



The Torch

The official newsletter for Indiana state employees

Are you ready to Upgrade to the 2017 Wellness CDHP?

The State of Indiana is again offering a way to upgrade your health plan during Open Enrollment this fall. The Wellness Consumer Driven Health Plan (CDHP) offers the lowest premiums compared to the other options. If you are currently enrolled in state medical benefits, you can qualify for the 2017 Wellness CDHP by reaching an **Earned Status of Silver** (read more on page 3) in HumanaVitality by August 31, 2016, and agreeing to the Non-Tobacco Use Agreement during our next Open Enrollment. This means all points must be processed and posted to your HumanaVitality account by the August 31 deadline. Don't wait until the last minute to submit information since processing of activities can take up to 45 days to be reflected in your account.



HumanaVitality is an incentive-based wellness portal that empowers you to invest in your health. The quickest path to Silver Status within the program is completing the:

Health Assessment, a confidential assessment that helps you to identify health risks, as well as giving you the opportunity to create a plan to address potential risks.

Vitality Check by attending one of many free screening events happening around the state beginning in March, with your primary care physician or at other select retail clinics (see [Vitality Checks](#) on Invest In Your Health website to learn more). These numbers are kept confidential from your employer.

Personalized activities such as goals, fitness tracking, online educational courses or health coaching – Based on your Health Assessment responses, some healthy goals are recommended for you. Decide what you want to work on, engage in healthy activities to support your goals and receive Vitality Points to raise your earned status.

Our goal is to provide you and your dependents with tools and programs that assist you in improving your overall health and well-being. By ensuring each family member is actively engaged, you can reach Silver Status in no time.

Visit InvestInYourHealthIndiana.com/Upgrade to learn more.

In this issue



Upgrade 2017

- 3** What does Earned Status in HumanaVitality mean?
- 5** Complete a Health Assessment for every family member
- 6** Get the family involved in HumanaVitality!

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

Attention!

See [page 3](#) for important information about the submission of Vitality Check forms this year. Please read to ensure how to guarantee earning points for completed Vitality Checks towards 2017 Wellness CDHP qualification!

Be sure to use your new Anthem cards in the New Year

In 2016, Anthem is processing State of Indiana medical plan claims in a new system and begins administering the dental benefits. The following are important items to keep in mind.

New ID Cards

You should have a new ID card for yourself and any family members you cover under the Anthem plan. Please note that each family member has their own unique card with his or her name, and the dental, vision and medical information are all on ONE identification card.

New Unique Anthem ID Number

Your new ID card includes a new unique ID number. This begins with a prefix of SIY, followed by AN and a series of seven numeric digits. As a reminder, when using your card at the pharmacy, your pharmacist needs to drop the alpha prefix of SIY when running your claim through the prescription system. Example ID number is: SIYAN1234567, the pharmacy will use AN1234567.

New ID number is effective January 1

When you visit a medical provider or the pharmacy after January 1, make sure to present your new ID card. If they use your old ID number, your claim will be denied.

Online Registration

You still have access to anthem.com and our mobile site to assist you in managing your plan information with Anthem. You should not have to re-register on the site, and should be able to use your current user ID and password to log into the system.

Finding an In-Network Provider

You receive the greatest savings by going to an in-network provider. By visiting anthem.com and clicking on Find a Doctor, you can check if your provider is a participating provider. To

search for a medical physician you will need to select the following networks:

- Medical = National PPO (BlueCard PPO)
- Dental = Dental Complete
- Vision = Blue View Vision Select

Customer Service

There is no change to the current customer service number you utilize for your benefits with Anthem. You are able to continue calling 1-877-814-9709 when contacting Anthem for questions on your claims and benefits.

Old National Bank is enhancing online and mobile banking

Managing your health savings account will be even easier with eBanking Made Better from Old National Bank, the provider of the HSA program for the state of Indiana. Old National Online & Mobile Banking is getting a new look January 2016. With this eBanking update, you'll have access to new features.

Access to historical statements is changing. To ensure access to your eStatements, download and/or print your last 12 months of statements by Jan. 14.

At 5 p.m. (CST), Friday, Jan. 15, current Online & Mobile Banking and Bill Pay is no longer available. At 8 a.m. (CST), Tuesday, Jan. 19, enhanced Online & Mobile Banking will be available. You're encouraged to download the new ONB Mobile app available on the App StoreSM, Google PlayTM and Amazon Appstore.

