



The Torch

The official newsletter for Indiana state employees

State of Indiana recognized as a finalist for the 2015 Healthiest Employer

Congratulations to everyone who attained Silver Status in HumanaVitality by August 31, 2015. Thousands of employees from around the state have invested in their health and can now reap the benefits of the Wellness CDHP for 2016.



"I applaud all of the state employees who took responsibility for their health care and achieved Silver Status," said Governor Pence. "I am thankful for the State Personnel Department for its continued work to ensure employees across the state have the opportunity to take advantage in important programs like Invest in Your Health."

Humana Vitality is just one of the programs that the State of Indiana provides to employees to enable them to improve their health and well-being. Due to this commitment and employees answering the call to action, the Invest in Your Health initiative is being recognized both by employees and outside entities.

The State of Indiana has recently been recognized as a finalist for the 2015 Healthiest Employers in the state. The chosen organizations are honored for their commitment to employee health and exceptional corporate wellness programming.

Though the state is receiving recognition, one must remember that wellness does not stop after the Upgrade eligibility ends. Employees are encouraged to stay engaged in HumanaVitality and the other programs provided through Anthem and Castlight. Also continue to watch the Torch and InvestinYourHealthIndiana.com for information on upcoming challenges, Open Enrollment and in January, eligibility for Upgrade 2017.

In this issue

- 2** • New IDEM Commissioner
- New Bicentennial Medal revealed



- 3** • Biggest Loser Contest voting information
- 4** • After Aug. 31
- New HV Community website
- 5** • Understanding Cholesterol
- 6** • DNR September events

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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Governor appointment

Governor appoints new IDEM Commissioner

On August 25, Governor Mike Pence announced **Carol Comer** as the new Commissioner of the Indiana Department of Environmental Management (IDEM). Comer formerly served as the Chief of Staff at IDEM. This announcement comes after former Commissioner Tom Easterly announced his retirement in mid-July.



Prior to her role as Chief of Staff, she served at IDEM as General Counsel, where she oversaw approximately thirty attorneys and support staff. Previously, she served as a senior administrative law judge for the Indiana Board of Tax Review and as an Administrative Law Judge with the Indiana Utility Regulatory Commission. Comer started her environmental law career at Plews and Shadley in Indianapolis and later at Lewis and Roca in Phoenix.

She is a 2013 graduate of the Richard G. Lugar Excellence in Public Service Series and currently serves on the organization's Board of Directors. She also volunteers and serves on the Board of Directors for God's Bounty Food Pantry. In addition, she assisted the Indiana Pro Bono Commission with the founding of Indiana Operation Enduring LAMP and represented soldiers with legal claims.

Comer received her undergraduate degree from Indiana University School of Business and a joint master's and law degree simultaneously from Indiana University School of Public and Environmental Affairs and Indiana University Robert H. McKinney School of Law, where she was the law school's first Environmental Law Fellow.

Bicentennial Commission

Switzerland County woman's design to appear on official Bicentennial Medal

The Indiana Bicentennial means something different to each individual. For some it is a motivation to restore historical landmarks; others create legacies for future generations to enjoy; many reflect on their community's past or simply celebrate with their fellow Hoosiers. For one Switzerland County woman it is a unique opportunity for her skill to be minted into Indiana history. In early August the Indiana Bicentennial Commission, in partnership with the Indiana Arts Commission, announced that Donna Weaver, a Vevay resident, was chosen in a competition to design the official commemorative Indiana Bicentennial Medal. Nearly one hundred designs from fifty artists across the state were submitted to the Bicentennial Medal Jurors who judged the designs on their historical and artistic qualities.

