



The Torch

The official newsletter for Indiana state employees

Taking care of yourself today helps your tomorrows

An ounce of prevention, it is said, is worth a pound of cure. For state employees covered under our Anthem health plans, prevention is actually priceless because the cost for preventive care is included in our coverage.

WebMD describes preventive care as a “fancy term for making sure that you are doing everything you can to protect your health.” Preventive care involves screenings, regular exams, checkups and tests to get an update on your health. If you have any warning signs of disease, regular preventive care should spot them early, which means earlier detection and treatment. The end result: you’ll feel better and enjoy life longer.

Regardless of which Anthem plan you subscribe to (CDHP1, 2 or Trad), preventive care is included in your coverage. That means that you pay no co-pay, deductible or coinsurance when preventive services are provided by a network provider. The plan pays 100 percent of the cost for preventive care. If you have family members covered by one of our plans, preventive care extends to them, as well.

It is estimated that Americans use preventive services at about half the recommended rate. Unfortunately, chronic diseases such as cancer, diabetes and heart disease are responsible for seven out of 10 deaths each year and account for 75 percent of the nation’s health care spending.

Chronic diseases are often preventable, and therefore, it pays to



For more information on what is considered preventive care under your Anthem plan, log onto the Anthem website (www.anthem.com) or contact Anthem’s member services department. The toll-free number is listed on the back of your Anthem ID card.

get a wellness check.

Depending on your age, preventive care includes such services as:

- Cancer screenings for breast, cervical and colorectal
- Blood pressure, diabetes and cholesterol tests
- Routine vaccines ranging from recommended childhood vaccinations to periodic tetanus shots for adults
- Well baby and well child checkups
- Screenings for child and adult obesity
- Screening, vaccines and counseling for healthy pregnancies
- Counseling on quitting smoking, losing weight, healthy eating, depression

Keep in mind that screenings and other services are covered as preventive

care only if you or your family member(s) have no current symptoms or prior history of a medical condition associated with that screening or service. If you do have current symptoms or have been diagnosed with a medical condition the service will not be considered preventive, but will be considered as diagnostic and you will be responsible for the deductible or co-insurance.



Original artwork by Jerry Williams

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Submit your story ideas in an e-mail to: spdccommunications@spd.in.gov



Want to know what college will cost?

Do you know what college really costs? You're not alone if you're not sure, but finding the answer just got a lot easier for Hoosier families this year with the new Indiana College Costs Estimator.

Launched in conjunction with state's Cash for College campaign at IndianaCollegeCosts.org, the Indiana College Costs Estimator is part of an ongoing effort to help Hoosier students of all ages—K-12, college and adult—save, apply and pay for higher education.

“Perceptions about the cost of college remain a serious barrier for many families, and we want to make it easy for Hoosiers to comparison shop with accessible and accurate information,” said Higher Education Commissioner Teresa Lubbers. “Providing a clear picture of what college really costs and the many options available can help overcome the ‘sticker shock effect’ that leads students to believe they can’t afford higher education.”

State survey data indicates about 70 percent of Indiana students who would be the first in their families to pursue higher education do not think they can afford it. This statistic underscores the need for greater transparency regarding the net price of college, once all sources of student financial aid have been applied.

The free Indiana College Costs Estimator service provides Hoosier families with consistent and accurate estimates of college costs across all Indiana campuses, both public and private. The site offers cost comparisons of each Indiana college with customized estimates that show how much students should expect to pay out-of-pocket once various sources of financial aid are taken into account.

Provided in partnership by the Indiana Commission for Higher Education and

the National Center for College Costs, the Indiana College Costs Estimator is made possible by a federal College Access Challenge Grant.

About Indiana's Cash for College Campaign

Hoosiers today understand the importance of continuing their education after high school, but many students struggle to save, apply and pay for college. Indiana's Cash for College supports students and families with practical steps needed to plan and pay for college, including relevant resources, grade-specific goals, contests, special events and more.

Learn more at www.CashforCollegeIndiana.org, Indiana's one-stop-shop for helping Hoosiers plan and pay for college. The site features practical, step-by-step tips for students, links to a variety of relevant online resources, and more. And, be sure to follow Learn More Indiana on Facebook and Twitter for the latest updates at www.LearnMoreIndiana.org.



