

May 2017



The Torch

The official newsletter for Indiana state employees



MAY 7-13, 2017

A big thanks to all employees!

Celebrated the first week of May since 1985 (beginning on the first Sunday of the month), this week is dedicated by Congress as Public Service Recognition Week (PSRW) and is organized annually by the Public Employees Roundtable (PER) and its member organizations to honor the men and women who serve our nation as federal, state, county and local government employees.

This year, PSRW is the week of May 7 to 13. We are grateful for the opportunity to thank you for all you do on behalf of our state. Let's use this week to thank each other for the dedicated work done all year long. **Use #INAppreciation on Twitter, Facebook and Instagram throughout the week to recognize your coworkers for everything you appreciate about them.**

Each and every day, the contributions and achievements of state employees make firsthand impact on Indiana residents. Together, our efforts take Indiana to new heights of innovative solutions and customer service. Thank you for everything you have done to advance our state.



Relive the first 5K of 2017 at Indiana Dunes State Park

Story and photos on page 6-7

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


Got a story?

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

We're on social media

 Like Invest In Your Health

 Follow @INSPD and @INSPDBenefits

 Follow Invest In Your Health

Public Service Recognition Week discounts

Get a discount on tickets to Indianapolis Indians baseball at Victory Field for both Friday and Saturday night games during Public Service Recognition Week. Details and promotions for the games are listed below. Tickets are priced at \$14.50 for box seats, \$10.50 for reserve seats and \$8.50 for lawn seats. This price includes a \$1.50 processing and handling fee per ticket. Tickets are only available via online purchase. All children over the age of 2 years old need their own ticket to the game. Kids under 2 receive free admission into Victory Field.

FRIDAY FIREWORKS AND HAT GIVEAWAY

Friday, May 12 at 7:15 p.m.

Enjoy a spectacular fireworks show immediately following the game.

The first 1,000 fans also receive an Indianapolis Indians/ INDY500 hat in celebration of IMS Night at Victory Field.

MARVEL SUPER HERO NIGHT- GUARDIANS OF THE GALAXY

Saturday, May 13 at 7:05 p.m.

Guardians of the Galaxy takes over Victory Field when Star Lord visits.

Photograph opportunities available before and during the game, and the first 2,500 fans receive a Rocket bobblehead.



[BUY TICKETS](#)

Use Promo Code: **state**

**Tickets are limited and subject to availability. No refunds or exchanges.*

Don't forget about all of the discounts you receive just for being a state employee. Check out the [State Employee Discounts page](#) for a refresher on everything available today.

Barb Stahl “Skybridge” exhibit on display at Indiana State Library



Artist Barbara Stahl

Compared to many of her previous paintings, often characterized with seemingly chaotic textures, drips, brushstroke and colors, “Skybridge” represents a moment of pause and reflection; a breath of calm in the middle of the storm.

The “Skybridge” series, created over a period of six months, is the first group of paintings Stahl has

created with the intention that they be viewed together in a particular order to allow the viewer to move through this achievement of calm with her. It portrays a reflection of the inner self: how we process and compartmentalize; how we meditate on our daily lives; how we release internalized anxiety; and, how, in the end, we find ourselves inside.

“Skybridge” is on display in the Exhibition Hall of the Indiana State Library from Thursday, April 13 to July 12. For hours of operation, directions and parking information, [click here](#).

Born in Vincennes, Ind., Stahl moved to Indianapolis in 1992 after finishing her MFA in painting from the University of Pennsylvania. While earning her BFA in painting from Indiana University in Bloomington, she received an Honors Division Research Grant to study in Florence, Italy. In addition to being an accomplished

fine artist, Stahl is also the founder and owner of Stahl Studios Inc., which specializes in commercial and public art, through which she is perhaps best-known for the larger-than-life Indiana Pacers schedule wall near Bankers Life Fieldhouse. Her large-scale mural work always begins with a grid, enabling her to scale the original, smaller mural design to the massive size required for the wall.

