Greetings State Employees:

I woke up early to a rising sun and a cool breeze coming through the windows about a week after my son was born in 1996. My wife and son were asleep in the townhouse apartment we rented just down the street from the Children’s Museum. I decided to get up and head to Marsh to pick up some donuts to celebrate the new addition to our family. When I returned, we ate donuts, held our newborn son, and marveled at our good fortune to have a beautiful, healthy baby boy. Then came a knock at the front door and a neighbor yelled to us that we had to leave the apartment immediately because the building was on fire. We quickly gathered up our essential belongings, our two dogs, and our baby and ran out of the building. Firefighters were able to save the building, but our apartment was a total loss. All our belongings, including our baby clothes, dresser and crib were ruined. We had nothing.

As we watched our belongings burn, employees from the Salvation Army-Indiana Divisional Headquarters located across the street noticed the fire and came over to help. They brought clothes and baby supplies for our family. Thanks to their help, we had the basic goods we needed while we looked for a place to stay. The Salvation Army was able to help me in my time of need because of contributions and donors like you through programs such as the State Employees’ Community Campaign (SECC).

SECC is the annual charity campaign funded by state employees. The dollars you give through the SECC campaign fund organizations that help people in their greatest time of need; just

Continued on page 2
as the Salvation Army helped my family many years ago.

The 2017-2018 State Employees’ Community Campaign Takes Giving to the Next Level, and I am honored to serve as this year’s SECC Chairman. The SECC allows state employees to contribute to any charity with a 501(c)(3) ruling through either a one-time contribution or the convenience of payroll deductions. State employees are an extremely giving group; collectively, we raised $1.47 million last year alone! And over the past 38 years, SECC has raised over $30 million benefitting 1,600 organizations worldwide. The SECC website provides more information about how to donate.

Join us on Friday, October 13 for an Ice Cream Social. From 1 to 3 p.m., I will be hosting along with my fellow agency heads and other elected office holders. We are serving ice cream bars in the IGC-S Atrium for $5 a bar, with all proceeds benefiting the Salvation Army.

I look forward to seeing you at these events and many more throughout the campaign. Be on the lookout for more information from your SECC agency coordinators.

Thank you for all that you do to help take Indiana to the Next Level. I have no doubt that you will, once again, step up and participate in this year’s campaign and Take Giving to the Next Level. Your contributions help so many people in need.

Work hard. Be nice. Have fun!

Bruno Pigott
IDEM Commissioner
SECC Chairman, 2017-2018

---

The SECC kicked off with adult recess at the Statehouse Market Aug. 31. SECC chairman Pigott, First Lady Janet Holcomb and FSSA Secretary Jen Walthall led the event by encouraging all employees to help raise more than the goal of $1.45 million. IDEM raised more than $450 by dunking Pigott, Walthall and others. More than 10 charities were represented with games (including a dunk tank pictured above), fun and information. To learn more about the SECC, visit insecc.org for additional information.
DNA testing info for genealogists at the Indiana State Library*

This free workshop focuses on the basics of genetic genealogy and how DNA testing provides new tools for genealogists. Topics include: the types of tests available (autosomal (atDNA), Y-dna, and mtDNA tests), testing companies, who to test, understanding DNA Test results, ethnicity reports, contacting matches, and more. CIDIG team members will be available throughout the sessions to answer your questions.

Registration is required by Sept. 13, 2017. If the maximum capacity is reached before Sept. 13, registration will be closed prior to the deadline.

*This is the same program that was given on June 10, 2017.

Indiana Genealogy and Local History Fair at the Indiana State Library

From 10 a.m. to 3:30 p.m. on Oct. 28, the Indiana State Library hosts the annual Indiana Genealogy and Local History Fair in downtown Indianapolis. Admission is free and open to the general public. This year’s theme is “Sacrificing and Shaping the Future,” commemorating the Centennial of the Great War and examining military resources and history.

More than 30 organizations and exhibitors are attending. Visit the tables in the exhibition hall to collect information from genealogical and local history organizations, and shop the commercial vendors.

