



# The Torch

The official newsletter for Indiana state employees

## Governor Pence launches transparency tool Indiana is first to offer benefit that lets employees compare cost, quality of healthcare



On June 3, Governor Mike Pence joins representatives from Castlight Health, Indiana University, Cummins, Anthem and the Indiana State Personnel Department to discuss and sign up for Castlight.

On Monday, Governor Mike Pence launched a new healthcare transparency tool, Castlight Health, bringing long-awaited cost and quality information to State of Indiana benefit plan members. The Governor, along with leaders from Castlight and Anthem, completed several searches and discussed the importance of transparency.

“Indiana is leading the charge in providing tools to state employees to educate them about being informed healthcare consumers,” said Governor Pence. “Whether the focus is cost or

quality, our employees are now more empowered than ever to save money and provide for their families’ medical needs by using Castlight.”

[Castlight Health](#) is a searchable database that enables self-insured employers and their employees to take control of health care costs and improve care. It provides cost estimates and quality ratings for doctors and procedures, while also educating employees about compliance for chronic health care conditions.

Continued on page 3

### In this issue

- 2 • IOT wins 8 awards
- State Inn discount



- 3 • Why Castlight?
- Gov. Pence signs up for Castlight

- 4 • True cost of healthy foods
- Fitness apps

- 5 • What is a FitBit?
- Rethink your drink

- 9 • Toastmasters clubs
- Governor appoints new DNR director

The Torch is published monthly by the State Personnel Department and is available online at [www.in.gov/spd](http://www.in.gov/spd)

### Got a story?

Submit your story ideas to: [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)

Follow us on:



National recognition

## IOT wins eight Communicator Awards

The winners of The 2013 Communicator Awards have been announced by the International Academy of the Visual Arts. With more than 6,000 entries received from across the US and around the world, the Communicator Awards is the largest and most competitive awards program honoring the creative excellence for communications professionals. The Indiana Office of Technology (IOT) placed in eight categories including:



*The Communicator Award statuette is a new, modern representation of a continued pursuit of excellence in communications and is a fitting recognition of the best work being done across the industry.*

### 2013 Gold Award of Excellence:

#### IN.gov Website

Websites: Government  
Websites: Home Page  
Websites: Visual Appeal

### 2013 Silver Award of Distinction: Indiana State Fair

Websites: Government  
Websites: Travel/Tourism  
Websites: Visual Appeal

### 2013 Silver Award of Distinction: Learn More Indiana

Websites: Education  
Websites: Visual Appeal

Visit [www.communicatorawards.com](http://www.communicatorawards.com) to view the full winners list.

“We are pleased to receive recognition for the efforts placed on continuing to streamline the accessibility and look and feel of Indiana government,” said Paul Baltzell, Chief Information Officer for the State.

The Communicator Awards are judged and overseen by the International Academy of the Visual Arts (IAVA), a 600+ member organization of leading professionals from various disciplines of the visual arts dedicated to embracing progress and the evolving nature of traditional and interactive media. Current IAVA membership represents a “Who’s Who” of acclaimed media, advertising, and marketing firms including: AirType Studio, Condè Nast, Disney, Keller Crescent, Lockheed Martin, Monster.com, MTV, rabble+rouser, Time Inc., Tribal DDB, Yahoo!, and many others. See [www.iavisarts.org](http://www.iavisarts.org) for more information.

“We are both excited and amazed by the quality of work received for the 19th Annual Communicator Awards. This year’s class of entries is a true reflection of the progressive and innovative nature of marketing and communications,” noted Linda Day, executive director of the International Academy of the Visual Arts. She added, “On behalf of the entire Academy I want to applaud this year’s Communicator Awards entrants and winners for their dedication to perfecting their craft as they continue to push the envelope of creativity.”



### Summer Time “ Road Rally” Getaway

Canyon Inn & McCormick’s  
Creek State Park: **June 9-11**

Spend time with us as we explore our beautiful state! We take you on “roads-less-traveled” to visit historic sites, unique and scenic areas, and the small towns of the area.

We’ll top off the event with nightly entertainment, a scavenger hunt, and an awards ceremony for our winning teams!