After many years, the concept of the grid has come to play an important part in her more abstract fine art pieces. For Stahl, this grid represents the connectivity of all matter, including all of us.

This blog post was written by Rebecca Shindel and Bethany Fiechter, exhibition chairs, Indiana State Library. For more information, contact the Indiana State Library at (317) 232-3678 or “Ask-A-Librarian” at <http://www.in.gov/library/ask.htm>.

Free entry to State Parks on May 7 during Visit Indiana Week 2017

Hop in your car and discover something new in the Hoosier State. [Lieutenant Governor Suzanne Crouch](#) and [Indiana Office of Tourism Development](#) (IOTD) are kicking off the summer travel season with Visit Indiana Week May 7-13, part of National Travel and Tourism Week.

To start the week, May 7, you can take advantage of FREE admission at all Indiana State Parks, thanks to a partnership with the Indiana [Department of Natural Resources](#) (DNR).

“Visit Indiana Week is the perfect time to explore what our great state has to offer,” said Lt. Governor Crouch. “[Indiana State Parks](#) offer a combined 7,700 campsites, more than 150 cabins and nearly 700 miles of hiking, biking and horseback riding trails.”

Visit Indiana is celebrating Visit Indiana Week by going on a road trip throughout the state with [Midwest Living](#) magazine. Dubbed the Indiana Road Rally Presented by Midwest Living magazine, Hoosiers can join the trip on May 8, 2017 at the [Big Four Bridge](#) in Jeffersonville for a night walk set to lights and music.

“Starting the road rally in southern Indiana and following a route northward was a natural choice for us since the state and our nation’s westward expansion had its beginnings there,” said Mark Newman, IOTD’s Executive Director. “We chose southern Indiana in part to highlight the significance of the Lewis and Clark expedition’s Eastern Legacy. Lewis and Clark met at what is today called [Falls of the Ohio State Park](#), a key stop during the Road Rally. It’s important that we honor and showcase this part of our history.”

Some highlights on the itinerary include a hike along the scenic Ohio River terrain at

Charlestown State Park, a subterranean boat tour through [Indiana Caverns](#), tastings at [Huber’s Orchard, Winery and Vineyards](#), archery lessons from an Indiana Olympian at [Koteewi Range](#) in Noblesville, a balloon ride at [Conner Prairie](#) and a night at the ballpark with the [Fort Wayne TinCaps](#). The tour also makes multiple stops at local restaurants and cultural venues across the state.

Road Rally caravan stops include:

- Jeffersonville
- Clarksville
- Charlestown
- Starlight
- Corydon
- New Albany
- Brown County
- Noblesville
- Carmel
- Fishers
- Fort Wayne

Find a full schedule of the Indiana Road Rally Presented by [Midwest Living](#) magazine [here](#). Follow the Road Rally:

- <https://visitindiana.com/>
- <https://www.facebook.com/VisitIndiana/>
- <https://twitter.com/visitindiana>
- <https://www.instagram.com/visitindiana/>

“Road trips have always been at the heart of Midwest Living’s DNA,” says Editorial Content Director Trevor Meers. “Partnering with a state tourism office to find the best stories in the area is a natural fit. Our team can’t wait to kick off our week-long journey through Indiana and discover the people and places we love telling readers about.”

Highlights from the trip will be featured in the July/August 2017 issue of Midwest Living magazine. The Visit Indiana Week Road Rally kicks off on May 8.

Genealogy for Night Owls



On May 17, the Indiana State Library hosts “Genealogy for Night Owls.” This free event is scheduled from 4:30 p.m. to 8:30 p.m. Sessions are available with experts from the Daughters of the American Revolution, the Indiana Chapter of Palatines to America, professional genealogist Betty Warren, the Genealogical Society of Marion County, the Indiana African American Genealogy Group and the Central Indiana DNA Interest Group.