Weaver is an Indiana Artisan and was named as one of Early American Life magazine's best artisans in 2010. After receiving a Fine Arts degree from the Art Academy of Cincinnati in 1966, Weaver worked with Kenner Toys and Hasbro, sculpting children's toys. In 2000, Weaver began working as a sculptor-engraver with the United States Mint. Although she retired in 2006, Weaver continues designing specific coins as a part of the Artistic Infusion Program at the Mint. Weaver is credited with more than seventy designs, but some of her most notable projects were sculpting the new nickel design and twelve commemorative state quarters.

Weaver mostly sculpts miniature wax portraits in bas relief, preferably of early American figures, well-known or not, who helped develop Indiana. Bas relief is an art form originally popular in the mid-18th century and Weaver believes she is the only person in

the United States currently creating it. Weaver told Indiana Artisan that her portraits "appeal to the person who loves history and wants to see a beautiful, traditional piece of sculpture on their wall or to give as a special gift."



Weaver's preliminary design "Indiana Revealed" shows how Indiana has changed and evolved since it was first established. She will work with the minting company to develop the final design which will likely differ somewhat from the original. "The work of Donna Weaver is exemplary of the artistic talent and dedication to the craft that we see throughout Indiana," said Randall T. Shepard, former Chief Justice, Indiana Supreme Court and member of the Bicentennial Commission.

The development and production of the Indiana Bicentennial Medal is being underwritten by the Indiana Bankers Association. Indiana's bankers also participated in the 1916 commemorative medal for Indiana's Centennial. "We are proud to be the presenting sponsor of the Bicentennial Commemorative Medal," said Joe DeHaven, Indiana Bankers Association President and Chief Executive Officer. The medal is anticipated to be released November 2015.

Three employees are finalists for The Biggest Loser Resort Contest

Back in July, State Personnel promoted The HumanaVitality Biggest Loser Resort Contest. This essay contest asked all HumanaVitality members to write an essay describing “How will a trip to the Biggest Loser Resort improve your wellness?” Three state employees have been selected to be among the 30 finalists out of more than 1,000 entries. These employees are:

- **Heidi Gaha**, Department of Child Services – Central Office
- **Shelly Wagner**, Department of Correction – Pendleton Juvenile Correctional Facility
- **Debra Royalty**, Family & Social Services Administration – Madison State Hospital

Support your fellow state employees by reading all three submissions and voting for your favorite! Below are the steps to vote:

1. Log into your [HumanaVitality account](#)



2. Click the link “Learn more about The Biggest Loser Resort contest” in the bottom-middle of your homepage.
3. Click “Vote Now”
4. Click “View More” under the name of each person to read his/her essay.
5. Click the “Vote” green button under your favorite essay
6. Click “Confirm vote.” Once the vote has been confirmed, you will receive a “Thanks for voting” message on the next page.

Voting is open through September 6! All HumanaVitality members are eligible to vote only once. Once you

vote, your name is entered to win a prize for voting! Fourteen prizes will be awarded, one for each day of voting. So the earlier votes are cast, the greater the chance for receiving a prize. Winners of daily drawings can choose one of these options (limit one per person):

- Fitbit Aria (Black), manufacturer’s suggested retail price (MSRP): 129.95
- Fitbit Charge (small or large; Black), MSRP: \$129.95
- Fitbit One (Black), MSRP: \$99.95
- Garmin Vivofit with Heart Rate Monitor (Black), MSRP \$129.99
- 16 GB iPod nano (Space Gray), MSRP: \$149

Winners will be notified via phone, email or express mail on or about September 10, 2015. Each potential daily winner must respond within 10 business days to claim his or her prize. The grand prize contest winner will be selected on September 28.



Governor Pence and First Lady Karen Pence receive their Vitality Check to help them attain Silver Status.



Artwork by Jerry Williams

What happens now with Humana Vitality?

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 Humana Vitality program throughout the remainder of the year.

Employees can still register and engage with Humana Vitality: 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 Humana Vitality 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 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 roll over to January 1, 2016. For example, if you have 11,000 Points at the end of December, 1,100 points 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 Humana Vitality. As we draw closer to Open Enrollment, look for more specific information on the 2016 Wellness CDHP option, including rates. For more information about Humana Vitality, please visit investinyourhealthindiana.com/humana.

