



The Torch

The official newsletter for Indiana state employees

Submit all proof and attain Silver Status in HumanaVitality by August 31

Employees have a month left to attain Silver Status and qualify for the 2016 Upgrade. To qualify for the Wellness CDHP upgrade, employees covered by the State of Indiana health plan must enroll in HumanaVitality and attain Silver Status within the program before August 31, 2015. Your HumanaVitality account status must show Silver Status on August 31; so be sure you have submitted as much information as possible.

Ensure these activities are completed for every adult member on your health plan:

Health Assessment: This is a confidential assessment that helps you identify health risks and gives you the opportunity to create a plan to address potential risks. This earns you 1,000 points. It only takes ten to fifteen minutes to complete.

Vitality Check: A Vitality Check is a biometric screening that is similar to a yearly check-up. The information gathered during this check should include: height, weight, waist circumference, blood pressure and blood test including: total cholesterol, HDL, LDL, triglycerides and fasting blood glucose. You earn 2,000 Vitality



Points for simply completing the check and submitting the appropriate forms to HumanaVitality. Then you could also earn up to another 2,000 points if your results fall within a certain health range.

Schedule a Vitality Check by visiting your doctor, the Little Clinic (select Kroger locations), select Walgreens Pharmacies or Healthcare Clinics or Concentra Medical Centers. Plan ahead and to be sure to give yourself plenty of time to complete this screening.

While there is no requirement for your family to participate, it is recommended that they do. If you have a spouse or dependents over the age of 18 on your plan, **remind them to complete both a Health Assessment and Vitality Check.** The easy task of completing the Health Assessment can be completed either by logging into your HumanaVitality account online or from a mobile app.

Submit all your proof: Did your child participate in a sports league

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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

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Check out these deals and promotional days at the Indiana State Fair

This year is the year of the Farmer at the Indiana State Fair which is a showcase of the Past, Present and Future of Hoosier Agriculture. Be sure to check out "[What's new](#)" page for more information on what to expect this year.

Friday, August 7

College ID Day: free admission for students currently enrolled in college with an active ID. Must present ID at the gate. One valid student ID per person.

Monday, August 10

Military Day: Free admission for all armed forces and family members. Must present a military ID at the gate.

Tuesday, August 11

Springleaf Financial \$2 Tuesday: Gate admission is only \$2 on plus check out \$2 menu options from all of our concessionaires! Get your voucher now at [springleaf.com/indianastatefair!](http://springleaf.com/indianastatefair)

Thursday, August 13

myBMV.com Discount Day: Gate Admission is only \$6 with voucher presented at the gate from mybm.com. That's a 50 percent savings! Must redeem the voucher at the gate. [Click Here](#) to download your voucher today!

Saturday, August 15

Hoosier Lottery Day: All guests 18 and older can receive a FREE Hoosier Lottery ticket (limit one per person) by providing their Hoosier Lottery gate flyer entry slip from 9 a.m. - 8 p.m. (while supplies last) in Lotto Town at the Hoosier Lottery Grandstand.

Monday, August 17

Meijer Family Day: Gate admission is only \$20 per vehicle for up to 10 people with voucher printed voucher. Must present printed voucher at the



gate. [Click here to download your voucher today!](#)

Tuesday, August 18

Springleaf Financial \$2 Tuesday: Gate admission is only \$2 on Springleaf Financial \$2 Tuesdays at your Indiana State Fair PLUS check out \$2 menu options from all of our concessionaires! Get your voucher now at [springleaf.com/indianastatefair!](http://springleaf.com/indianastatefair)

Thursday, August 20

AAA Day: Hoosier AAA Members receive FREE gate admission when presenting their valid AAA membership card at the gate. One valid AAA card per person.

Friday, August 21

\$5 Foodie Friday: Gate Admission is only \$5 - no voucher needed. Concessionaires around the fairgrounds will also be offering discounted items all day!

Sunday, August 23

Pepsi Wild Cherry Gospel Day: Bring any Pepsi branded can to the Indiana State Fair and receive \$2 off gate admission.

Honoring old traditions and creating new memories is what the fair is all about. It all takes place Aug. 7-23. To get more details and plan your trip, please visit the State Fair website, www.indianastatefair.com.

Governor appoints new President of the Indiana Economic Development Corp.

On July 29, Governor Mike Pence named **Jim Schellinger** president of the Indiana Economic Development Corporation (IEDC). He currently serves as the chairman and chief executive officer of CSO Architects and is a member of the IEDC Board of Directors.