Highly acclaimed, internationally known speakers and genealogy consultants, Kathleen Brandt and Katherine R. Willson, will present.

Visit the events page for more information.
Celebrate Eli Lilly’s legacy during Archaeology Month

September is Indiana Archaeology Month, coordinated by Indiana Department of Natural Resources’ Division of Historic Preservation and Archaeology (DHPA).

This year’s theme highlights Mr. Eli Lilly’s important legacy regarding Indiana archaeology. While many know of Lilly because of his family’s pharmaceutical company, he played a huge role in early archaeology in our state. 2017 marks 40 years since his death, and the 80th anniversary of the publication of his well-known book Prehistoric Antiquities of Indiana. He is shown on the 2017 commemorative poster looking for artifacts in a field in Posey County in 1936. The artifact, a prehistoric birdstone, is one that was in his collection (now housed at the Glenn A. Black Laboratory of Archaeology at I.U.). The DHPA wishes to thank their colleagues at the Glenn A. Black Laboratory of Archaeology at Indiana University, and the Trustees of Indiana University, for their kind permission to use the images of Mr. Lilly and the birdstone artifact as part of the poster design. They also thank Nicole D. Arb of PEN Industries who designed this year’s poster.

If you would like a poster, stop in at the DHPA office at 402 W. Washington Street, Room W274, Indianapolis, IN.

DHPA archaeologists are also taking the posters to the Archaeology Month events which they will be participating in. Posters will also be included with each commemorative t-shirt order. Shirts are available for purchase. Shirts are $8 each, and quantities are limited. Sizes small-2XL. Shirts may be purchased at the Department of Natural Resources Customer Service Center in the Indiana Government Center South, Room W160A, Indianapolis. For mail orders, call (317) 232-4200 or (877) 463-6367. Each purchase will also include a commemorative poster.

DHPA archaeology staff will also be bringing shirts to sell at events they’ll be attending during Indiana Archaeology Month. Click here to see the calendar.

See a preview of the poster at www.in.gov/dnr/historic/4289.htm.

Learn tips for meal planning from Indiana Money Wise

Want to save time and money? Meal planning is a great way to do both.

Saving time can be accomplished by learning how to prepare meals in advance, and you can save money by going to the grocery store with a list and STICKING TO IT! If that’s a struggle, consider ordering your groceries. You can have them delivered or pick them up curbside. Available through a number of stores, this option can save consumers money. Although there may be a delivery fee, this can be compared to the cost of fuel to get to/from the store. The time normally spent shopping, waiting in the checkout, and loading/unloading your vehicle could be spent doing something else you enjoy.

So how do you decide what to eat? The best recipes have a few things in common:

• Result in multiple servings
• Can “hold” for several days in the refrigerator or freezer
• Are portable
• Are healthy
• Allow you to mix and match

Mix and match… what’s that mean? Think about it like a professional wardrobe. Business clothes can be expensive. One way of saving money while looking stylish is to purchase a good suit and pair it with inexpensive tops and accessories. You can do the same thing with your meal planning. Pick a meat (or vegetarian-friendly protein) each week and pair it with different fruits, vegetables, nuts, and grains. Just make sure you don’t buy more fresh stuff than you can eat before it goes bad. Think about the shelf life of the fresh ingredients you buy. These are the items you’re likely to replenish each week.

Continued on page 5

The Torch
Learn tips for meal planning from Indiana Money Wise

Pantry items have a longer shelf life, so you can buy them in bulk and keep a good variety on hand.

Meal planning masters know that the best way to save time and money is to use the same ingredients to create different meals. Here’s an example using ground beef, lettuce, tomatoes, and a mix of pantry items. On Monday, you could make spaghetti and meatballs with a side salad. The ground beef can be used again on Taco Tuesday, and if you make your own spaghetti sauce, the tomatoes will work with both meals as well. Hamburgers are on the menu for Wednesday, using the lettuce and tomatoes again. On Thursday, the ground beef becomes meatloaf. And on Friday, let’s make some chili! All Recipes is a great website and has an app for helping you plan meals around a primary ingredient.

