



**HEALTH BENEFIT COSTS
OVER THE PAST FIVE YEARS**

FISCAL YEAR	BUDGET	ACTUAL
2013	13,100,000	13,461,800
2012	12,300,000	12,320,463
2011	12,175,000	11,981,079
2010	11,250,000	10,113,551
2009	11,400,000	10,438,921

**CITY OF MOUNT VERNON EMPLOYEE
HEALTH AND DENTAL BENEFITS**

Active employee health and dental premium rates paid by the City are as follows:

Health Benefits

- a. Individual \$771.54/month
- b. Family \$1714.19/month

Benefits

- a. Individual \$17.82/month
- b. Family \$56.95/month

**Police & Fire contribute 20% of health premiums*

FROM THE COMPTROLLER'S OFFICE....

If you are currently experiencing a problem with your property taxes and need assistance or clarification on a particular policy or procedure, give us a call or visit our office. We will try our very best to resolve the problem. Call (914) 665-2312 or (914) 665-2301.

**Tests You Don't Want
To Pass Up**

Early treatment is the most effective way to treat cancer. So that means early testing (screening) is a must. This is especially true for colorectal cancer.

Men and women have a 1 in 20 chance of having colorectal cancer. If you are age 50 or older, you should get screened. Your doctor may want you to get tested earlier if you are at higher risk. You can be at higher risk if you or a family member has had colorectal cancer. Also, African Americans are at higher risk to get colorectal cancer.

Women should also get tested for breast and cervical cancer. Men should talk to their doctor about prostate cancer screenings. Checking for skin cancer is important, too. Ask your doctor about cancer screenings. Know when to start and, based on your health and family history, how often to have each test.

*Source: Emblem Health/Health Matters
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QUOTE FOR TODAY

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.”

~Helen Keller~