For complete information, visit www.oldnational.com/ebanking/.

EAP enhancements now available

The Employee Assistance Program, often referred to as EAP, is your resource for assistance with managing a wide range of problems - everything from relationship and family concerns to anxiety, depression, alcohol and drug abuse, stress, grief, parenting, and even financial or legal issues. As an enhancement to the current EAP, State employees now have access to three face-to-face sessions, per issue, with a licensed therapist in addition to other services. Employees may contact the EAP 24 hours a day, 7 days a week. The EAP is available to all employees and their household members, regardless of insurance coverage and is a no-cost, confidential and user-friendly resource.

To access services, employees simply call the EAP at 800-223-7723 and identify themselves as a member State of Indiana or visit www.anthemEAP.com and use log-in: **State of Indiana**.

IRS Form 1095-C is heading your way

Form 1095-C is required by the federal Affordable Care Act (ACA). The ACA requires large employers, like the State of Indiana, to report to the IRS on the health coverage, if any, offered to their full-time employees. Form 1095-C provides both you and the IRS with information about the health insurance coverage offered to you and, if applicable, your family.

State Personnel will begin mailing out 1095-C forms the last week of January. Please keep this form with your tax documents. You may need to submit information from the form as a part of your personal income tax filing.

Frequently asked questions about the 1095-C forms can be found at www.in.gov/spd/2951.htm. If you have additional questions, please contact the State Personnel Benefits Hotline at 1-877-248-0007 or email: SPDBenefits@spd.in.gov.

I

Help & Resources

The State Personnel Department is dedicated to fill our Invest In Your Health website with a variety of resources, how to guides and much more to assist you navigating HumanaVitality and qualifying for the 2017 Wellness CDHP.

Look to this box in upcoming editions for highlights of recent articles and links to helpful websites.

Connect with InvestInYourHealth

Check the Invest In Your Health website for updates, blog posts, fitness center discounts and more. Visit InvestInYourHealthIndiana.com for more information.

Information about the Upgrade 2017 initiative, including HumanaVitality and Wellness CDHP qualification, is available at InvestInYourHealthIndiana.com/Upgrade.

Join the HumanaVitality Community

HumanaVitality also has a website specifically dedicated to frequently asked questions about the program, including how to submit information, syncing devices and much more! Check it out at community.humanavitality.com.

HumanaVitality Customer Care Team: 1-800-708-1105.

Watch this great informational video!



Get your Vitality Checks completed early to ensure points towards Wellness CDHP qualification

You are encouraged to complete your Vitality Checks early this year. Vitality Check forms must be self-submitted to HumanaVitality by July 31, 2016 in order to guarantee points towards qualification for the 2017 Wellness Consumer Driven Health Plan (CDHP).



Don't wait until the last minute to submit information since processing by HumanaVitality can take up to 45 days to be reflected in your account.

Information on state-sponsored Vitality Checks will be released in early March.

Don't be confused by earned status and reward status in HumanaVitality

If you are currently enrolled in state medical benefits, you can qualify for the 2017 Wellness CDHP by reaching an **Earned Status of Silver** in HumanaVitality by August 31, 2016, and agreeing to the Non-Tobacco Use Agreement during our next Open Enrollment.

So what does earning Silver Status mean? It means that all information must be submitted, points must be processed and posted to your HumanaVitality account by the August 31 deadline. You must be able to log into your HumanaVitality account and see the **Earned Status of Silver** or higher on or before August 31, 2016. To check your earned status level, simply log into your HumanaVitality account, scroll over **"Get Healthy"** and click on **"Achievement Dashboard."**

Don't wait until the last minute to submit information since processing of activities can take up to 45 days to be reflected in your account. So let's see how this looks once you're logged into HumanaVitality.

Returning Members

When you log into your account, you will notice that your earned status has changed in the New Year. However, 10 percent of your Vitality Points have carried over and 100 percent of any unspent Vitality Bucks are still available in your account. Any goals that are in progress from 2015 will continue without interruption and points will be awarded when they are completed.