"Since day one, our administration has prioritized establishing Indiana as the best state in the nation for job creation. To do this, we need a top-notch team at the Indiana Economic Development Corporation, and Jim Schellinger is the right man at the right time to lead the organization," said Governor Pence. "Already this year, Hoosier companies have committed to creating more than 15,000 new jobs in the coming years with salaries well above the state's current average. I am confident that Jim, with his unmatched business leadership experience, will continue to build on this progress and attract both national and international recognition and investment in the Hoosier State."

Schellinger joined CSO, one of Indiana's largest architectural firms, in 1987 and was named president and chief executive officer in 1996 at age 36. He has led the firm through unprecedented growth, completing landmark projects including Circle Centre Mall, the Indiana Historical Society Museum, Indiana State Government Center North, Anthem Operations Center, the new Indianapolis International Airport, the JW Marriott Complex, The Palladium at the Center for Performing Arts, New Saint Joseph High School in South Bend, his alma mater, and most recently, the planning and implementation of improvements to the Indianapolis Motor Speedway. Starting Aug. 10, Schellinger will commence a leave of absence from CSO.

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this summer? Did you have any type of dental, vision appointment? When you schedule preventive appointments, participate in healthy activities like sports leagues or meet goals like reducing your blood pressure, you'll earn Vitality Points that you can redeem for Vitality Bucks. Once you've completed an activity, you may need to submit proof of participation in order to earn your Vitality Points.



You can complete the form online or download it, complete it by hand, and mail it to the Humana offices. However, the online self-submission is the most direct and fastest option to choose, but is not available for all activities.

Here are the steps to self-submit proof of these activities:

1. Log onto your [HumanaVitality account](#).
2. Scroll over "Earn Rewards" at the top
3. Click on "HumanaVitality forms"
4. Click on desired activity (Ex. Prevention Activity, Sports League, etc.)
5. Scroll down to the bottom of the next page and answer the "Submission for," "Activity type," "Activity date," and "Proof" boxes.
 - **You must submit the form within 90 days of service or final day of activity**
 - Depending on the activity you are submitting, can help you

Humana Vitality

decide what proof you can submit. For prevention activities such as dental exams and vision exams, you can submit an explanation of benefits or a visit summary that you may have received the day of your exam. For sports leagues, you can submit your team's schedule or a registration form.

- To upload a document as proof, make sure to save the document on your computer. Then, simply click on "Choose file" under the "Proof" section, and your documents will pop open on your desktop. This process is just like attaching a document to an e-mail. Next, select the document you just saved or wish to submit. When the correct document is attached, click on "Submit."
- This process awards members their points in two to three business days.

For more information about HumanaVitality, please visit investinyourhealthindiana.com/humana. If you have additional questions, please call the Humana Customer Care team at 1-800-708-1105.

Kids need more fruits and veggies

Kids may be excited to eat their macaroni and cheese or dessert, but, for some, it seems they will do just about anything to be excused from eating their fruits and vegetables. [USDA's MyPlate](#) recommends that half of your plate consists of fruits and vegetables. Parents everywhere are wondering, "How can I get my child to eat more fruits and vegetables?"



Follow these tips to get your kids to eat right.

Don't skip breakfast. Make your children oatmeal or cereal with strawberries or bananas, or low-fat yogurt mixed with blueberries.

Try heirloom fruits and vegetables. If you get your kids excited about rare and interesting varieties of fruits and vegetables, they will be more eager to try them. Take your children to a farmers market and have them pick out what they'd like to try.

Load up lunchtime. If you pack a sandwich for your child's lunch, try loading it up with vegetables and cutting back on high-fat dressings.

For more healthful eating tips, recipes, videos and to learn more about Kids Eat Right Month, visit KidsEatRight.org.

Written by Jill Weisenberger, MS, RDN, CDE, FAND, is a nutrition writer based in Virginia.

What happens after August 31 with HumanaVitality?

Since February, included in almost every wellness article is the August 31 Silver Status deadline. But what happens after August 31? We highly recommend employees and their families continue to engage in the program throughout the remainder of the year.

Employees can still register and engage with HumanaVitality: Any employee, spouse or dependent can sign up for the program throughout the year.

Visit <https://our.humana.com/investinyourhealth/> and follow these steps:

1. Click the link under the green sign in button: "Register now as a new user"
 2. Click "Get Started" green button.
 3. Under the green Registration heading, there are three tabs. Choose the far right tab titled "All other members". You then must enter a Member ID number (from Humana) or your birth date and social security number to finish the registration.
- A Humana ID card is issued to each person covered on your medical plan who is over the age of 18. If you do not have your Humana ID card or know your Humana ID number, you can need to enter your birthdate and social security number.
 - You can also set up your account by downloading the HumanaVitality mobile app from your mobile device app store.

