A message from Secretary Wernert

Take good care of yourself for a healthy summer

The warm summer months are a great time to focus on physical and emotional health needs. Rest and vacation are fun times to look forward to, but improving our health requires daily discipline and commitment. July is Health and Wellness month for state employees, and I encourage all members of Team FSSA to take this as an opportunity “access” your health and “improve” your wellness. As state employees, we work to meet the needs of fellow Hoosiers every day, but it’s important to stop and take care of our own health needs, too. Staying healthy not only benefits you and your family but also leads to higher work satisfaction, fewer missed days of work and lower stress levels.

I am a stocky guy and a former football player, so keeping my weight down has always been a struggle. Yet, some simple changes really made a difference! Fast walking with the kids on their bikes rather than leisurely strolls, walking the golf course rather than riding or watching TV while on the stationary bike have helped me. I also bring my lunch from home so I can control the calories. With this in mind, I strongly recommend that you complete a Vitality Check. There are opportunities later this month. A Vitality Check is a biometric screening similar to a yearly check-up. Information gathered includes height, weight, waist circumference, blood pressure and a blood test including cholesterol, triglycerides and fasting blood glucose. All information is confidential, not shared with FSSA or State Personnel.

There are three days of Vitality Checks at the Indiana Government Center—July 20, 21 and 24 from 7:30 to 11:30 a.m. You can schedule an appointment on the Invest In Your Health website. If you can’t attend a state-sponsored screening event, Vitality Check screenings are also available at select Walgreens Pharmacies or Healthcare Clinics, The Little Clinics (within select Krogers) and Concentra Medical Centers. You could also ask your physician to conduct a Vitality Check.

Each location requires a copy of the respective form and your Humana ID card. If you do not have a Humana ID card or have questions regarding this process, contact the Humana Customer Care Team at 1-800-708-1105. You can learn more about scheduling and preparing for Vitality Checks here.

If you’re covered under the state’s health plan, these Vitality Checks are also a key component in helping you achieve Vitality Points and upgrading to the wellness CDHP for 2016.

As always, I thank you for your continued hard work and I hope all of you continue to have a fun and healthy summer!

Dr. John Wernert, Secretary
FSSA hits the airwaves with HIP 2.0 advertising campaign

The NEW Healthy Indiana Plan, or “HIP 2.0” is off to a strong start, but we need to continue to build awareness. So last month, FSSA launched a broad advertising campaign to target the hundreds of thousands of Hoosiers in all corners of the state who qualify but aren’t yet enrolled. Advertising will appear on television, radio, online, in newspapers and on billboards and busses. The entire campaign runs through December.

To develop an advertising concept, FSSA sought feedback from HIP 2.0 members and eligible potential members through a series of focus groups held in Marion, Lake and Fayette counties. The campaign concept ultimately chosen is called “Without it/With it” and focuses on the health benefits of HIP 2.0 by underscoring the types of important health services and screenings that Hoosiers without insurance tend to forgo.

FSSA’s communications team also developed an online kit including materials that match the ad campaign that organizations and stakeholders can use on their own websites, on social media, and in advertising. Already the kit has been downloaded more than 100 times!

Thanks to the efforts of many of you, in under six months, HIP has already grown to more than 290,000 total members and our team is still processing some of the nearly 302,000 health coverage applications that have arrived since HIP 2.0 approval.

Our ad campaign will only increase interest and activity around the HIP 2.0 program, with the ultimate goal of enrolling more than a half million members and engaging them in their health and wellness like never before.

You can watch the TV commercial on the main page of www.HIP.IN.gov.
DMHA's Regina Smith pens children’s book

In May, Regina Smith, Division of Mental Health and Addition state program director for the Primary Care Behavioral Health Integration Initiative, was interviewed by FOX59 about “When Sam Cries,” her recently published children’s book about child abuse and neglect.

The idea for the book came to Regina years ago but it wasn’t until recent years that she decided to pursue publishing the book. “The idea occurred to me over 22 years ago when I was journalism major at the University of Southern Mississippi,” said Regina. “I was visiting home on vacation break, while at a church service, the story idea for ‘When Sam Cries’ came to me. The concept and the characters of the book were so vivid that I began to write the story on the post it notes I found in my purse. Three years ago, I revisited the book and decided it was time to try and get it published.”