Please be aware that there are two different status levels within HumanaVitality. The differences are as follows:

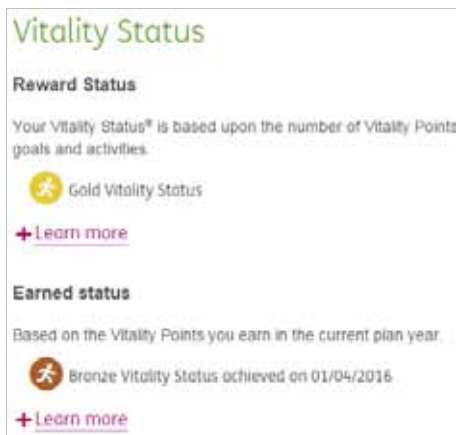
- **Earned Status:** resets in the New Year, and must be earned annually. This status is what the State will be examining for qualification to the 2017 Wellness CDHP.
- **Reward Status:** carries over with the member as soon as the user re-takes his/her Health Assessment in the New Year. This also depicts the member's discount in the HumanaVitality Mall.

Continued on next page

Continued from page 3

Don't be confused by earned status and reward status

For example, if you ended 2015 with Gold Status your reward status remains at Gold, while your earned status reverts to Blue Status. You earn Bronze after you complete the Health Assessment. Your Earned Status is what determines your eligibility for the 2017 Wellness CDHP. Again, to check your status levels within HumanaVitality, simply log into your account, scroll over "Get Healthy" and click on "Achievement Dashboard" (see right).



Above is an example of a returning member's earned and reward status after he completed the Health Assessment in 2016.

Choose the far right tab titled "All other members". You must then enter your Humana ID (first nine (9) digits only) or social security number along with your birth date and zip code to finish the registration.

Remind your spouse and dependents over the age of 18 to follow the steps above and create their own account as well.

New members

Once you have received your HumanaVitality ID card in the mail, [activate your membership online](#) and follow these steps:

- Under the green "sign in" button click the "register now as a new user" link.
- Click "Get Started" button.
- Under the green Registration heading, there are three tabs.

Another option to set up your account is to download the free HumanaVitality mobile application for your smart phone or tablet. The app is a free download on both the App Store or Google Play Store. You can take your health assessment on the mobile app within minutes, connect compatible fitness devices, participate in challenges and more.

For more information and resources visit InvestInYourHealthIndiana.com/Upgrade to learn more.

Vitality Points earned for healthy guidelines also carry over to 2016

Did you see more than 10 percent of your Vitality Points carry over from 2015? Here's why. You completed a Vitality Check in 2015, and had a healthy number for your blood pressure, total cholesterol and/or fasting glucose. Consider these a congratulations from HumanaVitality and a healthy-head start to 2016!

Vitality Points only carry over if you met the healthy guidelines in 2015. Please note, these carry over Vitality Points do not pertain to BMI. Vitality Points for BMI must be earned on an annual basis. Also, if you completed a nicotine test in 2015 and had a "no tobacco use" result, you also see those Vitality Points carry over.

For example, John completed a Vitality Check in 2015 and had a healthy fasting glucose and a healthy BMI. However, he missed the cutoffs for blood pressure and total cholesterol. John will see 400 Vitality Points carry over in the Prevention category, as well as 400 Vitality Points carry over for the Healthy Living category for his fasting glucose. Please see the image below for further clarification of what you may see on your account.

Date	Description	Category	Vitality Points
01/01/16	Fasting Glucose Screening	Prevention	400
01/01/16	Blood Glucose in Healthy Range	Healthy Living	400

To see your carry over Vitality Points:

1. Scroll down on your Dashboard, just underneath the bar graph
2. Click on "View all recent Vitality Points earned"

Use personal email for HumanaVitality

When registering for HumanaVitality, you are asked for your Humana Member ID (or Social Security Number), birthday and home zip code. You must also enter your e-mail address and create a username and password.

The e-mail address you input is the primary means for HumanaVitality to contact you. Because health recommendations or personalized communications may be sent from HumanaVitality, you are strongly encouraged to use a personal e-mail address instead of your state-issued employee e-mail address.

If you don't currently have a personal e-mail address, free account options are available at yahoo.com or gmail.com.