Humana Vitality launches a new FAQ website

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

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

Humana Vitality 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 Humana Vitality Community:

- Get the latest news and updates about Humana Vitality
- 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 Humana Vitality 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**

Understanding cholesterol and your possible health risk

During 2013, approximately 13,630 Indiana residents died as a result of heart disease, and another 3,061 died from stroke. These leading causes of death share one common risk factor – high cholesterol. Cholesterol is a waxy, fat-like substance that your body needs. However, when too much is found in the blood, it can build up on the walls of the arteries in the heart, leading to heart disease and stroke.



According to the Centers for Disease Control and Prevention (CDC), about one in every six adults in the United States has high cholesterol. However in Indiana, 40 percent of adult Indiana residents reported having high cholesterol. Anyone, including children, can develop high cholesterol. Some risk factors for high cholesterol – such as age, sex, and heredity – are not controllable. However, there are several risk factors that can be changed such as eating an unhealthy diet, being overweight, smoking, and not getting enough exercise.

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood. Total cholesterol levels are made up of low-density lipoprotein (LDL) and high-density lipoprotein (HDL) cholesterol. LDL is called “bad” cholesterol because it can build up in the walls of your arteries and form plaque. HDL cholesterol is called “good” cholesterol because it is thought to help remove LDL (bad) cholesterol from the body. Healthy levels of cholesterol are defined as:

- A total cholesterol level of less than 200 mg/dL
- An LDL cholesterol of less than 100 mg/dL
- An HDL cholesterol of 40 mg/dL or higher
- Triglycerides (another type of fat found in the blood) of less than 150 mg/dL

There are no symptoms for high cholesterol and many people do not know that their cholesterol level is high. A simple blood test can identify cholesterol levels. Most adults should have their cholesterol levels checked every five years. In some instances – if total cholesterol is 200 mg/dL or more, or if the HDL is less than 40 mg/dL – a lipoprotein profile blood test needs to be done. It’s important to talk to your doctor about cholesterol testing and understand which test might be right for you.

Maintaining low cholesterol is important for all people, regardless of whether or not they have heart disease. The CDC outlines several steps to help maintain a normal cholesterol level:

Eat a healthy diet. A high amount of saturated fat and cholesterol in food can increase blood cholesterol. Tips on reducing saturated fat and eating healthier options are available on the [CDC’s Nutrition, Physical Activity, and Obesity website](#).

Maintain a healthy weight. Being overweight can increase cholesterol levels. The [CDC’s Healthy Weight website](#) includes information and tools to help you lose weight.

Exercise regularly. Regular physical activity can help lower LDL cholesterol and raise HDL cholesterol. The CDC recommends that adults get 150 minutes of physical activity each week. Visit INShape Indiana at inshapeindiana.org for more information on moving more.

Remain smoke free. Indiana’s Tobacco Quitline offers free cessation assistance. Visit QuitNowIndiana.com, or call 1-800-QUIT NOW for more information and quit help.

Additional resources:

- Cardiovascular and Diabetes Coalition of Indiana – www.incadi.org
- Indiana Healthy Weight Initiative – www.in.gov/isdh/25140.htm
- Million Hearts Initiative – www.millionhearts.hhs.gov/index.html



Thanks to the Indiana State Department of Health for this submission.

The Hoosier Outdoor Experience is Sept. 19-20 with an added 5K

The Department of Natural Resources (DNR) has a few great events that are fun for the whole family. Make sure to mark your calendars for these:

The **Ford Hoosier Outdoor Experience** is Indiana's largest hands-on outdoor recreation event. Hosted on the grounds of Fort Harrison State Park, the free event features roughly 50 activities to try provided by the Department of Natural Resources, Indiana Natural Resources Foundation and our grassroots partners. Guests can try everything from mountain biking and horseshoe pitching to archery, fishing, and guided nature hikes. New this year, the Learning Center has six classes every day from REI and Central Indiana Wilderness Club. For more information and list of activities, please [visit this website](#). This event is open from 10 a.m. to 6 p.m. Sept. 19 and 20.

