

Adam Worm
hired

Vending machines are back

Don't lose FSA money for 2015

Get in shape in the New Year

Page 2

Our mission is to provide reliable, quality water and services at a reasonable cost.

The Pipeline Express

Vol. 17, No. 2

January 22, 2016

Biometric testing completed

Two more steps needed to earn Healthy St. Paul incentives for \$900 in VEBA money



Jodi Wallin, public information specialist, takes care of the blood test portion of the biometric screening on Jan. 13. Another set of the biometrics screening at SPRWS was done on Jan. 20 in the cafeteria.

Many water utility employees took care of the first step in gaining \$900 in health account money for their VEBA account by participating in the biometric testing Jan. 13 and 20 for the Healthy St. Paul well being program. Biometric testing is due by Feb. 28.

If you missed it, you can have your physician fax over the same testing information to Health Partners. You can use the form found at <http://spnet.stpaul.city/depts/humres/pdf/Biometric%20Screening%20Fax%20form.pdf>

You will need your height, weight, waist measurement, (to determine your BMI), cholesterol, blood pressure, and blood glucose level. Your physician must fax the completed form to 952-883-6767 by the deadline.

The second part of step one is to complete the online health assessment at Healthpartners.com. This questionnaire will take about 15-20 minutes to complete.

Once step one is completed, \$300 of the \$900 incentive is earned for 2017. The health assessment is due by Sept. 30, 2016.

To get the remaining \$600 of the incentive, employees must participate in health coaching phone calls. This consists of one initial set-up phone

call, and three subsequent calls on a topic chosen by the employee.

Topics might include back health, blood pressure, cholesterol, family, nutrition, physical activity, sleep, stress, tobacco cessation or weight issues.

The first call will typically last from 15 - 30 minutes, with subsequent phone calls lasting only 10-15 minutes.

They should all be scheduled over a 6 - 8 week period.

If all of the calls are completed by Sept. 30, 2016, the remaining \$600 of the incentive will be earned. However, you can not get the money for the phone calls without completing the biometric testing and the health assessment.

To get started on the health coaching phone calls, call 952-883-7800 Monday through Thursday, 7 a.m. to 8 p.m., and Friday, 7 a.m. to 6 p.m.

For more information, go to <http://healthy.stpaul.gov/hsp-well-being-program/>

Just a reminder that the health information acquired in either the biometric screening or the health assessment is confidential and will not be shared with your employer.

It cannot be shared with your physician either, due to privacy laws governing health information.

Get in shape in the New Year

Free weights, bikes, treadmills are available as well as yoga classes

Did your New Year's resolution include getting fit or losing weight?

Did it also include saving money?

As an employee of Saint Paul Regional Water Services, you can do both.

We have free workout areas and locker rooms with showers onsite for use by all employees.

The main exercise room in the treatment plant has free weights, treadmills, rowing machines, elliptical trainers and both LeMond RevMaster racing-style and upright exercise bikes.

There are also yoga classes in the main exercise room every Wednesday at noon. Bring a yoga mat and proper workout attire if you want to participate on your lunch hour.

A treadmill, recumbent exercise bike, and elliptical trainer are located on the main floor of the administration building.

Vadnais station also has an elliptical trainer.

If you want walking tracks, Saint Paul Parks and Rec's Active Living fitness membership offers access to fitness rooms and indoor walking tracks at Saint Paul recreation centers for only \$30 a year for residents and those who work in the city of Saint Paul. Non-residents can join for \$60 a year.

Contact a participating recreation center for more information.

Vending machines are back



The pop and snack vending machines are back in the administration building near the cafeteria. A new company will be providing the items and staff can choose from more healthy snacks than in the past.

Adam Worm hired

Adam Worm was recently hired to work in maps and records.

Worm's first day was January 11.

He is a water utility tech I.

He reports to Mike Anderson.

Please welcome Adam Worm to the water utility.



Adam Worm

Don't lose your hard-earned money; Get your FSA money

Don't lose your hard-earned money. Make sure you get reimbursed for all of the money you put into your 2015 day care and/or medical flexible spending account(s).

You have until Feb. 15 to submit any medical or day care expenses from 2015 to CelioStar.

You will lose any money remaining in your 2015 FSA account that you have not claimed by Feb. 15 at 4:00 p.m.

You can find the reimbursement form at www.benefitready.com. Select the knowledge base icon, go to forms, and select the Medical/HRA/Dependent Care Reimbursement Claim Form.

The most efficient method of submitting claims if you are not using your debit card is by fax (number provided on claim form).

Printing a journal verifying a successful fax transmission serves as delivery confirmation.

To determine your balance, go to www.healthcare-admin.com and select the participant portal to login. If you have difficulties remembering your login or password, contact CelioStar at 612-436-2778.

If you have never logged in and need to create an account, go to <http://healthy.stpaul.gov/my-veba-health-account/> for instructions.

Remember, there will be two balances if you use both a flexible savings account and have earned health account money from the city for participating in certain health care plans and the Healthy St. Paul incentives.

The flexible spending money you set aside in 2015 must be spent in 2015 or it will be lost. The website abbreviates that balance FSA.

The website lists the health account money as HRP. This money rolls over each year and does not need to be spent.

If you have questions, call CelioStar at 612-436-2778.