Register online by May 16 at www.in.gov/library/events.htm.

Sale on Indiana Archaeology Shirts

If you didn’t get your Indiana Archaeology Month shirt, now is your chance. Shirts are on sale for only \$5 each.

Purchase in the DNR Customer Service Center in IGC-South, Room W160A. For mail orders, call (317) 232-4200 or (877) 463-6367.



Participate and volunteer at the Ford Hoosier Outdoor Experience

It's back. June 10-11 marks the return of the Ford Hoosier Outdoor Experience, Indiana's favorite weekend of free outdoor recreation.

Held at [Fort Harrison State Park](#) in Indianapolis, the event offers virtually anyone who has the desire and ability the chance to try dozens of hands-on outdoor activities. And you read correctly. It's free.

The previously annual September event took a hiatus in 2016 as Indiana State Parks celebrated their centennial. Moving the event closer to the start of the traditional outdoor

recreation season gives participants plenty of follow-up time to do the activities on their own.

"If you like something you try at this one, you'll have the whole summer and fall to keep playing around with it before winter comes," said Greg Beilfuss of the DNR Division of Outdoor Recreation, who is one of the event's organizers.

As in previous years, parking, entry and all activities are free to participants of all ages, who are typically beginners or novices in activities such as target shooting, archery, fishing, horseback riding, and mountain biking.



Indiana Conservation Officer Jon Cook assisting a participant during the 2015 Ford Hoosier Outdoor Experience.

If you are already well-versed in many outdoor recreation activities but the event sounds like fun, two learning centers offer expert advice during scheduled programs. The

DNR also invites you to help others appreciate outdoor recreation by working at the event. To do so, [select a shift](#).

Registering to participate is also requested to help the organizers prepare accordingly. Register at [HoosierOutdoorExperience.com](#), where you also can learn more about this year's offerings.

If you aren't local and are interested in staying overnight and taking in both days, the [Fort Harrison State Park Inn](#) has rooms available a short distance from the park entrance. There is no camping at Fort Harrison. The closest camping options include [Mounds State Park](#) in Anderson, about 37 miles away, and the [Indiana State Fairgrounds](#) in Indianapolis, about 9 miles from Fort Harrison's entrance.

The Ford Hoosier Outdoor Experience is presented by Central Indiana Ford Dealers, the DNR, and the Indiana Natural Resources Foundation.

Don't miss this chance to discover—or help someone else discover—what could set the stage for the ultimate summer of active outdoor fun. The only cost is your time.

A new way to learn about your retirement plan

Want to know more about your retirement plan, but don't know where to begin? Since 2015 the Indiana Public Retirement System (INPRS) has hosted Lunch & Learn sessions. Previously, this information was only available to members working in downtown Indianapolis. The production of the new video, *Paving the Way to Retirement*, gives members across the state access to the same great information.

The video is designed to help you get to know your benefit plan. In it, Retirement Services Consultant, Kevin Marshall, explains:

- The two parts to the PERF retirement plan
- When you can claim Social Security
- Situations you should consider before you retire
- Tools you can use to estimate your retirement benefit

Visit the INPRS YouTube channel to view *Paving the Way to Retirement*. This video and our other educational videos help you to better understand your plan. When you subscribe to the INPRS YouTube channel, you receive notice when new videos are produced.

Now accepting 2017-18 Governor's Fellowship applications

A Message from Governor Eric Holcomb

US News & World report recently named Indiana the #1 best state in the nation for government. This isn't surprising given the number of skilled public servants dedicated to making Indiana the best state to work, live, play, and stay. If chosen to be a Governor's Fellow, you become a part of that team of hardworking individuals who share that common mission.

As a Governor's Fellow, you work alongside dedicated professionals on projects that positively impact the State while developing skills and relationships that ultimately serve you well in whatever career path you choose. The work done by Governor's Fellows is particularly rewarding and impactful since there are 6.5 million Hoosiers counting on our team to get it right. I hope you consider answering the call to serve and apply to be a part of the team.