Family Road Rally – lodging package: \$399.99 per team (2 adults, same room occupancy)  
Children 12 and under are FREE

Reserve your team by calling the Indiana State Park Inns at  
**1.877.LODGES 1**



Artwork by  
Jerry Williams

Continued from page 1

## Governor launches new tool

“Both businesses and governmental bodies continue to be stifled by the high cost of medical care in the United States,” said Giovanni Colella, M.D., co-founder and CEO, Castlight Health. “As the first state to introduce health care transparency into its workforce, the State of Indiana is taking an important leap forward by empowering employees with the information they need to make more informed, cost-effective health care decisions. Indiana was an early pioneer in the transparency movement and we believe their success will become the model for entities committed to improving health care outcomes, while better controlling costs.”

This initiative has taken more than a year to complete and involved a coordinated effort from the state, Castlight Health and Anthem, the state’s medical insurance provider.

“Useful information pertaining to the cost and quality of medical care has always been hard to come by. As a result, health care consumers have almost become bystanders in the health care system. But considering the ever rising costs, we can no longer afford to be bystanders,” said Robert Hillman, Anthem President and General Manager of Indiana. “Anthem Blue Cross and Blue Shield commends Gov. Pence for this innovative approach, and we look forward to partnering with Castlight Health to empower Indiana health care consumers, promote healthier lives and improve costs and quality.”

A letter from the State Personnel Department

## Why Castlight and why now?

Healthcare is ever-changing. There are so many options, yet little clarity for health plan members as to the true cost of healthcare. Also, as we shop for reasonably priced care, how does that impact our HSA account and health plan spending? With more than 22,000 employees having \$60+ million invested in their HSA accounts, plan members deserve tools that help them spend and manage those dollars wisely.

SPD believes Castlight to be a cutting-edge technology that helps unwind the web of healthcare complexity, allowing you to shop for quality care at the right price while also managing your HSA dollars and plan spending. What do State health plan members gain by registering for Castlight today?



- **Learn how to save your HSA dollars and shop for affordable care.** Whether it is a knee replacement or a lab test, the true cost of healthcare remains elusive for consumers. A simple lab test can range from \$18 to \$200, with no logical reason for that price difference available. Members now have the power of Castlight to not only find the most affordable price, but find the facility and location that is convenient for them.
- **A one-stop shop to manage health plan spending on a real-time basis.** Not only are all the components of your state of Indiana Health Plan listed on the “Your Plan” tab, all past care spending is displayed and conveniently organized; as are links to Express Scripts and the Anthem websites. There is also a smartphone app!
- **Castlight offers education to manage chronic conditions including diabetes, asthma, COPD, and many other chronic conditions.** Information about the cost of typical care for different levels of the disease encourages timely adherence to these conditions and follow-up with a regular physician.
- **Compare your doctor or a hospital on measures of price and quality.** Since Castlight uses only the prices paid by our health plan, you now have the ability to compare and contrast the facilities your doctor practices at and see the difference in charges between facilities. Plan members are now informed to direct care to the best quality, lowest cost provider!
- **Electronic ID card:** Have you ever needed your health plan ID card but couldn’t find it? The Castlight mobile app has all that information for you at your fingertips.

Healthcare is confusing and time consuming. With Castlight, the whole experience of shopping for healthcare and managing your expenses has become much easier. [Register and complete a search by June 30, and you have the chance to win a FitBit or an iPad!](#) These two tools integrate with our Healthy Lifestyles wellness program and the Castlight mobile application looks fantastic on an iPad. These are just some of the ways we are encouraging you to be an active, informed healthcare consumer and to Invest In Your Health.



## The true cost of healthy food: advice from registered dietitian Hanna Kelley

Life is all about choices. The tough part is determining which choice is the right one at any given time. Do I buy something new or repair the old one? Should I take that higher paying job but drive farther to get there? Decisions in healthcare are among the most difficult as we are often faced with a choice between what we are told is best and what we can afford financially. A perfect example of such a dilemma is the selection of foods lower in nutritional value over “healthy” foods based on the impression that they are more affordable.

Affordability, however, must be compared in both the long and short term. Today’s grocery store prices have certainly risen in our economy, making fast food selections a daily reality for many. It’s hard to compare a “dollar menu” dinner with a similar meal at home if we only look at dollars spent in one trip. The example below provides us with some facts on short term costs for a family meal.