Governor Daniels and Nanshan America Co. President Mr. Lijun Du stand next to a rendering of the company's new facility which will be built in Lafayette. The company announced plans to establish an aluminum extrusions manufacturing facility creating up to 150 new jobs by 2013.

Exclusive March Offer

Eligible games

Tuesday, Mar. 8 vs.
Philadelphia, 7 p.m.

Tuesday, Mar. 15 vs.
New York, 7 p.m.

Offer Details

\$7 – Balcony ticket

\$20 – Club ticket

\$40 – Lower level ticket

[Buy Your Tickets Today](#)

Password: INDY3011

Additional details

--A 6% Marion Co. admissions tax will be added at the time of purchase

--You will have to create a Ticketmaster account to purchase tickets.

--All seat locations and purchases are processed instantly.

--E-tickets will be sent to your e-mail account within minutes of your purchase.

--You can't lose your tickets! Print them from your computer up to the day before the game.

--You will receive an e-mail when your Pacers tickets are available to be printed.

--You will be reminded of the event via e-mail a few days prior to the game.

Talking to your doctor

Does your doctor know something you don't?

A doctor visit has two benefits:

- It gives your doctor a chance to ask questions about your health. This always happens.
- It gives you a chance to ask questions of your own. This may not happen enough.

The average office visit lasts about 15 minutes. If you don't ask about your health, the visit could be a wasted opportunity.

A few minutes of solid Q&A with your doctor can prevent some real problems. Don't be afraid to ask the tough questions.

10 questions to ask your doctor

1. What is my blood sugar level and what does it mean?
2. What is my blood pressure and how can I control it?
3. What do my cholesterol numbers mean?
4. Are my Body Mass Index (BMI), waist measurements and weight at healthy levels?
5. Can you recommend a check-up and screening schedule for my age?
6. Which exercise or diet options would be especially good for me?
7. If you recommend a test or treatment, what is it for and are there other options?
8. Knowing my family history and risk factors, how can I lower my disease risk?
9. Have any tips for reducing stress?
10. If you are taking any prescribed medications, be sure to ask: What are the interactions, side effects and dose schedule for this medication.

Sources:

"Ask the Doctor" checklist (WebMD): http://www.webmd.com/hw/health_guide_atoz/hw147461.asp

Talking to your doctor (National Institutes of Health): <http://www.nei.nih.gov/health/talktodoc.asp>

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.



Anthem EAP

Is technology taking control of your life?

Was life simpler with no cell phone, no e-mail, no Facebook? Ask yourself, "Do I really need this?" Evaluate the quality of your life when it comes to technology, apps and social media.

Sign up for EAP's "Less is More" session where this month's topic will be "Downshifting: Reducing Technology Overload." Choose from one of three sessions: March 15 at noon, 2 or 4 p.m. All are Eastern times.

To register, go to www.AnthemEAP.com. The login is State of Indiana. Once you have logged in, scroll to the lower right screen and click on Seminars. Once you are registered, make sure to put the information on your calendar.

Anthem EAP will offer a seminar the third Tuesday of each month. The schedule for the remainder of 2011 is:

April 19 – Insourcing: Developing Internal Talent (Developing job skills)

May 17 – May Cause Drowsiness: The Importance of Sleep

June 21 – Facing the Losses of Aging: Adjusting to the Process of Aging

July 19 – Little Steps-Big Impact: Attainable Ways to Go Green

Aug. 16 – Part of the Equation: Parental Involvement in Education

Sept. 20 – Fear or Fiction: Separating Rumor from Reality (Information Overload: Navigating Through the Chaos)

Oct. 18 – Coworker Co-existence: Embracing Differences in the Workplace

Nov. 15 – Home Addition: Managing an Addition to the Household

Dec. 20 – Answers to Life's Great Questions: Honing Your Research Skills

Brand name allergy medication accessible OTC

The Food and Drug Administration (FDA) has approved over-the-counter (OTC) use of Sanofi-Aventis' Allegra® (fexofenadine) products in adults and children two years of age and older. Additionally, Allegra-D® (fexofenadine/pseudoephedrine) will be available without a prescription for use in adults and children 12 years of age and older.