What is the Governor's Fellowship Program?

The Governor's Fellowship provides a unique experience in Indiana State government. The program is highly selective, recruiting talented young women and men from across the state who will serve in various state agencies on a rotating basis over the course of twelve months. Fellows participate in the daily activities of state government, complete special projects, travel to observe how work in the Capitol translates into action throughout the State, and experience firsthand how policies are made.

Governor's Fellows work in a variety of settings. Many of those who have participated as Governor's Fellows

over the past two decades have gone on to successful careers in both the public and the private sector – some serving at the highest levels of local, State and federal government. They have taken from their fellowship a solid understanding of the workings of government and have gained experience in a variety of areas. At the same time, fellows have been able to give back to the state through their year of public service.

ELIGIBILITY

The Governor's Fellowship Program is open to college graduates who receive their bachelor's degrees in either fall of 2016 or spring of 2017. While any such graduate may apply, special consideration is given to applicants from Indiana, and likely have a 3.0 or above grade point average.

SELECTION

The steering committee conducts an initial review of the applications; the most qualified candidates are then selected to interview with the committee at the State House in Indianapolis. After the interviews, the committee forwards its recommendations to the Governor based on applicant's leadership skills, academic record, references, quality of essay and overall interest in State government. The Governor then makes the final selection of Governor's Fellows. Recipients of the Fellowship are notified as soon as possible following the Governor's decision.

SALARY

Governor's Fellows receive a competitive salary (approximately \$24,000) plus full fringe benefits during the Fellowship year. The year of service corresponds with the State fiscal year, July 1, 2017 through June



30, 2018.

APPLICATION MATERIALS

To obtain an application please download it from the fellowship website at: www.in.gov/gov/fellowship.htm.

If you have questions concerning the fellowship program, please contact Caroline McKinney at the Governor's Office at (317) 232-4567. The completed application and all supporting materials (A current official college transcript, the required essay, at least three to five letters of recommendation and resume) should be emailed to KSears@gov.in.gov or mailed in one packet to:

The Governor's Fellowship Program
c/o Kevin Sears
Office of the Governor
State House, Room 206
Indianapolis, IN 46204-2797

To be eligible for consideration, applications must be postmarked by May 12, 2017. Again, all application material must be mailed together to avoid loss of documentation. Material sent separately is not accepted.

Visit the Governor's website at www.in.gov/gov/index.htm.

Invest In Your Health

RUN THE STATE
AND
5K | **HIKE**
SERIES

April 22, 2017
Indiana Dunes State Park
Story and photos on page 7



**WE RUN
THIS STATE!**

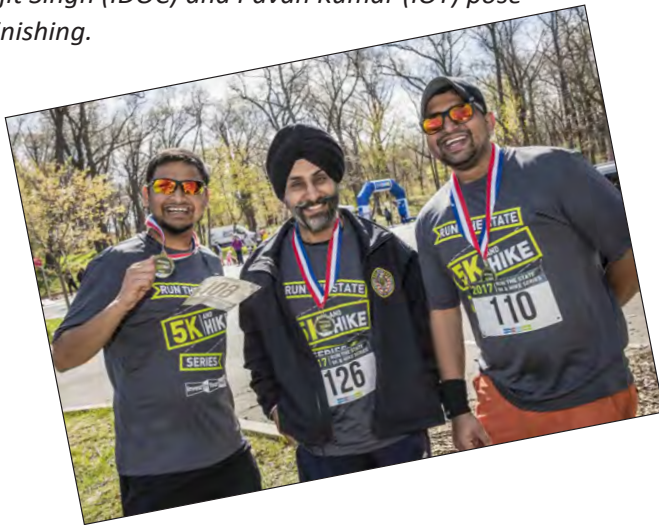
Runners and walkers flock to Indiana Dunes State Park

The first event of the Run The State 5K and Hike Series is in the books. Thanks to everyone that came out to the Indiana Dunes State Park on Saturday, April 22, and walked or ran the 5K. By our counts, 200 employees, family and friends participated. Also we saw a couple of dogs too!