“Dollar Menu” Dinner		“Stay At Home Supper”	
Item	Cost	Item	Cost
Hamburger on Bun	\$1	1lb. lean ground beef	\$3.99
French Fries	\$1	8 pack wheat hamburger buns	\$0.97
Soda	\$1	2 Fresh Cantaloupe	\$5.00
Taxes	\$0.21	3- 16oz packages frozen broccoli	\$4.00
Total Meal per person	\$3.21	1 gallon low fat milk	\$2.69
<b>Total Meal per Family of 4</b>	<b>\$12.84</b>	Total Grocery Bill	\$16.65
		Total Meal per person	\$2.17
		<b>Total Meal per Family of 4</b>	<b>\$8.67</b>

While the overall bill is larger for the foods purchased at the grocery, the cost per person is significantly different, making the meal at home a better “deal”, with the added benefit of **extra** groceries for other meals in the week! A savings of approximately 1/3 and the nutritional value has increased by providing more food per person, higher fiber, lower fat and increasing fruits, vegetables and whole grains than a similar fast food option.

It’s no secret that registered dietitians and other healthcare providers encourage consumers to eat half of their plate in fruits and vegetables, make most of their grains whole-grains and to limit high saturated fat and sugary foods. Better nutrition in the long term, is linked to the reduction of many chronic diseases, such as diabetes, cardiovascular disease and high blood pressure, all of which lead to increased dollars spent by the average American. For example, in 2007 the average cost for

healthcare for a person with diabetes was \$11,744 compared to \$2,935 for an adult without the disease. Future projections for 2018 determine health costs of an obese person to be \$8,315; in turn a healthy weight adult will only spend \$5,855 per year. At these prices, who can afford to risk their health? Certainly the money we save in treating chronic diseases is well invested in nutritious foods and an active lifestyle. There’s no

better time than now to invest in our families health, and save money in the process.



Thanks to the Indiana Dietetic Association for this submission.

### Fitness apps are here!

You don’t need a smartphone to get healthy. But if you have one, there are a lot of great resources available to help you get in shape, eat right and sleep well. Check out a few applications to help you take your health to the next level.

- [GymPact](#): lets you make cash deals with your friends. Show up at the gym on time and you keep your money. But miss a workout and your friends get your hard earned cash.
- [WebMD](#): Get 24/7 access to health and wellness information, with a Symptom Checker to help you learn what could be causing your runny nose and cough.
- [Workout Trainer](#) (iPhone only): Access a database of thousands of workouts and get in the best shape of your life!
- [Moves](#) (iPhone only): Track all of your moves with this smart pedometer that lets you track everything from steps taken to distance biked.
- [MyFitnessPal Mobile](#): Keep track of the food you eat and the exercise you do.
- [MapMyRun](#): lets you track your running route with GPS, log the food you eat and share with friends.

## Fitness and technology work well together

As technology has continued to evolve, so have the options for high-tech fitness options. According to a 2012 Fitness and Technology Survey, it found nearly three-quarters of regular exercisers use some type of technology device during their workouts. More than half of respondents consider themselves more successful at achieving their weight and fitness goals because of technology.

A new option, the FitBit Flex wristband, has just hit the market. The Flex user can log food, workouts and much more to get a digital scoop on their health.

 **fitbit flex**  
Wireless Activity + Sleep Wristband



The Flex is the latest fitness device from Fitbit that can track your activities and sleep cycles and then sync wirelessly with Fitbit's website or a smartphone app. The watch-like Flex records steps taken, distance traveled, calories burned and minutes spent being active, so you can easily keep an eye on your daily routine. The Flex has a slim, water-resistant design which ensures a comfortable fit day and night, even in the shower.

The Flex sports five tiny LED dots which indicate percentage of the goal distance walked that day. They activate when you tap the top of the device. If two dots are displayed, it means the

wearer has achieved 2/5 of their daily goal. The Fitbit Flex can also promptly sync using Bluetooth 4.0 and display all sorts of additional information.

The Flex never sleeps, even when you do. If you continue to wear it all night, it measures your sleep cycle. Your dashboard reveals how long you slept and the number of times you woke up to help you learn how to sleep more soundly. Flex also has a silent wake alarm that gently vibrates to wake you at your desired time, without disturbing others.

Flex comes with free online tools and a mobile app that allow you to set goals and follow your progress through awesome graphs and charts. Flex automatically syncs your data to: PCs, Macs, iPhone 4S and 5, iPad 3, Retina & mini, iPod touch, and to select Android phones without plugging in or pushing buttons. This gives you real-time access

to your stats on the Fitbit dashboard throughout the day. Also with select NFC-enabled Android devices, you can tap your device to launch your Fitbit stats.

