participating in our events that makes the State of Indiana such a great place to work," said Health and Wellness Director Cameron Troxell. "We look forward to

reaching even more employees as we get into fall and Open Enrollment."



Artwork by Jerry Williams

Provide activity level-specific nutrition for your child

With summer in full swing and the start of school quickly approaching, it is time to think about children's sport activities and how to meet their nutrition needs. As health professionals, we often talk about how children are overweight and how they need to move more. We want to encourage these children to get outside and participate in organized sports. For some kids who are already at a healthy weight and involved in multiple sport activities, we want to make sure they are also following healthy eating habits. For both of these groups, nutrition plays a huge role in well-being and athletic performance.

Children require increased nutrient intake to help ensure that they continue to grow appropriately. If a child stops growing while participating in an athletic activity, it is cause for concern. Lack of growth is an indicator the child's nutrition needs are not being met. Unfortunately there is no simple way to calculate your child's individual nutrition needs for their age and physical activity level. Ask your pediatrician for a referral to meet with a registered dietitian if you have specific questions. As a caregiver, you can observe your child's eating habits, weight trends and energy levels to help determine if they are properly meeting their daily nutritional needs.

Now, you might be wondering about recommendations for your active child. Check out the information below for tips on meeting fluid goals, what to include in meals and healthy, on-the-go snack options.

Fluids

- Kids need to stay hydrated. Often, coaches need to remind them to take a break from practicing and drink water.
- Sports drinks can be appropriate during a practice, but a small container is fine (think the small 8-10oz Gatorade bottles). The best drink is water and this is sufficient for most children during activity.
- Make sure kids aren't having sports drinks at meals. Sports drinks should only be consumed if practice is longer than 60 minutes.
- Always avoid sodas and any type of energy drinks. These are not healthy or needed.

Meals

- The goal for children is 5-6 small meals and snacks each day. This includes breakfast, lunch and dinner and 1-2 snacks.
- A snack before and after practice can be helpful if practice occurs several hours after lunch and if practice concludes an hour or so before dinner.
- Active kids may need 500-1,000 more calories per day than their average sedentary peers. School age children need 1,600-2,000 calories/day. The main focus should be continuing to grow appropriately and following their growth curve. If that growth falters, then you may need to look more in depth at caloric intake.
- Aim for healthy foods and having well balanced meals. Include the food groups in the meals – protein, dairy, vegetables, fruit and grains.
- Ideally, have a meal 2-4 hours

prior to practice and make sure to have a snack within 30 minutes of practice.

Snacks

- You want to give kids healthy foods – like string cheese, yogurt, crunchy peanut butter or pudding packs made with low-fat milk.
- Snacks should be easy to grab for before/after practice. If you are bringing a team snack, make it something healthy – like orange slices, grapes, watermelon chunks, peanut butter crackers, veggie sticks or fruit juice popsicles.

Hopefully some of these tips and recommendations will be helpful as you gear up for your next sports event. The best thing you can do for your little athlete is make sure you are serving healthy food at home and giving them a big water bottle for practice. Aim for two snacks per day and make sure your kiddo can have a snack before and after practice times. Have fun and enjoy watching your kid be active! With a healthy diet and plenty of fluid, they can go on to do great things!

Sources/References:

1. [SuperKids Nutrition](#)
2. [National Center for Biotechnology Information](#)
3. [Nutritionist Resource](#)
4. [eatright.org, Academy of Nutrition and Dietetics](#)



Indiana State
Department of Health

Thank you to the [Indiana State Department of Health](#) for this submission.

Ensure safety as your child returns to school with Asthma

The first day of school is exciting for both children and parents alike, but parents with asthmatic children may also find it worrisome. Luckily, asthma is fully manageable if you know and recognize its triggers, have an updated asthma action plan and ensure school staff is knowledgeable about asthma.

Many potential triggers can cause an asthma attack. Some of the most common triggers are:

- Animal dander
- Tobacco smoke
- Mold
- Outdoor air pollution

Your child could be exposed to these triggers and many more at school, which is why it is very important to have your child accurately diagnosed. This way, you know what to avoid.

Asthma action plans are imperative to a successful school year when

living with asthma. An asthma action plan, also known as a management plan, is a treatment plan created with your child’s physician to control asthma, covering daily treatment or medications and when they should be administered. It also describes how to control your child’s asthma for the long term and how to handle it when it worsens or when the child has an attack. The plan details at what point to call the doctor or when to go straight to the emergency room. It contains all the information the school’s staff would need to make sure your child receives adequate care. There are options for asthma action plans on the [Indiana State Department of Health](#) website and on the [Center of Disease Control and Prevention website](#).

Another way to put your mind at ease when dropping your child off at school is to take a tour of the school and identify all of the potential

asthma triggers. If your child has gym outside or recess, make sure the staff understands how to check if it is safe or not to allow your child outside. You can then speak with your child’s teacher(s) and other staff about your child’s asthma and the treatment plan you have in place. Make sure the staff is aware your child is allowed to carry asthma medication (inhaler) at all times. After completing these steps, you can breathe a little easier as well, knowing your child is in good hands throughout the school year.

For important health information and updates, like the Indiana State Department of Health on [Facebook](#) and like [@StateHealthIN on Twitter](#).



Indiana State Department of Health

Thank you to the [Indiana State Department of Health](#) for this submission.

Summer Savings | 50% OFF

VISIT three of your favorite Indiana State Park Inns.

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Stay 2 nights and the second night is **HALF OFF**

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Reserve your FUN at www.IndianaInns.com or call 1.877.LODGES1

DNR Indiana Department of Natural Resources

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