The products are expected to be available OTC in March 2011.

Employees will need a prescription for this drug when purchasing the brand OTC if they want to use health savings account (HSA) or flexible spending account (FSA) funds. The IRS has relaxed the requirements for the subscriber to maintain all documentation regarding the OTC purchase. The pharmacy will maintain documentation for the IRS regarding OTC purchases. However, those using HSA or FSA funds should continue to maintain all receipts in the event of an audit.

Currently, generic Allegra® is available by prescription only.

Indiana State Museum

Summer's coming – and so is summer camp at the Museum

Registration for summer camps at the Indiana State Museum is underway. Space is limited, so register now between 9 a.m. and 5 p.m. by March 31 to reserve a spot for your child.

If you need more information, call the museum at 317-232-1637 or log onto the [summer camp website](#) at:

Each camp will meet from 9 a.m. to 3 p.m. Options for this summer include:

Motorsports Science Camp

June 6–10; Ages 9–12; Cost \$185 member /\$210 non-members

Campers will be transformed from car crashers and bashers to car designers and racers on the fast track to racing success.



Beverage choices affect oral health

The type and frequency of beverage that you drink can make a serious impact on your oral health. The top three types of popular beverages and how they can affect your dental health are:

Bottled water

The American Dental Association is concerned about the decreased consumption of tap water. Tap water contains fluoride and by not having sufficient amounts of this compound could result in increased tooth decay. More than 500 brands of bottled water are sold in the United States, but only about 20 have added fluoride.

Be sure to check the fluoride content of your bottled water. Ask your dentist how much fluoride you and your family need for good dental health.

Sports drinks

These drinks can contribute to decay and mineral loss in tooth enamel because of the high sugar and acid content in some of them. Excessive consumption of these beverages and their prolonged contact with teeth can be particularly harmful.

Some tips to help protect your teeth:

- Limit consumption of sports drinks
- Dilute sports drinks with water
- Chill your drinks (warmer temperatures speed erosion)
- Don't hold or swish drinks in your mouth; use a straw to reduce contact with teeth
- Rinse your mouth with water after drinking to minimize the strength of the drink's acidity
- Chew sugarless gum after a drink to stimulate saliva
- Ask your dentist to check for early signs of decay (white spots, stained fissures and brown spots)

Soft drinks

Like sports drinks, these drinks have a high sugar and acid content and their consumption should be limited. Bacteria in the mouth feed on sugar and make an acid that dissolves tooth enamel and could eventually lead to cavities. Even sugar-free diet sodas are not entirely safe because they are acidic in nature.

The tips that protect your teeth from sports drinks also apply to soft drinks.

Archaeology Camp: The Adventure Beneath Your Feet

June 13–17; Ages 9–12; Cost \$100 member/\$125 non-member

Have you ever wondered how archaeologists explore ancient civilizations? Now you can find out.

Exploring Nature Camp

June 20–24; Ages 7–10; Cost \$100 members/\$125 non-members

Join the Indiana State Museum and the Earth Discovery Center at Eagle Creek Park as we discover the fossils, plants and wildlife found in our cities, parks and backyards.

History Alive Camp

June 27–July 1; Ages 9–13; Cost \$100 members /\$125 non-members

Through hands-on activities and demonstrations, campers will experience what life was like for Hoosiers during the 19th and

early 20th centuries.

Paleontology Camp: Fossils, Mammoths & More!

July 5–8; Ages 9–12; Cost \$100 member/\$125 non-member

Discover what it is like to be a paleontologist looking for fossils in Indiana.

Crime Scene Indiana State Museum

July 11–15; Ages 9–12; Cost \$100 members/\$125 non-members

Investigators will see how bugs can be used at a crime, meet real forensic experts and see the science behind the investigative techniques.

Paleontology Camp II: The Pipe Creek Experience

July 18–22; Ages 11–14; Cost \$185 members /\$210 non-members

Get ready to explore the Indiana of five million years ago during the Pipe Creek Experience.

