

May 2016



The Torch

The official newsletter for Indiana state employees



MAY 1-7, 2016

Thank you to all state employees for your proud, dedicated public service

Celebrated the first week of May since 1985, Public Service Recognition Week (PSRW) is time set aside to honor the men and women who serve our nation as federal, state, county and local government employees and ensure that our government is the best in the world.

The State Personnel Department thanks all state employees for their service, commitment and dedication to making Indiana the best state in the nation.

Each day, you continue working to find innovative solutions to complex issues. Your hard work does not go unnoticed, and we want you to know that we are proud to serve with you.

Governor Pence released a statement earlier this week thanking all state employees for serving Hoosiers. "I know in my heart that Indiana is the best state in the nation because of Hoosiers like you who bring a spirit of integrity and innovation to work with you each day" said Governor Pence. "Thank you for choosing to serve Hoosiers across the state. Your efforts, ideas and daily actions help to create an environment where individuals from all walks of life can live, grow, work and thrive. The First Lady and I are grateful for all you do for the people of Indiana. It is an honor to serve with you."

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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

Governor names new Executive Director of White River State Park Development Commission

On April 7, Governor Mike Pence named **Carolene Mays-Medley** as Executive Director of the White River State Park Development Commission. Mays-Medley most recently served as vice-chairman and commissioner of the Indiana Utility Regulatory Commission, where she has served since her appointment by Governor Mitch Daniels in 2010 and reappointment by Governor Pence in 2014.



“Carolene Mays-Medley has a long track-record of distinguished leadership serving the Indianapolis community,” said Governor Pence. “I am thankful to Bob Whitt, as the White River State Park has thrived under his leadership during his eleven years as Executive Director, and I am confident that Carolene will continue to expand upon the Park’s success. I appreciate Carolene’s willingness to lead the White River State Park as its Executive Director and look forward to her continued service to the state of Indiana.”

Mays-Medley serves as the chairperson of the Critical Infrastructure Committee for the National Association of Utility Regulatory Commissioners and as a member on the Water and Washington Action committees.

She serves on numerous community boards and committees including Peyton Manning’s PeyBack Foundation Board and the Indiana Sports Corporation Board and Executive Committee. Mays-Medley also serves as the Chairperson for the 2016 NCAA Women’s Final Four (WFF) games and was Chairperson for the WFF in 2011 and in 2005. She was the 2015 NCAA Men’s Final Four Volunteer Chairperson, the 2012 NFL Super Bowl - Indianapolis Division Chairperson of Administration, and served on the Indianapolis Capital Improvement Board from 2010 – 2016.

Formerly, Mays-Medley served three terms as a state representative in the Indiana House of Representatives and as publisher and president of the Indianapolis Recorder Newspaper and the Indiana Minority Business Magazine.

Indiana’s Bicentennial Commemorative Stamp available June 7

The US Postal Service will have representatives in Indianapolis on June 7 for the First Day of Issue of a forever stamp honoring Indiana’s 200th birthday.



a.m. in the South Atrium of the Statehouse on June 7, 2016.

The event features speakers, entertainment, large-scale depictions of historic Indiana stamps, and the opportunity to be the first in the country to purchase this special commemorative stamp. Be part of the excitement!



BLAZE A TRAIL: MAY 2016

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 90-year-old actor Dick Van Dyke to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, the country began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While the Division of Aging – one of five agencies within Indiana’s Family and Social Services Administration – and the sixteen Area Agencies on Aging around the state focus on programs and services for older adults year-round, our wish is to use OAM 2016 to honor all older Hoosiers who continue to lead and inspire us.

If you are a philatelist, know one, or just want a memento of the Bicentennial, join in this important event. The ceremony takes place at 10

Help & Resources

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

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.

Check out these recent blog posts:

- [Self-submit information for preventive exams](#)
- [Vitality Points earned for healthy guidelines carry over](#)
- [Complete the Health Assessment to earn 500 Vitality Points](#)

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

Need Help? Check out our [Help page](#) with resource guides, frequently asked questions and more.

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



Register for a 5K event

Register for one of the remaining 5K races

Spots are available for the following Run the State 5Ks:

- **June 11 - Chain O'Lakes State Park:** Trail race route that may include some uneven ground with slight elevation changes.
- **July 9 - Charlestown State Park:** Cross-country trail race route that may include some uneven ground.