Knowing how close you are to reaching your goals gives you the motivation to reach them and aim higher. For more information on the FitBit Flex, visit [www.fitbit.com/flex](http://www.fitbit.com/flex).

**The State medical benefits holders are encouraged to enter a drawing for an iPad or Flex by logging into [Castlight](#) and completing one search before June 30, 2013.**

## Rethink your drink

When most people try to lose weight, they reduce their food caloric intake; but another way to cut empty calories is to rethink your drink.

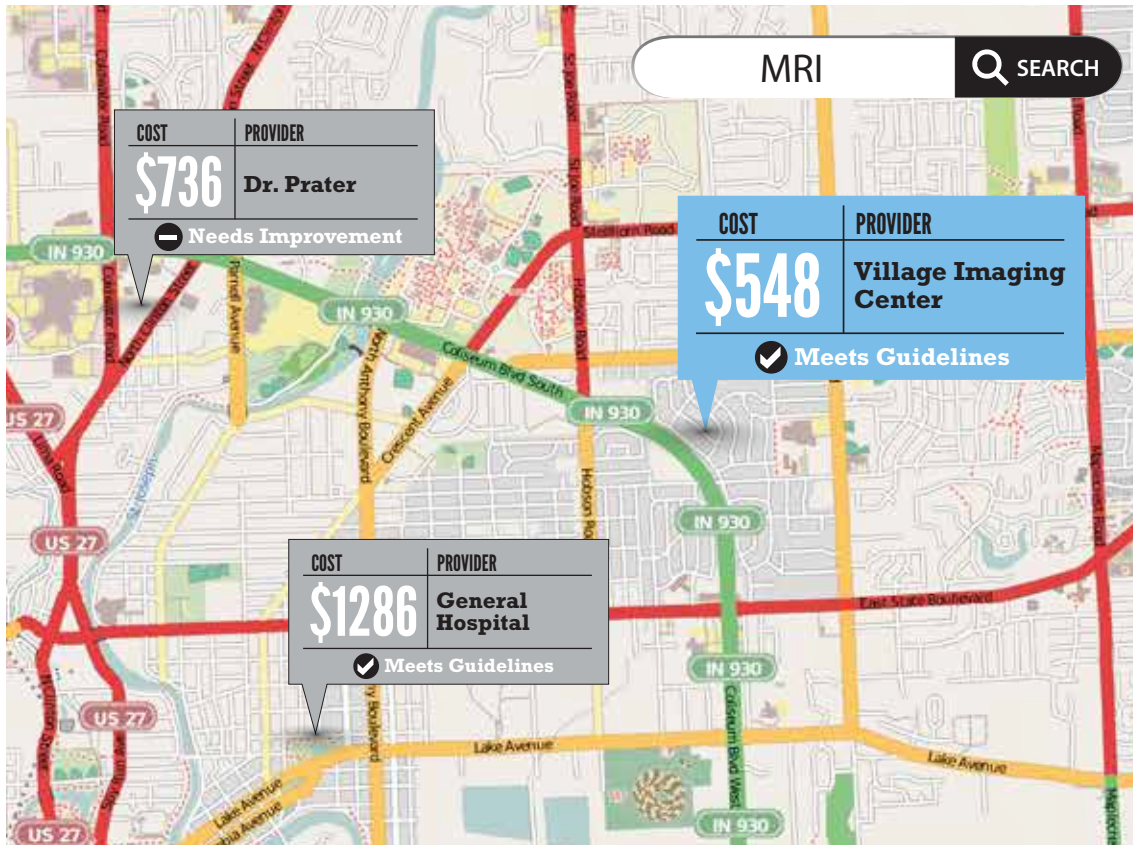
Many people do not realize how many calories they drink each day. The facts are written on the nutrition label, but we don't pay that much attention to the labels on drinks. A 20-ounce bottle of soda, which contains more than one serving, can have more than 225 calories! And it's not just soda that has all the calories but fruit punch, lemonade, juice, sports drinks and flavored water all have calories. While milk has calories, you can choose low-fat or fat-free milk to reduce your calorie intake and still get the nutrients that milk contains.

When looking at drink's nutrition labels, check out the ingredients. Sweeteners that add calories have many different names. If these appear in the list of ingredients: high fructose corn syrup, fructose, fruit juice concentrate, honey, sugar, syrup, corn syrup, sucrose and dextrose., be sure to check the calorie count.