If you still need ideas and want to shop on a truly bargain budget, check out The Queen of Free’s website. Indianapolis super saver, Cherie Lowe, is an ALDI aficionado. She has weekly meal plans that feed her family of four for just $50 at ALDI! Check out queenoffree.net to see all her ideas.

Thank you to the Secretary of State’s Office for this submission.

Important annuity information for INPRS covered employees

If a member’s retirement date (see below for details) is Jan. 1, 2018 or later, INPRS will no longer be among his or her choices of annuity providers.*

At retirement, members have the option to create lifetime income with the funds in their defined contribution accounts, roll them over or take the funds as a lump sum payment. Just as they made decisions as they accumulated their retirement savings, now they need to make decisions about what to do with their funds at retirement.

Members must visit the MetLife Retirement Income Center to get an annuity estimate. If members are not eligible, not ready to retire or do not wish to annuitize their retirement funds, there’s nothing they need to do now.

If members are ready to retire or wish to learn more about lifetime income with an annuity, they may contact INPRS at (888) 286-3544 or schedule a workshop or appointment with one of their retirement counselors. Members can register for a workshop or appointment by visiting the INPRS website here.

*This annuity provider change pertains to all defined contribution (DC) accounts, previously known by members as Annuity Savings Accounts (ASA) and is not associated with pensions, also known as defined benefit accounts. More information is available online.

<table>
<thead>
<tr>
<th>Last Day in Pay</th>
<th>Retirement Date</th>
<th>Application Received By</th>
<th>Annuity Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 30, 2017 or earlier</td>
<td>Dec. 1, 2017 or earlier</td>
<td>Nov. 30, 2017 or earlier</td>
<td>INPRS</td>
</tr>
<tr>
<td>Dec. 1, 2017 or later</td>
<td>Jan. 1, 2018 or later</td>
<td>Dec. 1, 2017 or later</td>
<td>MetLife</td>
</tr>
</tbody>
</table>

**A member’s retirement date is the first day of the month after his or her last day in pay. His last day in pay status is usually the date most people think of as the last day he is paid to work, including any specific days he is paid while not at work, such as vacation time.
Planning to retire soon? Attend this full day seminar hosted by INSPD

If you are serious about retiring from state employment, register now for the upcoming Pre-Retirement Seminar, sponsored by the Indiana State Personnel Department (SPD). This day-long workshop is 8:30 a.m. to 4:30 p.m. on October 18 in the IGC-S Auditorium. An hour break for lunch is also included. This is the last session planned for 2017.

This program is designed to assist state employees with advance retirement planning by providing information useful in making informed decisions. The recommendation is for an employee to take this training if he/she is planning to retire within the next year. A sound retirement requires careful planning involving numerous topics, including:

- Indiana Public Employees’ Retirement Fund.
- Social Security information and options.
- Insurance – options for both life and health insurance.
- Benefits obtainable through Social Security and Medicare.
- Hoosier S.T.A.R.T. – pros and cons of different types of investments for future retirement security.
- Key elements in estate planning including: last will and testament, living will, health care authorization, durable power of attorney and death taxes.
- The Indiana Long-Term Care Program as an element of retirement planning.

This workshop is free of charge. Employees may attend the seminar on state time; however, your supervisor’s approval is required to attend. PeopleSoft automatically sends the supervisor an email asking him/her to approve your enrollment in this seminar. Travel time and cost is the employee’s responsibility.

- Click here for registration instructions.

Your spouse is welcome to attend, but registration is not necessary if he/she is not a state employee. Registration is required to attend and seating is limited. Reserve your seat today by self-enrolling into the seminar. Please note: your spot is not reserved until your supervisor approves. Questions may be directed to spdtraining@spd.in.gov.

Check out these fall entertainment & show discounts

BROADWAY INDIANAPOLIS

SEE THE BEST OF BROADWAY IN INDY!
A Christmas Story - Nov. 28-Dec. 3, 2017
Beautiful: The Carole King Musical
- Jan. 30-Feb. 4, 2018
Les Miserables - March 13-18, 2018
Wicked - April 25- May 13, 2018
RENT - June 12-17, 2018

Buy tickets here!