Complete the Health Assessment to earn 500 Vitality Points and earn bonus points for an early completion

The best resolution you and your family can make for 2016 is to earn Silver Status early in the year! Make a checklist now to complete a Health Assessment before the end of the month and to plan ahead to complete a Vitality Check before June. This early planning will help keep you on track and alleviate the stress of worrying whether points will be processed in time for the August 31 deadline.

Remember, earning Silver Status means that all information must be submitted, points must be processed and posted to your HumanaVitality account. You must be able to log into your HumanaVitality account and see the **Earned Status of Silver** (or higher) on or before August 31, 2016. Don't wait until the last minute to submit information since processing of activities can take **up to 45 days** to be reflected in your account.

The HumanaVitality Health Assessment is a scientifically-based questionnaire that can help you evaluate how healthy you are now, determine future health risks and help you decide where and how to make improvements in your health. Based on your answers, HumanaVitality calculates your Vitality Age, gives you access to your health results, and sets goals that help you achieve health and wellness improvements.

Returning Members

Log into your account and complete the Health Assessment to earn 500 points. You can complete the health assessment any time throughout the year but we encourage you to complete it early! Encourage your spouse and adult children (age 18 or older) to log in and complete their own Health Assessment as well. As a special bonus,

250 additional points each will be added for you and your adult dependents who complete assessments before March 31.

Continue to stay active within the program! Set up your plan now on how you will earn Silver Status. Make sure these items are on the top of your list: complete a Health Assessment, get a Vitality Check for every member age 18 or older on your medical insurance plan before June.

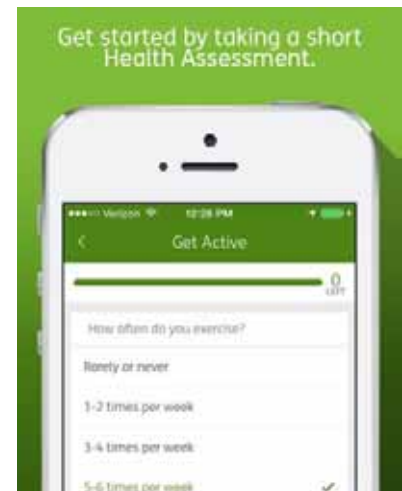
New Members

Once you complete the registration, you are prompted to begin the Health Assessment the first time you log into your account. Completing the Health Assessment moves you from Blue to Bronze Vitality Status and unlocks the HumanaVitality Mall. You can also complete the assessment on the mobile app! Since you are a brand new member, you will also receive a first time, lifetime bonus of 500 bonus Vitality Points. And as an additional special bonus, if you complete the Health Assessment before March 31, you earn an additional 250 bonus points. So if you complete the assessment and receive all the bonuses, you collect 1,250 points which brings you much closer to Silver Status.

The completed Health Assessment helps develop a personalized program that recommends goals and related activities to help you address your health risks and achieve optimal health. These goals and activities are customized based upon your health profile.

Do you carry family medical insurance?

If so, every dependent age 18 or older included on your insurance should create his/her own separate account. Help your spouse and adult children



Humana Vitality

register an account and begin by completing the Health Assessment. Each dependent age 18 and older can easily complete the registration from a mobile device as well. You as the account holder will be able to see a combined family point and Vitality Buck total. Getting your family involved is the fastest way to earn Silver Status. [\(Check out a few examples on how to earn Silver Status on page 6.\)](#)

Children can earn points for Health Assessments too!

If you have children **under the age of 18** on your medical insurance, you can evaluate their health as well by completing a child's health assessment for each child. The questionnaire is a shortened version of the adult assessment. On the subscriber account, scroll over to Get Healthy and click on Health Assessment, and you will see the option to begin the assessment for each dependent under the age of 18. Make it a family activity and complete the questions together over a delicious healthy meal. Earn 200 points for a complete Child Health Assessment per child on your health plan.

Get your spouse and dependents age 18 or older involved in Humana Vitality early!

Get your spouse and adult children involved early and often! The points needed to earn Silver Status are determined by how many dependents you have on your health plan who are age 18 or older. Each 18 or older dependent adds an additional 3,000 Vitality Points to the 5,000 required for the subscriber to earn Silver Status. Having your family members participate will help you achieve Silver Status more easily. You as the account holder will be able to see a combined family point and Vitality Buck total. While there is no requirement for your family to participate, it is recommended that they do. Getting your family involved is the fastest way to earn Silver Status! Also, when the family is involved, it may be easier to start and maintain healthy activities.