Big Brothers Big Sisters

Mentoring a child makes a big difference

Thanks to the involvement of some state employees, the state of Indiana has been designated as one of 23 corporate partners with Big Brothers Big Sisters of Central Indiana.

The employees giving up time to spend with local youth include: Tom Matera (Indiana Office of Technology), Jacob Schpok (Indiana Economic Development Corporation), Bob Millikan and Stephen Burton (Family & Social Services Administration) and Christopher Kraemer (Department of Workforce Development). Each of them dedicated at least four to six hours a month in a one-on-one mentoring relationship with a child throughout 2010 and continues to do so today.

Both Schpok and Millikan agree

that mentoring a child is a great opportunity to make a positive difference in the life of a child. Schpok, who became involved at the suggestion of a co-worker, said the program “provides an opportunity to see the direct result of mentoring and working directly with a child who has less opportunities than others.”

Millikan echoed a similar agreement: “It’s rewarding and a great way to mentor a child one-on-one and have fun at the same time.” Millikan witnessed first-hand the rewards his uncle received when he was involved as a “Big” and decided the program would be a good fit for him.

The state will be recognized in a ceremony later this month for its commitment to youth mentoring in 2010.



Big Brothers Big Sisters
of Central Indiana

Big Brothers Big Sisters commissioned Harris Interactive to survey a group of adults who were Littles for over a year to ask about their experiences as Littles and about their well-being as adults.

Key findings:

- 42% of Littles earn a four-year college degree
- 52% reported that their Big kept them from dropping out of high school
- 65% said that their Big helped them reach a higher level of education
- 81% agreed that their Big gave them hope and changed their perspective of what they thought possible.

A PERK FOR THE WHOLE PACK!

We suspect that you'd enjoy careening down a waterslide, dining in one of our northwoods themed restaurants and building great family traditions. And to show that we mean it, we've arranged special discounts for:

State of Indiana Employees

SAVE

20% OFF

our Best Available Rates

Valid at Cincinnati/ Mason Lodge

Additional charges may apply.

USE CORPORATE CODE: INDI462B

So clear your calendar, pack the swimsuits and head to the Great Wolf Lodge - Cincinnati/Mason, OH!

FEED THE PACK!

\$9.99 XL 1 Topping Pizza from the Loose Moose

Additional charges may apply.

GREAT WOLF LODGE.

Offer based on availability. Valid for a one time use only. Voucher is not redeemable for cash, nor replaceable. Offer is not transferable and valid only at Loose Moose. Offer may be terminated at any time without notice. Order must be placed by a registered hotel guest. Limit 2 pizzas per coupon. Offer valid only at Cincinnati/Mason, OH property. Offer expires on 6/30/11.

For more information, or reservations, visit GREATWOLF.COM or call 1-800-905-WOLF (9653)

Rates are guaranteed when reservations are made 30 days prior to arrival date - any time of the year!



Offer valid only at the Cincinnati/Mason, OH property during the dates listed above. Valid on a per night basis and must be mentioned at time of reservation based on 2011 best available rates. Limited number of rooms available for each date. May not be valid during holiday and blackout periods or combined with any other discount or promotional offers. Multiple night minimum stay may apply. Offer based on 4 guests per room and must have one individual 21 years of age or older staying in each room. Offer may be terminated at any time without notice. Offer is not transferable and is not redeemable for cash. Must present valid work ID or documentation at check-in. Limit of 2 rooms per valid ID.

From the Indiana State Fire Marshal's Office

Stay safe by obeying fire alarms while in the Government Center



Recent fire alarm activity at the government centers serve as a reminder of the importance of proper and timely evacuation and assembly when the alarms sound.