Here are more ways to cut calories by rethinking your drink:

- At the coffee shop, choose fat-free or low-fat milk and do not add extra flavoring.
- Choose water, diet, or low-calorie beverages instead of regular sugar-sweetened beverages.
- Make water more exciting by adding slices of lemon, lime, cucumber, watermelon or drink sparkling water.
- Choose a small sweetened beverage
- Be a role model for your friends and family by choosing healthy, low-calorie drinks.

# NOW WHO'S IN CHARGE? YOU ARE.



## AS A NEW EMPLOYEE, CASTLIGHT IS OFFERED AT NO COST TO YOU AND ALLOWS YOU TO:

- Learn what a doctor visit will cost before you go
- Compare doctors on price and quality – get great care and save hundreds
- Find the lowest prices for labs, X-rays, and other medical services
- Understand your bills and see a summary of all of your past medical care
- Discover “insider tips” for maximizing your health care dollars

Castlight's health care shopping tool is provided free of charge to all employees enrolled in a State of Indiana medical plan.

Visit Castlight today to watch videos, read FAQs, and download the mobile app!

**REGISTER AND LEARN MORE AT** [www.mycastlight.com/stateofindiana](http://www.mycastlight.com/stateofindiana)

**OR CALL** 888.920.1264

Register and complete a search by June 30 to be entered into a drawing to win an iPad or Fitbit.



## Smokers encouraged to ‘talk with your doctor’ to quit smoking as part of national campaign

A woman, 52, wearing a blond, shoulder-length wig and speaking with the help of an artificial voice box inserted into her throat, sits in her living room. Her raspy, artificial voice heeds a warning to future grandparents: if you’re a smoker, record your voice reading a story or singing a lullaby to give to your grandchildren before smoking affects your health, as it did hers. “Terrie,” who was diagnosed with both oral and throat cancers in 2001, is one of the individuals featured in the Centers for Disease Control and Prevention’s (CDC) Tips From Former Smokers 2013 media campaign that raises awareness about the suffering caused by smoking and secondhand smoke exposure.

“The stories used as part of this campaign can be difficult to watch, but each of them sheds light on the tragic reality of how tobacco use devastates lives,” said State Health Commissioner William VanNess, M.D. “Our hope is that these messages resonate with Hoosier smokers and they make the decision to quit tobacco once and for all.”

Smoking is the leading cause of preventable death and disease in the Indiana, killing nearly 9,700 Hoosiers each year. For every person who dies from tobacco use, another 20 are suffering from one or more serious smoking-related illnesses. The Tips 2013 campaign shares stories of individuals from around the country who are suffering from many of these chronic diseases.

Tips 2013 urges tobacco users to make a quit attempt, with a specific piece aimed at encouraging smokers to talk with their doctor. The piece, titled “You Can Quit. Talk with



*More than one million Indiana smokers and research indicates 80 percent of Hoosier adult smokers wish to quit.*

Your Doctor for Help,” provides an opportunity for health professionals to ask patients about their tobacco use and encourage them to make a quit attempt. Health care providers are one of the most important sources of health information for patients and their families. Tobacco users are more likely to be successful in quitting if a health care provider encourages them to quit.

“Today is the day to make the decision to quit smoking,” said Dr. VanNess. “It is a difficult addiction to break, but talking with your doctor really can help. He or she can help you find a way to quit smoking that’s right for you.”

There are more than one million smokers in Indiana and research indicates 80 percent of Hoosier adult smokers have a desire to quit. Hoosiers can access free resources, including a personal, trained Quit Coach, by calling the Indiana Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) or by visiting the [website](#). To make it even easier to access help, Web-based and text messaging support programs are now available.

Health care providers are invited to join the Quit Now Indiana Preferred Provider Network, a free program

offered through the Indiana State Department of Health (ISDH)’s Tobacco Prevention and Cessation division. The Preferred Provider Network provides free resources and guidance to Indiana health care providers to help their patients become tobacco-free. For more information concerning the Preferred Provider Network, visit [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com) or contact (317) 234-1787.

Health care providers have a unique opportunity to motivate their patients to quit and improve the chances that they will be successful. ISDH is partnering with the Indiana State Medical Association, Indiana Academy of Family Physicians, the Indiana Chapter of American Academy of Pediatrics and other health organizations to work together to raise awareness about the dangers of tobacco use and exposure to secondhand smoke and to motivate smokers to quit.