Review these examples below of the points needed to earn Silver Status if you have a family medical plan:

Family Member	Vitality Points
State Employee/Subscriber	5,000
Spouse	3,000
Dependent (age 19)	3,000
Total Vitality Points needed to earn Silver Status	11,000

Family Member	Vitality Points
State Employee/Subscriber	5,000
Dependent (disabled, age 21)	3,000
Dependent (age 10)	0
Total Vitality Points needed to earn Silver Status	8,000

Family Member	Vitality Points
State Employee/Subscriber	5,000
Spouse	3,000
Dependent (age 3)	0
Dependent (age 5)	0
Total Vitality points needed to earn Silver Status	8,000

Family Member	Vitality Points
State Employee/Subscriber	5,000
Spouse	3,000
Total Vitality Points needed to earn Silver Status	8,000

Use the Humana Vitality FAQ website for help

HumanaVitality is available to employees, and their covered dependents, enrolled in a medical plan offered through the State Personnel Department.

HumanaVitality provides the tools necessary to reach your optimal health. But, how do you navigate the website and get answers to your questions quickly?



HumanaVitality has a website specifically dedicated to frequently asked questions about the program, including how to submit information, syncing devices and much more! Check it out at community.humanavitality.com

Here is what members can do on the HumanaVitality Community:

- Get the latest news and updates about HumanaVitality
- Ask questions and quickly get answers from dedicated Customer Care specialists and fellow community members without making a phone call
- Share feedback on how we can make HumanaVitality better
- Find interest groups customized to your wellness interests
- Get inspired with healthy recipes, articles, videos and more

If you have any additional questions, please contact the Humana Customer Care team at **1-800-708-1105**

Make a New Year's resolution to be tobacco free in 2016

Every New Year, people all over the world make resolutions to improve their health and lifestyle. One of the most common resolutions is to quit tobacco use. It can take a person several attempts before successfully quitting nicotine. No one is ever too old to quit using tobacco and the health benefits of quitting can be seen at any age.

Tobacco use is still the number one cause of preventable death in Indiana, causing more deaths annually than alcohol, AIDS, car accidents, illegal drugs, murders and suicides combined. Secondhand smoke also has many adverse health effects. Secondhand smoke has been shown to cause heart disease, respiratory problems and eye/nasal irritation.

If you use tobacco, the best thing you can do this New Year is to make a quit plan. Or if you have a loved one who smokes, you can help support him/her through a quit process. Making a quit plan can:

- Combine quit strategies to keep tobacco users focused, confident and motivated
- Help identify challenges tobacco users will face as they quit and ways to overcome them
- Improve a person's chances of quitting tobacco use for good

The odds of successfully quitting tobacco increase when using supportive resources, such as the Indiana Tobacco Quitline, Web Coach and Text2Quit. The Quitline, 1-800-QuitNow, is a free service available to all Hoosiers that pairs individuals with trained Quit Coaches. Quit Coaches help individuals set quit dates of 30 to 60 days into the future, formulate personalized plans prior to quitting, and work through challenges that may arise during and

after the transition to tobacco-free living. Trained Quit Coaches can also be accessed in an online chat through the Web Coach program (eQuitNow.com). Web coach is a private website designed to help people quit tobacco through online counseling and e-tools. Based on personal preference, enrollees can use the Indiana Tobacco Quitline or Web Coach Service, or even a combination of both.

Those who wish to quit using tobacco products can receive one-on-one counseling with a Trained Quit Coach today. The Indiana Tobacco Quitline and Web Coaches are available 24 hours a day, seven days a week.

Here are some simple ways for tobacco users to start their quit process:

- Pick a quit date
- Let loved ones know you are quitting
- Remove reminders of tobacco
- Identify your reasons to quit
- Identify your triggers
- Develop coping strategies
- Have places you can turn to for immediate help
- Set up rewards for Quit Milestones

A supplement to both of these Quit Now programs is the Text2Quit service. This service sends enrollees encouraging personalized text messages throughout their quit process. Text2Quit also helps enrollees stay connected with their Quit Coach, manage smoking cravings and avoid relapses.