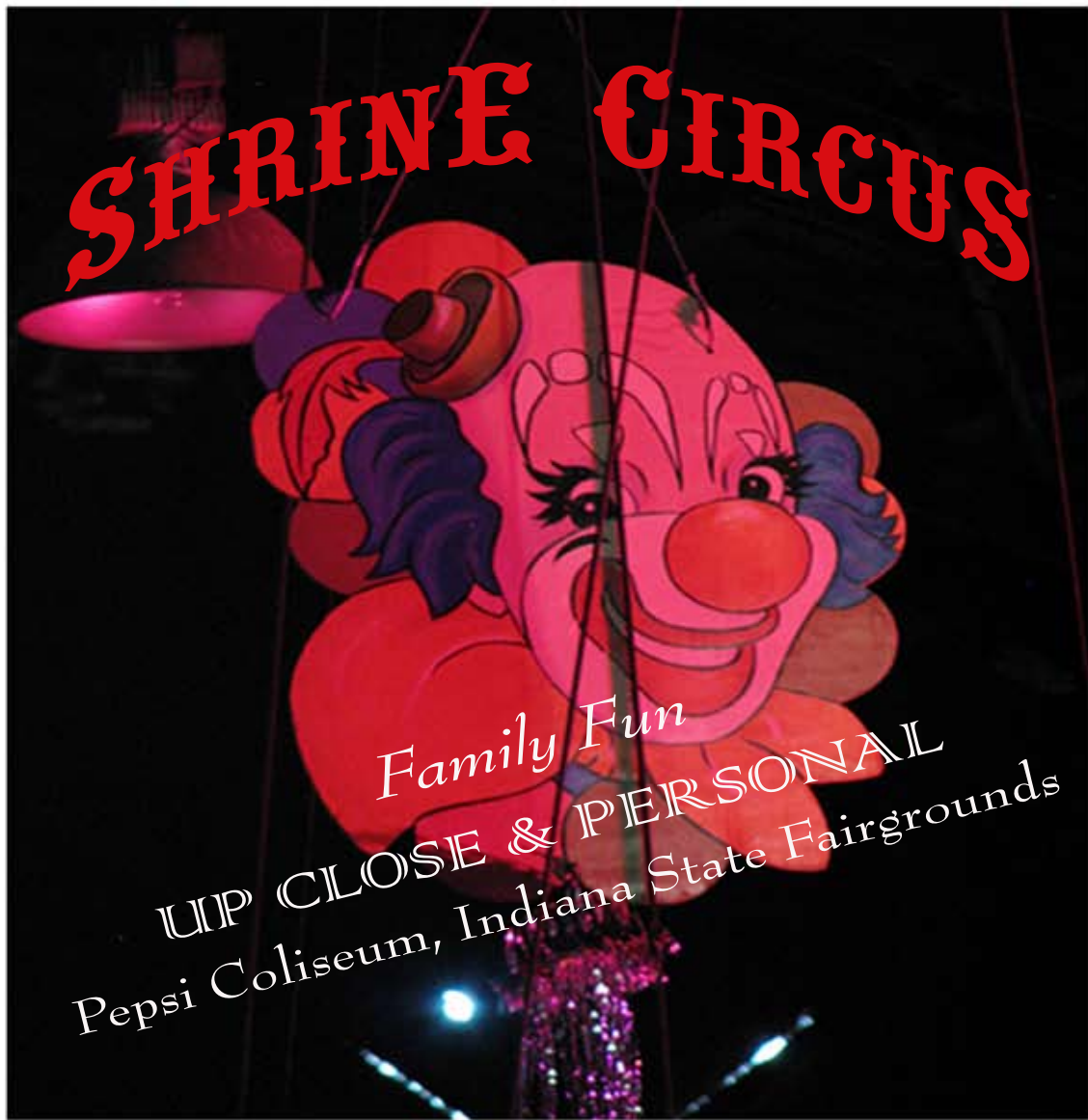
Evacuate the building quickly and safely to your designated assembly area.

A few general tips:

- ◆ Exit the building. Don't assume the alarm is a test.
- ◆ Use the safest and closest exit. Never use the elevators.
- ◆ Once you have exited, move away from the building towards your designated assembly area.
- ◆ Always give room for firefighters and emergency responders to access the building.
- ◆ Stay outside the building until IDOA Facilities Management Incident Commanders inform you it is safe.

**James Greeson
Indiana State Fire Marshal**

MURAT



PUBLIC SAFETY NIGHT
FRIDAY, MARCH 4, 7:00 PM
TICKETS \$5.00

For further information or to purchase tickets:

INDIANA STATE POLICE

IGCN - 3rd floor, west elevators

Operations Desk 317-232-8248

or Indiana State Police Museum 317-899-8293