For more information, visit [www.StateHealth.in.gov](http://www.StateHealth.in.gov) or follow ISDH on Twitter at @StateHealthIN and on Facebook. To learn more about the Tips 2013 campaign, visit the [Centers for Disease Control and Prevention website](#).

## Need help submitting FML paperwork? Check out these FAQs

For those of you in agencies served by State Personnel Department's centralized FML processing staff, we want to thank you for sharing your experiences with the new electronic FML process in PeopleSoft. We have been listening to your feedback and have put together a list of helpful hints that provides answers to your most frequently asked questions.

### Did you have trouble uploading a document?

The system does not like dots or characters in the file name. If your file name has dots or characters, you must resave it without these items and upload the document again. In addition, the system will not accept documents with a lengthy file name. If your document will not attach resave the document with a file name shorter than 30 characters (spaces count as a character).

### Not sure if your documentation uploaded?

If you see your attachment in the "FMLA Attachments" box, then your document has been uploaded successfully and you must click "save and submit." If you had previously submitted a FML request and have come back to upload documentation, you must click on "save and submit" after attaching the document.

### Trying to upload additional documentation to your previously approved FML?

**Do not** submit a new FML Request just to add documentation updating your existing approval. Call the FML line for instructions.

### Not receiving e-mail communication?

Verify the e-mail on your FML request and confirm that it is correctly spelled and active. Also, be sure to check your spam folder to see if messages

were sent there. The system pre-populates the email address from your PeopleSoft profile, so please review to ensure it is current. If not, then you must change the information in your PeopleSoft system profile.

### Did you receive a 15 day e-mail to submit supporting documentation?

The deadline for attaching appropriate documentation is fifteen (15) calendar days from the date the email was sent.

### Did you receive a 7-day e-mail to submit clarifying documentation?

The deadline for attaching documentation to clarify the information already submitted is seven (7) calendar days from the date the email was sent. That information must be attached to your original request. Do not enter a new, duplicate request for FML. Simply attach the documentation to your existing request.

### Do you need to request Serious Health Condition of Self/Spouse and Parenting Leave?

Two (2) separate FML requests are required to take leave both for care during recovery from childbirth and for parenting leave with your new child. The documentation for the pregnancy/childbirth can be used on the parenting leave request, too. In order to submit two (2) requests, you must submit the first request, and then click "New FMLA Request" just to the right of employee ID at the top of the page to return to "Instructions" and submit a second request for the parenting leave. Want to know the difference in the two leave types? Review our Expectant Parent Packet on the FML website at [www.in.gov/spd/2397.htm](http://www.in.gov/spd/2397.htm).

### Not sure the status of your request?

Status is noted at the top of the FML

request just to the right of the FML request ID.ve

- **"Submitted w/o documentation"** status means that unless you upload the proper documentation by your deadline (fifteen (15) calendar days), your request will be automatically denied.
- **"Submitted"** status means the documentation has been successfully uploaded and you should receive a response within five (5) businesses days of submitting documentation.
- **"Approved"** status means you are authorized to use FML in accordance to the "terms" noted in the letter you received via e-mail. It is your responsibility to know the "terms" as the beginning/ending dates and frequency/duration is sometimes different from what was requested.
- **"Denied"** status means your request for FML was not approved and absences taken that are not also covered by other accrued leave that has been requested and approved in advance will be considered Unauthorized Leave (UL) subject to disciplinary action.
- **"Draft-Additional Information Needed"** status means the documentation you submitted requires clarification. You must work with your health care provider to obtain the requested information and upload the new documentation by your deadline (seven (7) calendar days) or your request will be automatically denied.

If you still have questions or are using the electronic request system for the first time, please visit the Family Medical Leave [website](#) at or call the FML line at 317-234-7955 or toll free at 1-855-SPD-INHR (1-855-773-4647) and choose the FML option.



## Pence appoints DNR Director

On May 10, Governor Mike Pence appointed Cameron Clark director of the Indiana Department of Natural Resources.

“When it comes to Indiana’s natural resources, our administration is focused on continuing the good work already begun in Indiana’s parks, furthering conservation efforts around the state, expanding recreational opportunities and improving services for Hoosiers,” said Governor Pence. “With a shared vision for the future of the department and a true love for the outdoors, Cameron Clark is the right man at the right time to lead Indiana’s Department of Natural Resources in the years ahead.”