Volunteers are also needed to help the event.

Volunteers are assigned to help in five-hour shifts with one of the many on-site activities. These include fishing, mountain biking, archery, an archaeological dig and more. To sign up, or for more information, visit hoosieroutdoorexperience.com. You may also contact volunteer coordinator [Cheryl Hampton](#), (317) 233-1002, and follow [facebook](#) for updates.

The Harrison Hustle 5K Run/Walk

On Sept. 20, join the Ford Hoosier Outdoor Experience for the first annual Harrison Hustle 5K Fun & Run and Walk. Enjoy a fun and festive military-themed 5K race that honors Fort Harrison State Park's unique history. The race begins at 9 a.m. as participants march



to the music around the paved Fort Harrison Trace trail alongside costumed reenactors. After reaching the finish line, snacks, swag bags, and a group stretch workshop led by Indiana Trail Running will be available. Top male and female finishers overall and in each age group will be decorated with the honors and prizes at 10:30 a.m. Registration is \$15 for adults (16+) and free for children 15 and under. For more information or to register, go to: <http://2015harrisonhustle.eventbrite.com>

September is Indiana Archaeology Month and is full of special events

This September is the 20th anniversary of a statewide celebration of archaeology in Indiana (Indiana Archaeology Week 1996-2001; Indiana Archaeology Month 2002-2015)! Indiana Archaeology Month is coordinated by the Department of Natural Resources, Division of Historic Preservation and Archaeology (DHPA).

Commemorative shirts may be purchased for \$10 each at the DNR Customer Service Center in the Indiana Government Center South, Room W160A. For mail orders, call 317-232-4200 or toll free (877) 463-6367. DHPA archaeology staff will also be bringing shirts for sale, while supplies last, to events they'll be attending during Indiana Archaeology Month.



To obtain a free poster, you may either visit the DHPA office (at 402 West

Washington Street, Room W274, Indianapolis) or pick up a poster at an Indiana Archaeology Month event where the DHPA archaeology staff will be participating.

- [Check out the many events which are happening in September](#)

If you have any questions, don't hesitate to contact Amy Johnson, Archaeology Outreach Coordinator, at ajohnson@dnr.IN.gov or 317-232-6982. [Visit the website](#) to learn more! #INArchaeoMonth

JAG program receives prestigious awards

Jobs for America's Graduates (JAG) is a state-based, national non-profit organization dedicated to reconnecting at-risk students academically by helping them overcome barriers to graduation. This year, JAG Indiana received the prestigious, statewide "5 of 5" Award at the JAG National Training Seminar in New Orleans. The award was in recognition for Indiana exceeding national goals for graduation, post-secondary education, enrollment, securing entry-level jobs leading to career advancement opportunities and positive outcomes. Indiana's JAG program was also recognized for the third straight year with a First place national award for highest scholarship dollars earned by students, (\$15 million), and earned the Peak Performance award for outstanding participation and group performance rates.



More than 13,000 students have participated in Indiana's JAG program since 2006. With 118 programs active in Indiana, students are taught up to 88 competencies such as critical thinking, team leadership and effective communications skills that increase their employability skills. Indiana's program graduates more than 93 percent of participants and many students choose to continue their education after high school. With recent program expansions driven by Governor Mike Pence and the Indiana General Assembly, the JAG program is the largest in the nation and is funded through grants provided by the Indiana Department of Workforce Development.

If you know a student or business who might be interested in participating in JAG, please [visit the website](#) for information on JAG programs in your area.

Governor proclaims September Preparedness Month

Governor Mike has declared September Preparedness Month in the state, urging Hoosiers to develop plans for coping with natural or man-made disasters and emergencies.