We're happy to share some photos from the event below. Click the thumbnail below to view and find more photos on the [Invest In Your Health Blog](#). We're not done with photos, we've also posted a recap video to our [YouTube channel](#) and embedded below the photos.

Captions (clockwise from the top)

1) Runners sprint out for the start of the Run The State 5K. 2) Angie Hawley, Franklin DFR (FSSA) finishes her 5K and receives her medal from Corey Nelson (Go365). 3) Cynthia Evans and Laura Marvel, DCS LaPorte are pictured with family after finishing. 4) Walkers complete their first mile. 5) John and Cassandra Salyer (IDOC) are pictured with Michael (INDOT) and Jaime Hurt after a strong finish. 6) Punith Racha (DWD), Karamjit Singh (IDOC) and Pavan Kumar (IOT) pose after finishing.



DEADLINE APPROACHING: Complete your biometric screening soon!

The deadline for submitting results of your biometric screening is less than two months away – June 30, 2017 – in order to guarantee points towards an Earned Status of Silver, which qualifies employees for the 2018 Wellness Consumer Driven Health Plan (CDHP).

As a reminder, biometric screenings, along with the Health Assessment, are used to calculate Go365 age, which determines if you are living older or younger than your actual age based on a variety of factors. This information can offer insights into your current lifestyle habits and can be helpful in reaching your health and wellness goals.

LabCorp is a new provider for Go365 biometric screenings

LabCorp is now a participating provider in Go365's biometric screening network. This new addition allows eligible Go365 members to get their screening from more than 5,000 retail clinics nationwide.

Here's how members can obtain a biometric screening from LabCorp:

- Sign in to Go365.com > Click "Activities"
- Find "Biometric screening" from the list > Click "View details"
- LabCorp > Make an appointment

Once members make an appointment, they receive a pre-populated lab requisition form that they need to take with them to their appointment. This alerts the LabCorp provider as to which test a Go365 member receives and ensures members' results feed automatically to Go365, so they don't have to self-submit. Members can expect a blood draw from LabCorp providers.

If you haven't completed your biometric screening yet, [check out when these free biometric screenings are in your area](#).

Click on the links to the right of any date and location to sign up for a screening.

While the linked screenings are scheduled at state facilities, the results cannot be accessed by the state; instead, the results are sent directly to Go365 to factor into your Go365 age and add points to your profile.

Biometric screenings can also be completed at a partner clinic around the state or at your primary care physician's office. Information about completing a biometric screening at a partner clinic

As a reminder, members can download a voucher to take with them to The Little Clinic, Walgreens Healthcare Clinics, or Kroger Company Family of Pharmacies. Members need to register and schedule a pharmacy appointment at Kroger's Company Family of Pharmacies and then print out a Kroger voucher to take with them to their appointment.

They can also choose to make an appointment with Quest Diagnostics Patient Service Centers using Quest's online scheduler on Go365.com.

If members prefer to visit their primary care physician for their biometric screening, any services rendered are subject to their own medical plan provisions. Members also need to self-submit their results to Go365 using the Biometric Screening Form, available on Go365.com.

can be found [here](#). Information about completing a biometric screening at your primary care physician's office can be found [here](#).

Don't forget – biometric screenings earn you at least 2,000 points just for participating, and up to 4,000 total points toward an Earned Status of Silver to qualify for the 2018 Wellness CDHP. Sign up now!