Clark most recently served as Chief Legal Counsel within DNR, a role he has held since 2011. Prior to his time in state government, Clark worked for more than two decades at the law firm of Clark, Quinn, Moses, Scott & Grahn in Indianapolis, where he primarily focused on assisting clients in the purchase, sale and zoning of real estate and businesses. He also advised on matters related to state and local licensing and land usage permitted by local, state and federal laws and guidelines. Clark earned his undergraduate degree in economics from Vanderbilt University and his law degree from Indiana University in Indianapolis.

“This Agency is comprised of a lot of very talented and passionate people, and I am delighted for the opportunity to be a part of that culture,” said Clark. “My hope is to continue to increase the recreational opportunities available to Indiana citizens, particularly our children, while at the same time holding fast to our strong conservation ethic.”

## The power of public speaking

It’s often said public speaking is the number one fear for most people. Yet it doesn’t have to be this way. After all, communication is a critical component of our careers and one that can help or hinder. So how can we harness the power of public speaking? Well, to put it simply – practice.

Whether it is butterflies, sweaty palms or knocking knees, we’ve all been there at some point. In fact, there’s even a group to prove it. Toastmasters International is an organization dedicated to providing a supportive club environment where members learn to improve their oral communication and leadership skills together.



For example, they learn how to present prepared and impromptu speeches, manage time, become active listeners, and transformational leaders. They even learn how to control those sometimes uncontrollable reactions.

“Since joining Toastmasters, I have gained valuable presentation and leadership skills, which have greatly improved my interpersonal relationships,” said Michelle Funk, a state employee and member of Downtown Indy Toastmasters.

Additionally, members learn to communicate better with fellow employees, develop and present ideas more effectively, offer constructive criticism and accept feedback more objectively. They also learn to hone these skills through practice and by completing project manuals in a friendly, supportive environment. In most cases, new members can even request, and be appointed, a seasoned mentor.

“As both professionals and public servants, having the ability to communicate complex issues in a clear and concise manner is a valuable skill to possess and continually improve upon,” said Bob Veneck, Executive Director of the Indiana Utility Regulatory Commission.

State employees have their choice of clubs located throughout Indiana that meet at various days, times and locations. For more detailed information, please visit [www.toastmasters.org](http://www.toastmasters.org).

For those state employees working in downtown Indianapolis, three quality Toastmaster clubs are located nearby:

Club	Meeting Days	Time	Location	Contact Information
Golden Gavel (Open to anyone)	Alternate Tuesdays	12-1 p.m	IN Government Center South 402 W. Washington St. Conference Room #17	sbristol@dwd.in.gov (317) 233-0247 8911.toastmastersclubs.org
Roadmasters (INDOT staff only)	Alternate Wednesdays	1:30 p.m	IN Government Center North 100 N. Senate Ave. Room N751	Grichards2@indot.in.gov (317) 232-5186
Downtown Indy (Open to anyone)	2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays of every month	12 -1 p.m.	PNC Center 101 W. Washington St. Suite 1500 E, Boardroom	mfunk@urc.in.gov (317) 233-2451 1184166.toastmastersclubs.org

## State health officials offer tips to prevent water illnesses, injury

As many will be heading towards the water for fun and recreation, State health officials urge Hoosiers to do so safely. Each year, thousands of Americans get sick from germs in waterways or injured in places they swim.

“Everyone can have plenty of safe fun in the water this summer if they take some small steps while they are enjoying aquatic activities,” said State Health Commissioner William VanNess, M.D. “Whether it’s a public or private pool, a lake, water park, reservoir or other body of water, Hoosiers need to practice safe habits and personal hygiene in the water. Waterborne-illnesses are a risk, as well as accidental drowning and injuries.”

In the latest State mortality report from 2010, there were 62 deaths in Indiana due to accidental drowning or submersion. Some of these deaths could have been prevented. When swimming, be sure to have a flotation safety device, like a life preserver or a vest, nearby and always obey swimming rules at the pool, lake or other body of water. Do not swim where prohibited and never swim alone.



State health officials say the best way to prevent recreational water illnesses from pools is to keep germs out. That can be accomplished by following these six healthy swimming steps:

- Don’t swim when you have diarrhea

### The Torch

- Don’t swallow pool water
- Practice good hygiene—shower with soap before swimming and wash your hands after using the toilet or changing diapers
- Take your kids on bathroom breaks or check diapers often
- Change diapers in a bathroom or a diaper-changing area and not at poolside
- Wash children thoroughly with soap and water before they swim

If you have a private pool, always check the chlorine and pH levels before getting into the water. Proper chlorine (1–3 mg/L or parts per million [ppm]) and pH (7.2–7.8) levels maximize germ-killing power. Most superstores, hardware stores and pool-supply stores sell pool test strips for testing the chlorine.