The governor's proclamation calls on the state's citizens to create disaster preparedness kits in case emergency supplies are needed during times of evacuations or prolonged power outages. The Indiana Department of Homeland Security (IDHS) encourages Hoosiers to make and practice escape routes.

Threats of tornadoes, earthquakes, severe thunderstorms, flooding and snow storms are common in Indiana. Here are some tips for Hoosiers to follow during Preparedness Month:

- Prepare and practice a home communications plan. Designate an out-of-state contact so family and friends know who to call if local communications are not operating. Sometimes after a disaster communication to surrounding areas can be cut off or overwhelmed, but long-distance communication may still work.
- Parents should know their children's school emergency plan and how to react if the plan is activated.
- Know employers' emergency plan in the event an emergency happens at work.

Preparedness Month is the time to prepare an emergency kit, make a plan, be informed and get involved. More detailed information on suggested kit content and emergency preparedness tips are available at the Indiana Department of Homeland Security's Get Prepared website, [GetPrepared.in.gov](#).

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Would your spouse or dependent like to receive benefits or health/wellness information? You can easily sign up a personal e-mail to our subscriber list. Simply visit our website, [www.in.gov/spd](#) and under "Employee News" click the "Subscribe for e-mail updates" link. Click this link and enter the e-mail in the new window that pops up.

INDIANA PUBLIC ARCHAEOLOGY SYMPOSIUM SEPTEMBER 26, 2015

The Indiana Division of Historic Preservation and Archaeology (DHPA) and the University of Indianapolis (UIndy) would like to invite you to a symposium commemorating 20 years of celebrations of Indiana Archaeology.

As a throwback to the first Archaeology Week in 1996, please join us for this one-day symposium featuring podium and poster presentations celebrating public archaeology in Indiana.

Special Keynote
Luncheon with former
Indiana State
Archaeologist,
Dr. Rick Jones

For more information, contact
Rachel Sharkey at rsharkey@dnr.in.gov or
Christopher Moore at cmoore@uindy.edu



LOCATION

University of
Indianapolis
1400 E Hanna Ave
Schwitzer Student
Center, UIndy Hall
Indianapolis, Indiana
46227

TIMES

Registration opens
at 8:00am,
presentations start
at 9:00am

REGISTRATION

Fee: \$15, \$10 for
students
(\$20 at door)
Please make checks
payable to **ARCHAIC**

Registration form
due to Rachel
Sharkey
rsharkey@dnr.in.gov
by September 1,
2015



INDIANA DEPARTMENT OF CHILD SERVICES Career Opportunity

Family Case Manager

Do you want to make a difference?

Consider a rewarding career with the Indiana Department of Child Services (DCS) and join our team to help us protect our State's most valuable asset—our children.

DCS is currently looking for Family Case Managers dedicated to support the agency's mission to protect children from abuse and neglect.

Requirements: Bachelor's degree from an accredited college/university required. At least 15 semester hours or 21 quarter hours in child development; criminology; criminal justice; education; healthcare; home economics; psychology; guidance and counseling; social work; or sociology required.

The Indiana Department of Child Services is a drug free workplace. Candidates are subject to pre-employment and random drug and alcohol testing.

How to Apply

Interested applicants should apply via Careers with DCS at
www.careers.in.gov

Keyword Search>
Family Case Manager 2

The Indiana Department of Child Services protects children from abuse and neglect by partnering with families and communities to provide safe, nurturing, and stable homes.

For more information about DCS, visit us at www.in.gov/dcs.

Why should I apply?

- Competitive pay
- Medical, vision, dental insurance
- Vacation, sick, personal time
- Life insurance
- Retirement plans
- Up to 14 paid holidays per year

Questions?

Email: dcshr@dcs.in.gov

Attention: Recruiter

(Please refer a friend)

Equal Opportunity Employer