“When Sam Cries” has a coloring book but is also a teaching tool for parents, foster parents and professionals to help children discuss and understand the complex social issues of child abuse and neglect. It is available as a physical book and ebook on various websites including Amazon, Books-A-Million, Barnes and Noble and Tate Publishing Enterprises or by contacting Regina at latebloomproductions@gmail.com.

Regina is currently writing three more children’s books inspired by her three sons and encourages others to reach out and follow their dreams. “When you are brave enough to pursue your dream, there isn’t a way to measure the positive impressions it will leave on those around you or on people you may never meet,” she says. “Take it from me, who waited 22 years for this book to actualize, just go for it!”

You can view Regina’s interview with FOX59 at fox59.com/2015/05/17/local-author-pens-anti-bullying-book-for-children.

Take the Hub survey

On January 26, 2015, The Office of Communications and Media (OCM) unveiled The Hub, a new and improved intranet for FSSA employees. The Hub provides more up-to-date news regarding FSSA happenings and more information to meet your needs as an FSSA employee. In order to help our team better meet your needs as an FSSA employee; please take a few minutes to fill out the short survey here.
ICYMI: FSSA on Twitter

Indiana FSSA @FSSAIndiana · May 18
Golden Hoosier Awards recognize outstanding seniors for a lifetime of service to their communities.

Indiana FSSA @FSSAIndiana · May 28
One dozen Project SEARCH students graduate today from Indiana internships. Congratulations all.

Indiana FSSA @FSSAIndiana · May 7
How does HIP look? We're set up to display at #GID15 today at @state_library.

Follow FSSA at @FSSAIndiana.
Also follow our #Work4LifeIN social campaign at @IndianaVR.

*In Case You Missed It*
Questions for Lynn Smith, DMHA Bureau Chief, Critical Populations

Lynn Smith
Title: Bureau Chief, Critical Populations, Division of Mental Health and Addiction
Education: Knoxville College - Bachelor’s in Business; Indiana University - Master's Degree in Health Administration.
Career Highlights: 32 years in the Mental Health and Addiction arena.

1. What attracted you to a career here at FSSA?
LS: I wanted to address the challenges of helping and assisting people in the area of social services. Being able to contribute professionally and have a voice to positively impact the people we serve was a motivating factor.

2. What gives you a sense of accomplishment professionally?
LS: Knowing that I have personally impacted people in a positive matter is a great accomplishment. It is not about me, but about truly making a difference and providing positive outcomes to those we serve statewide. One of our programs, the “Boys-To-Men Mentor Program” recently reached a landmark accomplishment. One hundred youth (protégés) have participated in the program since its kick-off in 1992. On Saturday, June 13, 2015, the 100th protégé in the program graduated from high school. All 100 participants have graduated from high school. The Boys-To-Men Mentor Program enables current and former state employees to serve as mentors and role models for African-American male youth ages six to 18 years.

3. What do you want FSSA workers to know about the work you do?
LS: The Bureau of Critical Populations addresses the mental health and addiction needs of individuals and groups who are unserved or underserved in the mental health and addiction services system. Populations that are disproportionately affected in the mental health and addiction system include, but are not limited to: African-American, Hispanics/Latino, Asian-Americans, Native Americans, Hawaiian or Pacific Islanders, persons who are homeless, older adults, persons who are deaf or hard of hearing, persons with disabilities, migrants and persons with HIV/AIDS. The Bureau addresses critical populations’ needs through participation in the development and implementation of policy, programs, and statewide events. Services that also address critical populations include creating and expanding partnerships with state, local and federal agencies and community organizations to meet the needs of consumers, families, groups and concerned citizens throughout Indiana.

4. What is the best advice you can offer, based on your years of experience?
LS: Value everyone from those you serve to coworkers, family, friends, strangers, etc. Regardless of gender, race, age, income, faith, education, etc., I believe we have an obligation to help people along the way in life.

5. What about your background might your co-workers find surprising?
LS: In high school I aspired to be a singer and musician. I sang in a group for about four months and played the violin and trumpet for four years before I switched gears and began focusing on other career goals.

Ideas and suggestions
If you have an idea or a suggestion for the FSSA Update, please e-mail Office.Communications@fssa.IN.gov.