Earned Vitality Points and Vitality Bucks: Members earn Vitality Points by reaching various goals and doing certain activities like completing the Health Assessment, reaching a healthy

weight, and exercising regularly. Each Vitality Point earns you one Vitality Buck. Accumulate those Vitality Bucks to spend in the Vitality Mall. Every Vitality Point you earn, you earn one Vitality Buck. You must use Vitality Bucks to purchase items in the Vitality Mall. Once you spend Vitality Bucks, your total bucks will change but your point total does not.

Ten percent of a member's Vitality Points carries over to the next year. So, however many points you have on December 31, 10 percent of those will roll over to January 1, 2016. For example, if you have 11,000 Points at the end of December, 1,100 points will roll over into 2016. Vitality Bucks stay with an individual for three years or until you spend them. So you have the option to save up for a bigger prize!

Please note: In accordance with IRS Publication 15-B, these rewards purchased in the Vitality Mall are considered taxable fringe benefits that are included on the employee's W-2 and subject to Federal tax withholdings, as well as Social Security and Medicare taxes. **Payroll will withhold the appropriate amount of tax for that reward corresponding with your personal tax elections, which will result in a net reduction in your pay.**

Continue to be engaged throughout the year with HumanaVitality. As we draw closer to Open Enrollment, look for more specific information on the 2016 Wellness CDHP option including rates. For more information about HumanaVitality, please visit investinyourhealthindiana.com/humana.

HumanaVitality launches a new FAQ website

HumanaVitality is available to employees, and their covered dependents, enrolled in a medical plan offered through the State Personnel Department.

HumanaVitality® empowers and provides you with the tools necessary to reach your optimal health. But, how do you navigate and get answers to your questions?

HumanaVitality has launched a new website specifically targeted towards frequently asked questions about the program including how to submit information, syncing devices and much more! Check it out at community.humanavitality.com

Here is what members can do on the HumanaVitality Community:

- Get the latest news and updates about HumanaVitality
- Ask questions and quickly get answers from dedicated Customer Care specialists and fellow community members without making a phone call
- Share feedback on how we can make HumanaVitality better
- Find interest groups customized to their wellness interests
- Get inspired with healthy recipes, articles, videos and more

If you have any additional questions, please contact the Humana Customer Care team at **1-800-708-1105**

Top 10 tips to help your children develop healthy habits

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choice and physical activity habits. Here are some tips and guidelines to get you started:

1. **Be a good role model** - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.
2. **Keep things positive** - Kid's don't like to hear what they can't do; tell them what they can do instead! Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
3. **Get the whole family moving** - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone benefits from the exercise and the time together.
4. **Be realistic** - Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.
5. **Limit TV, video game and computer time** - These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease. Limit screen time to two hours per day.



6. **Encourage physical activities that they'll really enjoy** - Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it.
7. **Pick truly rewarding rewards** - Don't reward children with tv, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.
8. **Make dinnertime a family time** - When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.
9. **Make a game of reading food labels** - The whole family learns what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime. Learn more about reading nutrition labels.

10. **Stay involved** - Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.

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August is 'Kids Eat Right' month and is a great time to focus on healthy eating

With childhood obesity on the rise, making sure kids eat right and get plenty of exercise is vital.

Parents and caregivers can play a big role in children's nutrition and health, teaching kids about healthy foods, being a good role model and making sure physical activity is incorporated into each day.

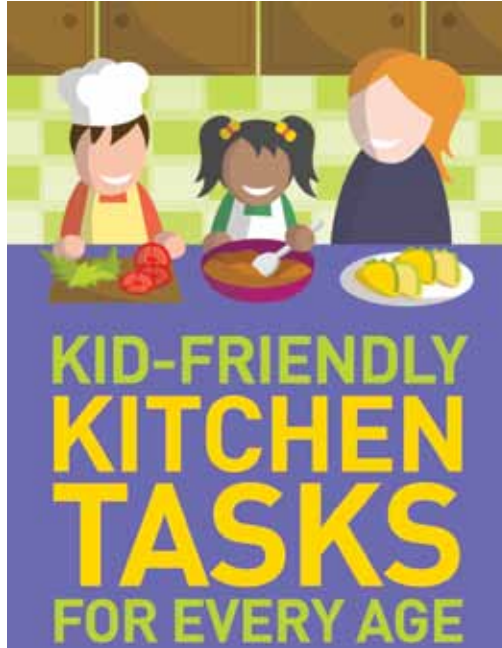
August, which is Kids Eat Right Month, is a great time for families to focus on the importance of healthful eating and active lifestyles. The Academy of Nutrition and Dietetics is encouraging families to take the following steps:

Shop Smart. To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.