Changes coming to Indy-area Walgreens Healthcare Clinics

June 2, 2017, is the last day you can use a Go365 voucher to complete a biometric screening at several Walgreens Healthcare Clinics in central Indiana. Below is a list of Walgreens Healthcare Clinics that will no longer accept Go365 vouchers for biometric screenings:

- 11020 Pendleton Pike, Indpls.
- 115 Fields Rd., Mooresville
- 3455 Mann Rd., Indianapolis
- 3545 W. 86th Street, Indianapolis
- 6191 N. Keystone Ave., Indpls.
- 7975 E US Hwy 36, Avon
- 1290 N State Rd. 135, Greenwood
- 8905 E 10th St., Indianapolis
- 700 US 31 S, Greenwood
- 1424 S. Rangeline Rd., Carmel

There are several other locations that offer biometric screenings for state employees using the Go365 voucher, including several hosted by the state. The schedule and information about completing a biometric screening at a partnered clinic or at your primary care physician's office can be found at www.investinyourhealthindiana.com/upgrade/go365-biometric-screening.

Harmonie State Park Hike is almost here

Few spots remain for the hike at Harmonie State Park on May 20, so be sure to register before they are gone.

This hike is unique because it is being led by a DNR naturalist. As you explore the trail, you get to learn about park wildlife and history, as well as have the opportunity to ask your guide questions about everything you see.

Click [here](#) to learn more about the hike, and click [here](#) to get registered!



Three upcoming 5Ks have spots available

Sign up for these 5K's before spots are gone:

- **June 3** – 5K at Patoka Lake – Combined paved and trail race route features moderate elevation changes and possibly uneven ground. Course is stroller friendly. [Learn more.](#)
- **July 8** – 5K at Whitewater Memorial State Park – This course is completely paved and is stroller friendly. [Learn more.](#)
- **July 15** – 5K at Prophetstown State Park – The race route is paved and connects all facilities at the state park. Course is stroller friendly. [Learn more.](#)

How to upload proof of 5K/ Hike participation for Go365 points

All 5Ks and Hikes in the Run The State 5K and Hike Series are eligible for 250 points in Go365. Take a photo of yourself wearing your race bib at the finish line to submit.

Go365 MOBILE APP

1. Log in to the Go365 app
2. Click "Activities"
3. Click "+" on the top right corner
4. Select "athletic event"
5. Enter running/walking for type
6. Enter distance as 3K-9K
7. Enter event date
8. Submit photo of you in your race/hike bib as proof of participation

Go365 WEBSITE

1. Log in to Go365.com
2. Click "Activities" at top left of page
3. Click "Fitness" category
4. Click "View Details" under "Take part in an athletic event"
5. Enter running/walking for type
6. Enter distance as 5 kilometers
7. Enter event date
8. Submit photo of you in your race/hike bib as proof of participation

Mini Marathon State of Indiana team members: Pick up your team shirts THIS WEEK!

If you registered for the State of Indiana team for the OneAmerica 500 Festival Mini Marathon or Finish Line 500 Festival 5K before April 16, be sure to pick up your t-shirt on May 3, 4, or 5 from 8:30 a.m. to 4 p.m. at the Indiana State Personnel Department main office, located in Indiana Government Center South, Room W161, 402 W. Washington Street, Indianapolis, IN 46204.

**Size selection is not guaranteed.*

We wish all walkers and runners the best of luck as you participate in this Hoosier tradition.

Fraud Workshop



Elements Financial is offering Lunch and Learn sessions online. Visit the [Elements Financial Education Center](#) to learn more about this month's Identity Fraud online session. Earn 35 Go365 points per month by attending Elements Financial seminars in person or online. The in person lunch and learns are on May 10 and 24. Register for one of the classes being hosted in IGC-S here:

- [May 10 at noon](#)
- [May 24 at noon](#)
- [May 24 at 1:15 p.m.](#)

Future Moms program available for mothers-to-be

Even if you have a doctor, you can benefit from the Future Moms program. Whether you're a new mom or have already had children, pregnancy is often a time filled with questions. You want to make the right choices and take care of yourself, but it's not always easy to do it alone.