MARVEL UNIVERSE LIVE!
AGE OF HEROES
NOV. 30 to DEC. 3, 2017
BANKERS LIFE FIELDHOUSE
Save $6 per ticket.
Buy tickets here!

MARVEL UNIVERSE LIVE!
AGE OF HEROES
NOV. 30 to DEC. 3, 2017
BANKERS LIFE FIELDHOUSE
Save $6 per ticket.
Buy tickets here!

MONSTER JAM
Saturday, Oct, 14, 2017
LUCAS OIL STADIUM
Use the code “4STATE” to Save $3+ per ticket.
Buy tickets here!
Visit the state employee discount page

Artwork by Jerry Williams

The Torch
A record number of employees reach Silver Status and qualify for the Wellness CDHP for 2018

This year, the State of Indiana saw more people than ever reach an Earned Status of Silver in Go365. Last year more than 7,800 people reach an Earned Status of Silver, while this year more than 8,400 qualify to upgrade to the Wellness CDHP during the upcoming Open Enrollment.*

The past eight months have been full of opportunities to earn points and reach Silver Status including nine state sponsored 5Ks and hikes, lunch-time walking groups, dozens of on-site Biometric Screenings and our To Silver and Beyond Steps Challenge.

While the opportunity to qualify for the Wellness CDHP has passed, you can still participate in the Go365 program to earn points. By continuing to participate, you can get a jump start on qualifying for the 2019 Wellness CDHP, as 10 percent of all points earned in 2017 carry over into 2018. Also, don’t forget the bucks you earn can be used toward anything in the Go365 Mall, maybe even a holiday gift or two.

*Unofficial numbers as of 8/31/17.

One-on-one credit review with Elements in September

Sign-up now for a FREE, one-on-one individualized credit review.* This opportunity is available to ALL employees, even those who are not members of Elements Financial. This is a great opportunity to increase your understanding of your credit and how it is viewed by lenders, employers and other organizations that review your credit history.

In addition to receiving a copy of a current credit report and credit score, each participant will work with an Elements advisor to conduct an in-depth analysis of their current financial wellness, identifying solutions to save more, conquer debt, and achieve goals.

Even if you feel you are already on track, it is a great opportunity to perform a recommended periodic maintenance check to ensure no issues or errors exist that you might otherwise not know are there. Just pick the time that works best!

Meetings are in the Elements Branch at the IGC-S Building, unless requested otherwise. If an alternate meeting location/time or telephone review is preferred, please email Ron Ellis at rellis@elements.org to discuss alternate arrangements.

Sign up for a time to talk with Ron at Elements here.

Earn points and learn more online

Credit cards can be an important part of establishing and maintaining good credit, but they can also do a lot of harm when used irresponsibly. In September’s online module, credit card tips are provided to ensure you use this component of credit wisely.

Log on to the Elements Online Education Portal to learn more about responsible credit card use and earn your 35 points** in Go365 for September.

**The maximum number of points an individual can earn annually from an employer-sponsored event (ESE) is 700 points. Other ESE point opportunities are the Elements Lunch & Learns/online courses and the health coaching services offered by the Health and Wellness Center.
Take time now to prepare for Open Enrollment 2018

Open Enrollment is just around the corner. Rather than waiting to the last minute to determine what options best meets you and your family’s health care needs, take time now to carefully review each plan offering.

Here are a few tips to get started

Know the dates: Mark your calendars for the 2018 Open Enrollment season. It begins October 25 and ends November 15 at Noon (EST).

Review this year’s medical, vision and dental expenses. How much did you spend on medical, vision and dental needs this year? You can view your expenses over the past year and estimate future expenses online with Anthem and Express Scripts. Once you are logged into your account on Anthem’s website you can estimate your upcoming expenses by clicking on the Estimate Your Cost section on the lower right side of the page.