Cook Healthy. Involve your child in the cutting, mixing and preparation of meals. They will learn about food and may even be enticed to try new foods they helped prepare.

Eat Right. Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another. Research indicates that those families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

Healthy Habits. You can help kids form great, healthy habits by setting a good example. Fill half your plate with fruits and vegetables, choose lower-sodium options, and make at least half the grains your family eats whole grains. For beverages, choose water over



Click the image to see full list of kitchen tasks based on your child's age.

sugary drinks, and opt for fat-free or low-fat milk.

Get Moving. Aside from being a great way to spend time together, regular physical activity is vital to strengthen muscle and bones, promote a healthy body weight, support learning, develop social skills and build self-esteem. Kids are encouraged to be active for 60 minutes per day.

Getting kids to eat right can sometimes be a challenge, particularly if they are picky eaters. But experts say that a conversation can help.

"Talk to your children. Learn the foods they like. Teach them about the foods they need for their growing bodies. Find ways together to make sure they have the knowledge and ability to eat healthy and tasty foods at every meal," says Angela Lemond, registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson.

It may help to consult a registered dietitian nutritionist in your area to ensure your family is getting the nutrients it needs with a meal plan tailored to your lifestyle and busy schedule.

For more healthful eating tips, recipes, videos and to learn more about Kids Eat Right Month, visit KidsEatRight.org.

This August, reevaluate your family's eating and exercise habits, and take steps to make positive, healthful changes.

Thank you to Christy Tunnell, MBA, RD, CD, Indiana Academy of Nutrition and Dietetics President for this submission.



Please take this IPAS survey

Indiana Protection and Advocacy Services (IPAS) is conducting a survey to inform our Goals and Objectives for 2016. Please take the survey and let us know what is important to you! The survey closes on August 7.

- [Click here to take the survey](#)



Help keep Hoosiers safe by joining IMAT

State employees with an interest in working alongside local emergency management and first responders, or those simply looking for a way to contribute to their community, have an available opportunity through the Indiana Department of Homeland Security (IDHS).



With roughly 40 positions across three different groups, IDHS is working to staff each position with several specialists to ensure that IMAT teams are fully staffed when the need arises. Emergency management or medical experience is not necessary to work within the IMAT. Finance, logistics, planning and project management, GIS specialists and managerial personnel are a few of the specialties needed. Necessary training will also be provided to those who take part.

IDHS is working with other state agencies to recruit members for various positions within the Incident Management Assistance Team (IMAT).

IMAT was originally formed in 1993 as a forward response team capable of managing, stabilizing and resolving any crisis whether in Indiana, or to assist other states. Since then, the IMAT has been available to provide advisory services and support to local jurisdictions during times of disaster and large scale emergencies such as Henryville and Superstorm Sandy on the East Coast. Hosted by IDHS, the IMAT is comprised of members from multiple state agencies and trained to address all types of emergency incidents.

IMAT is currently building a new structure to allow for more flexibility. The structure features three groups, all with their own unique purpose. The Incident Management Team, Emergency Operation Center (EOC) Support Team, and the Area Multi-Agency Coordination Center Teams are available to assist locals in attaining a stable situation.

Come to an informational open house regarding the IMAT on Friday, August 21, from 9 a.m. to noon in the Government Center South, conference room 17. Anyone interested in learning more about the IMAT can stop by or contact Mark Olson at molson@dhs.in.gov.

Women's Wellness Weekend is August 21- 23

The first ever Women's Only Wellness Weekend is at Brown County State Park from August 21 through 23.



This weekend offers a chance for women to hike beautiful trails, enjoy the food and accommodations of the Abe Martin Lodge, and participate in workshops ranging between gardening, jewelry, crafting, archery and wine tasting. The Complete Weekend Getaway package costs \$250.

Please call 877-265-6353 for more information, or check online at www.IndianalInns.com for additional information.

Save more when you go to Kings Island!

Are you planning a trip to Kings Island August 21, 22 or 23? Save even more.

- [View flyer](#)

August 21, 22 and 23 are employee appreciation days at Kings Island!

Tickets are only \$31 for these three days only. Purchase in the online store to use on one of these three dates. The username and password are the same as the general offer. Click the offer for Employee Appreciation Days to purchase.



Artwork by Jerry Williams