There is no cost to register for the 5K, but participants are required to pay \$7 per vehicle at the gate for park entrance. This fee allows admission for the entire day. After the 5K, hike trails with the family or invite your colleagues to a picnic in the park. All races begin at 8:30 a.m. local time. T-shirt pick up and race check-ins are from 7:15 – 8:15 a.m. the day of the race.

Each HumanaVitality member participating in a 5K earns 250 Vitality Points. These points help you reach an Earned Status of Silver, thereby qualifying you for Upgrade 2017.

For more information and to register, [please visit this website](#). Join fellow state employees who are making the commitment to get out and get moving together!

Get steppin' to beat Kentucky this month

The Border Battle has begun! The battle is between The State of Indiana's Health Plan and The Kentucky Employees' Health Plan members. Each are hoping log more steps and be declared the winner. The competition runs through May 31.

Use some of these ideas to build in more steps in the day:

- Use the stairs instead of the elevator, or walk the steps up the escalator.
- Park your car several rows away from the entrance.
- [Join the IGC walking group](#) or start your own walking group during your lunch hour .
- Take a nightly walk after dinner. (It may also help with your digestion).
- Take an extra lap around the mall or grocery store during your usual trip.
- Sign up to participate in a [Run This State 5K](#).

Participants earn up to 100 Vitality Points just for joining and can also earn hundreds of Vitality Points throughout the challenge as you track steps.



[Our website](#) is filled with information on how to sync a device if you have questions. If you still need assistance, contact Humana Customer Care at 1-800-708-1105.

Schedule your Vitality Check at a state sponsored clinic or partnered location today!

Ensure a Vitality Check is scheduled for you, a spouse and all dependents age 18 and older between now and July 31. A Vitality Check is a biometric screening that is similar to a yearly wellness exam. The information gathered during this check includes: height, weight, BMI, waist circumference, blood pressure, total cholesterol, HDL, LDL, triglycerides and fasting blood glucose.

Where can you get a Vitality Check? You can easily get a Vitality Check at a state-sponsored clinic or at a partnered clinic location.

State-sponsored clinics

State-sponsored Vitality Check Clinics are scheduled at state facilities throughout Indiana. At these clinics, there is **no charge** to employees, spouses and their covered dependents 18 and older, who carry a medical plan through the State Personnel Department. Your results are automatically sent to HumanaVitality if you attend a state clinic. Sites are classified as “Open” or “Closed” on the event schedule:

Open: A site with Vitality Check clinics that accept **all** employees, spouses and dependents age 18 and over. You must make an appointment online to attend one of these clinics. First, you create an account. Then follow the steps listed in the guide below to schedule your appointment. Bring your Humana ID or Humana ID number to the appointment. [How to schedule a Vitality Check online.](#)

Closed: A site with Vitality Check

clinics open only to employees who work at that location. Contact your human resources department for more information on how to set up an appointment.

[View the Vitality Check Clinic Schedule](#)

Other locations to get a Vitality Check

If you are unable to attend a state clinic or a clinic is not scheduled for your work location, a Vitality Check can also be completed at one of these locations:

- [Walgreens Healthcare Clinics](#) - find a [location here](#)
- [The Little Clinics](#) (within select Kroger’s) - [Find a location.](#)
- [Your physician’s office](#) – [Resource](#) (this visit is free if it’s apart of your preventive appointment. A small fee may be involved to complete the form.)



Quest Diagnostics - Check out the [how to schedule an appointment resource.](#)

Bring the appropriate voucher/form along with your Humana ID card to one of the locations above. You can also find the vouchers by logging into your HumanaVitality account, scroll over Get Healthy and click Vitality Check. Call ahead to make an appointment or see if the location accepts walk-ins.

Request a copy of your results and save to submit to HumanaVitality for Vitality Points. [View this resource](#) for steps on how to complete this process. [Visit our website](#) to learn more about Vitality Checks and HumanaVitality.



Using Castlight earns you Vitality Points

Castlight and HumanaVitality are joining forces to help you invest in your health.

[Castlight](#) gives you the information you need to make smart health care decisions for you and your family. Using Castlight online or over the phone, you can:

- Compare nearby doctors, medical facilities, and health care services based on the price you’ll pay and quality of care.
- See personalized cost estimates based on your location, your health plan, and whether or not you’ve already paid your deductible.
- Review step-by-step explanations of past medical spending so you know how much you paid and why.