The effects of quitting tobacco use can be experienced immediately. Within 20 minutes after quitting smoking, the heart rate drops, and within twelve hours after quitting, carbon monoxide levels in the blood drop to normal. Long-term health benefits of quitting include:

- Reduced risk of heart attacks after one year
- Decreased chance of stroke within two to five years
- Chance of cancer of the mouth, throat, esophagus and bladder cut in half within five years

Make 2016 your best year yet by making the decision to quit. For more information, please visit QuitNowIndiana.com


**Indiana State
Department of Health**
*Thanks to the Indiana State Department
of Health for this submission.*

Updated Federal Terror Alert System available through social media and website

The Indiana Department of Homeland Security (IDHS) is encouraging citizens to be aware of the updated National Terrorism Advisory System and to link to it for information.

Citizens can receive federal alerts through [IDHS Twitter](#), [IDHS Facebook](#), and the [state agency's website](#).

The U.S. Department of Homeland Security, in addition to the current system, will also issue:

- Bulletins to describe current developments or general trends.
- Elevated Alerts to warn of a credible terrorism threat against the U.S.
- Imminent Alerts to warn of a credible, specific and impending terrorism threat against the U.S.

Indiana residents can also link directly to the federal system by [visiting this website](#). The system recognizes that Americans all share responsibility for the nation's security, and should always be aware of the heightened risk of terrorist attack in the United States and what they should do.

See Something, Say Something

State homeland security and Indiana State Police remind everyone that if they see something suspicious, say something by notifying local security, local law enforcement, or by calling the Indiana Intelligence Fusion Center at 1-877-226-1026. If danger is imminent, call 911.



Ready: Whenever. Wherever

The "Ready: Whenever. Wherever." campaign recognizes that violent acts and dangerous events can occur anywhere, anytime — often with little to no warning. With increased security concerns at the local, state and national levels, IDHS is encouraging Hoosiers to pause and consider potential safety risks in their surroundings and to identify possible actions they could take to increase their personal safety in the event of an emergency.

For more information on how to prepare for an emergency, visit [getprepared.in.gov](#).

Save up to 35 percent on Orlando vacations

Here's a new discount to use for your next Orlando vacation where you can save up to 35 percent. Orlando Employee Discounts offers exclusive pricing on hotels and vacation homes in or nearby Disney World and Universal Studios as well as all Orlando area theme parks and attractions. Just click on the following link to access the discount for state employees:

[Orlando Employee Discounts](#)

If you have questions about this discount offer, please call 1-888-632-1103 with your questions. Check Orlando Employee Discounts [FAQ page](#) for more details. This is not a timeshare company.

Artwork by
Jerry Williams



Achieving Silver Vitality Status™

It may be closer than you think






Taking your Health Assessment is a great start toward reaching Silver Vitality Status. Then complete recommended health activities to achieve this goal.

Explore your HumanaVitality® account online for ways to earn Vitality Points™. Or use the HumanaVitality Mobile App to set milestones for earning Vitality Points faster.

The more you do to stay healthy, the more Vitality Points you earn. Your family members can help you increase your Vitality Status, too. Remember, the higher your Vitality Status, the greater your discounts in the HumanaVitality® Mall.

Here's a quick look at the number of Vitality Points needed to reach each Vitality Status:



	Number of Vitality Points needed to move up to each Vitality Status level			Mall discount
Platinum Vitality Status 	10,000 One adult per policy	15,000 combined Two adults* per policy	5,000 additional for each member 18 years and older per policy	40%
Gold Vitality Status 	8,000 One adult per policy	12,000 combined Two adults* per policy	4,000 additional for each member 18 years and older per policy	20%
Silver Vitality Status 	5,000 One adult per policy	8,000 combined Two adults* per policy	3,000 additional for each member 18 years and older per policy	10%
Bronze Vitality Status 	You immediately move up from Blue Vitality Status after completing the Health Assessment online or by completing any of the HumanaVitality Mobile App Health Assessment sections			0%
Blue Vitality Status 	You start at Blue Vitality Status with 0 Vitality Points			0%

START HERE AND MOVE UP →

*If applicable, the number of Vitality Points that are required to achieve each Vitality Status.



Download the HumanaVitality Mobile App