Health officials also caution Hoosiers of the possible presence of blue-green algae, also known as Cyanobacteria, at many of Indiana’s reservoirs, lakes, ponds and slow-moving streams where the water is warm and enriched with nutrients like phosphorus or nitrogen from fertilizers.

Even though they may not be visible

in water, many things that can harm you may still be present, and anyone in Indiana’s waters should take some basic precautions, including:

- Avoid water-related activities when temperatures are high and

water levels are low

- Avoid coming in contact with visible algae while swimming, jet skiing or tubing
- Avoid swallowing or breathing in any water while swimming
- Hold your nose shut, use nose clips or keep your head above water
- Avoid digging in, or stirring up the sediment in shallow areas
- Don’t let your pet drink or swim in water with visible algae
- If your pet does swim, be sure to properly bathe your pet afterwards and
- Always supervise children playing in or around water, as they are more likely to swallow water

Anyone who gets injured or who may be experiencing symptoms related to exposure to recreational waters, including stomach cramps, diarrhea, vomiting, headache, fever, muscle weakness or difficulty breathing, should contact their health care provider.

For more information on recreational water illnesses, visit the Indiana State Department of Health’s Healthy Swimming website at [www.in.gov/isdh/25828.htm](http://www.in.gov/isdh/25828.htm). Information on public swimming pools and spas may be found at [www.pools.isdh.in.gov](http://www.pools.isdh.in.gov). For more information on blue-green algae, visit Indiana’s Blue-Green Algae website at [www.algae.IN.gov](http://www.algae.IN.gov).

For more tips on staying safe, like Indiana State Department of Health on [Facebook](https://www.facebook.com/StateHealthIN) and follow us on Twitter @StateHealthIN

## June is a great time to commit to a fitness goal and join LA Fitness

State employees and their families have until June 30 to join LA Fitness for a discounted \$25 initiation fee, plus enjoy a monthly rate of \$29.99 per person. Your membership is good at any of the LA Fitness locations across the country.

person, you pay the first and last month's dues. Memberships are monthly with no long term contract. You are in control for how long you want to be a member.

Some of the features of an LA Fitness membership include:

- Kid's Club babysitting
- Raquetball (\$5 per month)
- Certified personal training
- All aerobic, yoga, pilates, indoor cycle, dance, boxing, aqua fit classes are included in the membership.
- Basketball and volleyball included
- Executive style locker rooms

All new members also receive an assessment workout which includes:

- a member assessment designed to determine your health history profile, fitness goals, exercise history and body composition

measurements, BMI and Body Fat percentage.

- Educational segment covering strength training, cardio training and how to avoid common mistakes and pitfalls.
- Sample PT workout designed to implement progress towards your goals.

To receive a promotional voucher to sign up online or at an LA Fitness club, email [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov) to receive a voucher by email. Please include your **full name** and the name of the **state agency** you work for in your request.

For any questions about LA Fitness Clubs, contact Jenny Pittman, the LA Fitness – Indy West at [jpittman13@gmail.com](mailto:jpittman13@gmail.com) or call (317) 540-6467. Also visit [www.lafitness.com](http://www.lafitness.com) to find a location near you.



LA Fitness has multiple locations around Central Indiana in Greenwood, Avon, Fishers, Carmel, Westfield and five Indianapolis-area locations. Also for employees near the cities of Chicago, Louisville and Cincinnati there are multiple locations in and around those cities. When you sign up at \$29.99 per

## Conrads now offering teacher and government worker discount

From now to September 6, government and teachers can stay at the Conrad for \$119 per night. The Conrad is located in Downtown Indianapolis. This offer includes complimentary high speed internet access and is based on availability. Official government ID or proof of educational employment is required at check in.

This offer cannot be combined with any other offer. Black out dates do apply. To make your reservation:

A) Call (1) 317-713-5000 and mention promo code: **G3**

B) Book online at [ConradIndianapolis.com](http://ConradIndianapolis.com) and check the Military/Government rate

Please visit the [SPD discount page](#) to view these and other discounts offered to state employees.