For completing one search in Castlight, you earn 350 Vitality Points per year. These points are credited to your account on a quarterly basis (every three months) and are named “Employer Customer Education Event” in HumanaVitality. The event is backdated to the date of the search. Each month, the State Personnel Department sends a file to HumanaVitality for points to be awarded. [Visit our website](#) to learn more about Castlight.

First Run the State 5K at the Dunes State Park was a hit

The Run The State 5K series kicked off April 30 at the site of one of our state's most unique landscapes located in Porter County. 80 employees and family members from 16 state agencies finished the race inside Indiana Dunes State Park. The rain held off just long enough as a few drops of rain began to fall just as the last two walkers crossed the finish line.

The 5K run/walk was another chance to hear from employees on how they're investing in their health. Jason Smiley is a Correctional Captain at the Westville Correctional Facility and told us he lost almost 50 pounds last year and reached Platinum status in HumanaVitality. He admitted he gained a little back over the winter, but was using the Dunes 5K as another training session for more races this summer.

"(Invest In Your Health) is a great program and it's done a lot of good for me," said Smiley.

"I started eating right. There's a Self Help Works (Living Lean) program in HumanaVitality that helps you change your thought process on what you're eating and why you're eating it."

Smiley has made it to Platinum status in HumanaVitality again this year. He's taken full advantage of the rewards he's earned as well.

"I got this Garmin watch," Smiley added pointing to the watch on his



On April 30, employees from various state agencies, including the Department of Child Services and Department of Correction, participate in the first of the five Run The State 5K events.

left wrist. "I've got an iPad Mini and Under Armour clothes from the mall. For Smiley, an IDOC employee since 1999, it was his first trip to Dunes State Park and he's also new to running.



Smiley completes his run.

"I've never been a runner my whole life. 5K races are new to me. It's a whole new world that's opened up. I'm doing my first Spartan Race in July. This program has got me into the 5Ks and Spartan races. "

Karl Madayag, a gaming enforcement agent with Indiana Gaming Commission at Blue Chip Casino, says he got into running when he first applied to work with the state because he needed a physical to get his job. Still, he's been energized by the wellness program.

"When the state offered HumanaVitality it was like taking my workouts to another level," said Madayag. "I love to compete to begin with. So the challenges are a good way to satisfy that part of my life. Madayag says he's getting between 20,000 and 30,000 steps a day and aims to make walking part of his day.

"I love my free FitBit that I got on HumanaVitality," Madayag added. "I'm working on getting another one. A lot of the guys at work are too. I think one coworker is working on getting a bike."

Congratulations to Rachel Zajac of the State Personnel Department who was the first place finisher at the Run The State 5K at the Dunes.

Full details of remaining races are posted at investinyourhealthindiana.com/5k. If you're ready to register, do so on our Eventbrite page at runthestate.eventbrite.com.

Get out and get moving for your health during the month of May

May is National Physical Fitness and Sports Month and a great way to celebrate is to get outside and enjoy the warming weather here in Indiana. But why dedicate a whole month to moving? It is one of the most important things you can do for your health! According to the Centers for Disease Control and Prevention, regular physical activity can help control your weight, reduce your risk of serious diseases such as cancer, cardiovascular disease and type 2 diabetes, help strengthen bones and muscles, improve your mental health and mood, decrease your chance of falls, and can help you live longer.

According to the U.S. Department of Health and Human Services, our kids need 60 minutes of physical activity each day and adults need 150 minutes of aerobic activity a week. Unfortunately, most Hoosiers aren't getting enough physical activity to meet the recommendations. According to recent statistics, about a quarter of Indiana adults engage in no leisure time physical activity; fewer than half meet the guidelines of 150 minutes of aerobic activity a week and fewer than half of Indiana adolescents are active 60 minutes a day, five or more days a week.

So what can you and your family do to make sure you are moving enough? First off: find your fun! What works for some, does not work for all. There are many great ways to incorporate more physical activity into your day. Set calendar reminders to get up and move every so often. Take in the beautiful Indiana scenery, or simply take a walk around the

office or building. Substitute a sit down meeting with a colleague for a walk around the block. Take advantage of warmer and longer days by dusting off your bike and riding to work. Stand during conference

calls. Replace your after dinner show with a family walk or ride. Let your kids pick their favorite way to be active and go all in as a family. Remember: not all your physical activity has to happen at once, in fact, breaking it up during the day can be more beneficial! A 10 minute walk in the morning from the parking garage, taking the dog for a walk in the afternoon and playing kickball with the kids in the evening can all add up to your 30 minutes a day.