Estimating your medical expenses helps you determine which plan provides the most value for you. Be sure to include not only medical expenses, but premiums when looking at your annual spend. And don’t forget to factor in State Health Savings Account (HSA) contributions, if you qualify.

Examine how much you contribute to your Flexible Spending Account (FSA). If you have a Flexible and/or Dependent Care Savings Account, be sure to examine your out-of-pocket expenses closely as these programs are a use- it-or-lose-it program. You may need to increase or decrease your contributions accordingly.

Understand your insurance needs. If a qualifying event has occurred within the past year, your insurance needs may have changed as well. A qualifying event could be a birth, divorce, marriage or an adoption. Rather than simply signing up for the same amount you did the year before, determine whether your overall financial situation has changed, and whether or not you need more or less insurance. If you experienced such an event and did not request a change to your benefits within the first 30 calendar days, the open enrollment period is the time to add eligible dependents.

Review your dependents and beneficiaries. It’s important to review dependents on a yearly basis. If your family situation has changed at all, it certainly merits making a review of your dependents and beneficiaries. Make sure addresses and phone numbers are updated and that all dependents are still eligible.

Also, ensure your dependent social security numbers are included in PeopleSoft. Under the Affordable Care Act, applicable large employers are required to request dependents’ social security numbers for use in completing IRS forms, 1094-C and 1095-C.

Here are the steps to update this information:
- Log into PeopleSoft HR
- Click on Main Menu
- Click Self Service

If you are married: compare your coverage against your spouse’s. If you and your spouse have different company benefits, make sure to weigh the pros and cons of each health insurance and overall benefits package. Compare the list of doctors in your plan to your spouse’s, network providers vary from plan to plan. The State medical plans use Anthem’s National PPO (BlueCard PPO). If your spouse’s open enrollment period and effective dates differ from the State plans, plan a head. Your spouse’s open enrollment is not considered a qualifying event to change plans or level of coverage later in the year.

Open Enrollment does not need to be a stressful time. Plan, prepare and ask questions now to help reduce the stress later. If you have any questions about your benefits or have a unique situation and require some guidance, please contact the INSPD Benefits Hotline at 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007 (outside Indianapolis).
**Change your life insurance coverage anytime throughout the year**

Did you know that you don’t need to wait until Open Enrollment to request a change to your life insurance coverage? That’s right! You can acquire or make changes to your life insurance plans at any time by completing the Evidence of Insurability (EOI) process through Securian. Allowable changes include increasing your coverage level and/or adding an eligible spouse to your dependent life insurance plan.

It only takes an average of 10 to 30 minutes to complete the online EOI application. Instructions on how to submit EOI through Securian can be found at [www.in.gov/spd/2868.htm](http://www.in.gov/spd/2868.htm). Once submitted, Securian reviews your application and informs both you and Indiana State Personnel Benefits of its decision. If approved, the INSPD Benefits team makes the appropriate changes to your life insurance plans in PeopleSoft and start or change the premium deductions.

As a reminder, you may also make changes to your beneficiary information at any point during the year by accessing PeopleSoft self-service. Instructions on how to change your life insurance beneficiaries can be found on the INSPD website.

---

**Have you updated or verified your personal information recently?**

Have you recently moved or changed your contact information? If so, please make sure that you update your PeopleSoft account and notify your agency payroll and human resource’s contact as soon as possible. Promptly reporting these changes will ensure that your personnel record is correct. It is your responsibility to ensure your records are current to prevent delays in receiving important communications.

To update your address, email, phone number, emergency contacts or ethnic group in PeopleSoft, please follow the below steps.

- Log into PeopleSoft HR
- Click Main Menu
- Click Self Service
- Click Personal Information
- Click Personal Information Summary
- Click the Change button next to the section that needs to be updated
- Make the modification
- Click Save
- Click OK
- Click Return to Personal Information

---

As schools start and summer neared its end for many, so did the Run The State 5K and Hike Series. This year the Invest In Your Health and Go365 teams traveled to nine state parks to host these events. Whether it was runs along Lake Michigan at Dunes State Park, hikes in the rain at Harmonie State Park or waterfall selfies at Clifty State Park, hundreds of state employees and their families enjoyed the free events to showcase the beauty of our state while earning hundreds of Go365 points.