Research shows that mothers-to-be who are well-informed make good choices that often result in healthier pregnancies. That's why there's Future Moms. It's a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. It can help you have a safe delivery and a healthy child.

To get the most out of the program, sign up as soon as you know you're pregnant. Just call Anthem toll free at 888-279-5449. One of their registered nurses will help you get started.

Once you sign up, you get a variety of benefits such as:

- An extra dental cleaning or periodontal maintenance procedure as part of your dental care coverage.
- A toll-free number you can use to talk to a nurse coach any time, any day, about your pregnancy. A nurse may also call you from time to time to see how you're doing.
- A book that shows changes you can expect for you and your baby during the next nine months.
- A screening to check your health risk for depression or early delivery.
- Other useful tools to help you, your doctor and your Future Moms nurse keep track of your pregnancy and help you make healthier choices.

- Free phone calls with pharmacists, nutritionists and other specialists, if needed.
- A booklet with tips to help keep you and your new baby safe and well.
- Other helpful information on labor and delivery, including options and how to prepare.

Are you a dad-to-be and want to help your partner have a healthy pregnancy? Tell her about the Future Moms program. If she's covered by your health plan, she can join Future Moms as soon as she knows she's pregnant. Future Moms can help your partner get the care she needs and make healthy choices. And that can mean a safer delivery and a healthier baby. Ask your partner to call Anthem toll free at 888-279-5449 to sign up for the Future Moms program.

Family and Medical Leave at your fingertips

During the 2016 calendar year, the Employee Relations Division presented several Family and Medical Leave (FML) webinars on the basics of applying for FML. The webinar has been recorded and made available for viewing any time by any state employee on the employee learning modules (ELM) effective April 1, 2017.

This FML presentation is a valuable resource, providing answers to some of the frequently asked questions about completing FML requests in Peoplesoft>Self Service: How do I save and attach my documents? When do documents have to be submitted? Why should I proofread the information about my email

address? Why did the notice get stuck in my Spam folder? What's the difference between continuous and intermittent leave? Why do I have to apply for FML if I have sick leave? Do I have to use sick leave with FML? How do I record on my PS/T&L timesheet?

The ELM session lasts about thirty minutes and is a very informative. The FML presentation is available for all to use any time of the day as it is accessible 24/7. The course code is SPD_00133_FMLWeb. Here is the quick step guide to self-enrollment.

Don't forget all the excellent information

and resources available on the FML website. Forms for FML and S/LTD, spreadsheets for tracking use of FML and sort presentations on specific topics such as, "The questions agency management can and can't ask," "Understanding intermittent FML," and "FML information for expectant parents," are all available on the website.

Take the time to learn and be informed. As always, any questions can be directed to the FML Line at 317-234-7955 or toll free at 1-855-773-4647.



FAMILY MEDICAL LEAVE
For Employees of Indiana State Government

May is Asthma Awareness Month

For many individuals, a bothersome cough is just a common, uneventful occurrence. But for those who suffer from asthma, it can be life threatening.

Cleaning products, tobacco smoke, and outdoor air pollution are only a few of the vast amount of triggers that can cause an asthma attack. They cause the sides of your lungs to swell so your airways get smaller, reducing your ability to breathe.

Asthma causes wheezing, breathlessness, chest tightness, and early morning or nighttime cough. The best way to prevent an asthma attack is to recognize and treat an asthma flare-up in advance. People with asthma are urged to work with healthcare providers to identify triggers and avoid them and also to complete an asthma action plan.

May is designated as Asthma Awareness Month, when public health officials, health organizations, physicians, those suffering with asthma, and many more come together to increase the public awareness of asthma. Asthma is a chronic disease of the lungs that affect more than 18.4 million adults and more than 6.2 million children in the United States. Asthma affects every race, age, ethnicity, and sex.