Don't have a place near your home to walk or play? Ask your neighborhood school or recreation center if they keep their playground or track open after hours or during the summer for public use. Help celebrate our [State Park's centennial](#) by visiting a nearby State Park; passes can be checked out of your local library. Can't seem to fit physical activity in during the day? Make it part of your commute! Many areas celebrate National Bike to Work day this month as well, as a way to



MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

RISE TO THE PRESIDENT'S CHALLENGE – MAKE PHYSICAL ACTIVITY PART OF YOUR LIFE

More information and resources are available online at:

www.FOH.hhs.gov/calendar



inspire individuals to get out and ride. Can't ride to work? Walk the stairs in the office or parking garage instead of riding the elevator.

Fitness trackers, simple pedometers, and phone apps are easy, inexpensive ways to keep an eye on how much you move. They are also a great way to challenge friends and co-workers as a way to help stay motivated! Being physically active can improve your health, reduce chances for chronic disease and boost your mood. Take advantage of warm weather and longer days by getting outside and moving more.

Need more ideas or inspiration? Check out: INShape Indiana's [Twitter](#) and [Facebook](#) pages, [HumanaVitality](#) and the State of Indiana's [Invest In Your Health](#) page.



Disability Determination Bureau organizes food drive in Hoosier Hysteria style

While the entire nation engaged in March Madness and watched exciting basketball games, the Disability Determination Bureau (FSSA) was adding their own special Hoosier Hysteria to the Final Four action. During the NCAA Tournament, the Bureau organized a food drive to benefit Gleaner's Food Bank of Indiana.

Teams were created based on work groups and given the opportunity to create basketball inspired team names, like the "Zipping Z's," "Pro Slam Dunk," and "The "A" Team."

The Bureau collected non-perishable food and monetary donations for two weeks from each individual team, with the top four teams advancing to the Final Four. During the Final Four collections, any team not in the finals made their continued donations to a Final Four team of their choice in effort to advance their favorite team.

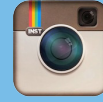
7,585 non-perishable food items and more than \$600 in monetary donations were donated during the entire four-week period of collections. This resulted in four pallets of food being donated to Gleaner's Food Bank. But no friendly competition would be complete without a winner! The team with the most donations per member, "The

Basket Cases," took home the victory and bragging rights for the year to come.

However, the real winner was Gleaner's Food Bank and the citizens of Indiana. Everyday Gleaner's helps the one in eight Hoosiers who struggle with hunger and food.



Gleaners Food Bank of Indiana was founded in 1980 by concerned citizens who had a simple yet profound vision: no one in Indiana should suffer from hunger and malnutrition. Gleaners' mission is to lead the fight against hunger in central and southeast Indiana by collecting, storing, and distributing food to those in need. Gleaners distributes food to hungry Hoosiers through a network of over 250 partner agencies including: emergency food pantries, soup kitchens and shelters. Visit gleaners.org to learn more information.



Follow Invest on social media

Invest In Your Health is now on Facebook and Instagram in addition to Twitter. Follow us for healthy and inspirational stories.

- [Twitter - @INSPDBenefits](#)
- [Facebook](#)
- [Instagram](#)

Within the next week we are launching a mini-series on the Invest In Your Health Blog and Facebook page focusing on a new employee going from zero points to earning Silver Status in HumanaVitality before the August 31 deadline. Like our Facebook and share your progress towards Silver Status as well. Share your photos and we'll post them on Instagram too.



Artwork by Jerry Williams

Your TICKET to SUMMER FUN



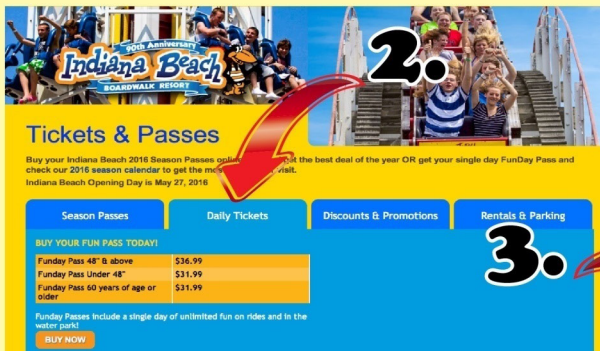
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