The Indiana State Personnel Department hopes that you enjoyed this series as much as we did and cannot wait to see what next year holds as we continue to pursue ways to make working for Indiana a great experience for all employees. Be sure to visit the blog on the Invest In Your Health page to see photos of each event. Then head over to the Invest In Your Health Indiana Facebook page to share your favorite photos from the events. (Facebook will not work on state technology.)

Also, continue to keep up with Jeff’s Fit By Forty Vlog on InvestInYourHealthIndiana.com.
Anthem’s new cost transparency tool is available September 15

Anthem’s new Cost & Care Finder tool is available starting Sept. 15. The Cost & Care Finder tool is an option to search for a provider and compare costs all in one place.

With this new integrated tool, you can search provider and facility pricing on 400 of the most common medical procedures. Plus, the Cost & Care Finder is integrated with your benefits. So when you search for a procedure, you get a true cost estimate.

Accessing the Cost & Care Finder is easy. To use this new tool, login to your member account at Anthem.com or use the Anthem Blue Cross and Blue Shield mobile app. If you need the app, you can download it for free from your app store.

If you need to create a member account, visit Anthem.com/register and follow the instructions provided.

Once you create an account and login to Anthem.com, you can use the new Cost & Care Finder to:

- Read and write reviews on Anthem physicians nationwide.
- Search for an in-network provider. The Dental and Vision provider search will be integrated in fourth Quarter 2017 and first quarter 2018.
- Read educational content explaining procedures and what to expect from a provider or other type of medical visit.
- Find a provider and get cost information all in one place.

If you have questions about the Cost & Care Finder, please visit Anthem.com. The INSPD benefits team is also here to help if you have questions. Email the INSPD Benefits hotline or call 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007.

Attend Lincoln Amphitheatre’s end of the season concert with Mitch Ryder for a discounted price

Summer is coming to a close across Indiana, but there is still a chance to attend a concert at Lincoln Amphitheatre. Even better is that they are offering a discounted ticket opportunity to all state employees.

The show’s headliner is Mitch Ryder & the Detroit Wheels who takes the stage on Saturday, Sept. 30 at the Lincoln Amphitheatre (located inside Lincoln State Park in Lincoln City).

Mitch Ryder is a 60s rock and roll icon, perhaps best known for his classic hit “Devil with a Blue Dress”.

Opening is Bobby Clark, a southern Indiana songwriter whose cousin, John Mellencamp, recently recorded and released one of his songs (“Grandview”) nationally.

As an end of season special for state employees and their families only, $12 general admission tickets are available. Those tickets can be unlocked by using the code INDIANA online. This show’s ticketing website can be found here. Be sure to enter the code INDIANA to receive your discount.

Find out more about the Lincoln Amphitheatre and Lincoln State Park on the Indiana Department of Natural Resources website.
LET’S PLAY . . .

Answers about your retirement will be revealed . . . but do you know the question? Play along with contestants from your area in a challenging, fun-filled game of Hoosier S.T.A.R.T. Jeopardy!

INDIANAPOLIS
Wednesday, October 4, 2017
Indiana Roof Ballroom

EVANsville
Tuesday, October 17, 2017
The Bauerhaus

MADISON
Wednesday, October 18, 2017
Clifty Inn

MERRILLVILLE
Tuesday, October 24, 2017
Avalon Manor

SOUTHBEND
Wednesday, October 25, 2017
Waterford Estates Lodge

FORTWAYNE
Thursday, October 26, 2017
The Landmark Centre

TERREHAUTE
Thursday, November 2, 2017
The Landing @ Ft. Harrison

This year spouses/significant others are welcome to attend for the price of the dinner. To register for the dinner in your area, go to https://2017hoosierstart.my-trs.com. For questions or help registering, contact Vicky Wright Hunt at (877) 243-4192 or vhunt@auditor.in.gov.