In Indiana, an estimated 507,000 adult and 115,000 children have asthma. According to the Centers for Disease Control and Prevention (CDC), children are most susceptible to asthma, and 1 in 11 school aged children in Indiana has this disease. Asthma claims the life of one person every four days in Indiana, and 41 percent of those

deaths occur in people age 65 or older.

Asthma can be controlled with proper treatment and an action plan. An asthma action plan (also known as a management plan) is created with your physician and details your daily treatment or medications and when they should be administered. It also describes how to control your asthma long-term and how to handle it when it worsens or you have an attack. The plan explains in detail when to call the doctor or go straight to the emergency room. The asthma action plan is especially important for children. It has all of the information caregivers need to make sure your child receives adequate care.

To see a sample asthma action plan, [click here](#).

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

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



Artwork by
Jerry Williams

Are your dependents eligible to be on your health insurance?

The State of Indiana has instituted a process to verify the eligibility of dependents enrolled in the state's health, dental and vision plan(s) which helps keep plan costs down. During the month of May, we will contact a randomly selected group of employees by mail to verify that their dependents are eligible. If you receive a letter regarding the audit, you will be expected to respond by the deadline.

Please make sure that dependents enrolled on your plan(s) are eligible per the guidelines in the Benefits Handbook (found at www.in.gov/spd/2732.htm). Notify the Benefits Hotline if you know a dependent is no longer eligible for coverage, due to divorce for example. As always, remember that it is your responsibility to remove ineligible dependents within a timely manner even if it is beyond the 30 day qualifying event period to minimize recovery of claims.

Any questions concerning the dependent verification audit should be directed to the SPD Benefits Hotline at 317-232-1167 (within 317 area code) or 877-248-0007 (toll free). Visit www.in.gov/spd/2731.htm for more information.

No waiting room, no need to leave home

Using LiveHealth Online, any time works for a video visit with a doctor or therapist.



When you're anxious or not feeling well, the last thing you want to do is leave the house. LiveHealth Online lets you stay home and have a video visit with a board-certified doctor or licensed therapist on your smartphone, tablet or computer.

By using LiveHealth Online, you can

- **See a board-certified doctor in a few minutes with no appointment.** Doctors are available 24/7 to assess your condition and, if it's needed, they can send a prescription to your local pharmacy.¹ When your own doctor isn't available, use LiveHealth Online if you have pinkeye, a cold, the flu, a fever, allergies, a sinus infection or another common health condition.
- **Use your Employee Assistance Program (EAP) to see a therapist at no extra cost.** With Employee Assistance Program, you can talk privately with a licensed therapist using LiveHealth Online. Just call **1-800-223-7723** to get your coupon code and details to make your first appointment.
- **Make an appointment with a licensed therapist in four days or less.**² You can have a video visit with a therapist from home, at work or on the go — evenings and weekend appointments are available too. Appointments can be scheduled online or over the phone at **1-844-784-8409** from 7 a.m. to 7 p.m., seven days a week. You can get help for anxiety, depression, grief, panic attacks and more.

What will a visit cost?

Your Anthem plan includes benefits for video visits using LiveHealth Online, so you'll just pay your share of the costs — usually \$49 or less for medical doctor visits, and a 45-minute therapy session usually costs the same as an office therapy visits. If you use your EAP benefit for counseling visits, there's no charge.

Sign up for LiveHealth Online today – it's quick and easy

Go to livehealthonline.com or download the app and register on your phone or tablet.



1 Prescription availability is defined by physician judgment and state regulations. Visit the home page of livehealthonline.com to view the service map by state.

2 Appointments subject to availability of a therapist.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

If you're a retiree or have coverage that complements your Medicare benefits, your employer sponsored health plan may not include coverage for online visits using LiveHealth Online. Check your plan documents for details. You can still use LiveHealth Online, but you may have to pay the full cost of a visit. Online visits using LiveHealth Online may not be a covered benefit for HRA and HIA+ members.

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