

# For Your Benefit



## The secret to good health

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 **Be smart**  
Live well

[MNPSBenefits.org](http://MNPSBenefits.org)

By now — three months into 2022 — you’ve probably seen hundreds of “New Year, New You!” or “Lose Weight Fast” ads. These frenzied messages that tell us we’re not good enough are not helpful. They make promises that are unrealistic and offer advice that’s not sound.

So what *is* helpful? What’s the secret to putting yourself and your health first?

We believe the secret is ... support!

Whatever your goals for 2022, MNPS offers many programs to help you discover and nurture your best self. Here we highlight six programs provided by health and wellness professionals who stand ready to support you in that journey.

**MNPS Fitness Center** — Located in the MNPS Employee Wellness Center, the fitness center is not a program but a place. And our fitness associates can help you not only achieve your fitness goals but your overall health goals, too.

**Omada®** — Develop long-term healthy habits, lose weight and better manage diabetes (or avoid it altogether). See how Omada helped Ken on page 6.

**Weight Management Program** — Get personalized help and deep discounts on membership fees at approved weight management organizations.

**Weight Loss Bundles** — Vanderbilt “bundles” all services needed for successful weight loss. Two bundles are available: surgical weight loss and medical weight loss.

**Foodsmart** — Connect with a registered dietitian via video chat. You’ll get personalized guidance you can use to make eating healthy easier.

**Connect with Karla®** — This virtual counseling service supports a healthy mind/body connection — a key part of making lifestyle changes to improve your physical health.

Turn to page 2 for more details on these 6 programs.

# 6 PROGRAMS THAT PUT YOUR HEALTH FIRST (at no cost to you)

*You give your all for others; now it's time to focus on YOU. If you're ready to get healthier this year, choose one — or several! — of these programs MNPS provides to help you succeed.*

## 1

### Omada®

Whether you're aiming to lose weight, lower your blood pressure or stay on top of your type 1 or type 2 diabetes, Omada will help you get there. The program combines real human support with the latest technology, so you can make lasting changes, one step at a time, and all at no cost to you.

When you join Omada, you get:

- A professional health coach who works directly with you
- Wireless smart devices, such as a scale, to track your progress (and keep for good)
- An online community personalized to your interests
- Weekly interactive lessons to educate and inspire you
- Insightful health metrics to learn what is (and isn't) working

Learn more and sign up at [omadahealth.com/mnps](https://omadahealth.com/mnps).

## 2

### Onsite Weight Management Program

Our very own MNPS Health Care Centers offer a Weight Management Program that provides personalized help for people with a BMI of 25 or greater who want to lose weight.

Participants get no-cost, personalized health coaching, plus enrollees who meet certain requirements can receive 50% reimbursement for:

- Membership fees at an approved weight management program/ organization (for example, The New Beginnings Center, WeightWatchers®, Jenny Craig®, YMCA, etc.)
- One-on-one nutrition counseling with a registered dietitian/nutritionist

To learn more, see the program flyer at [MNPSBenefits.org/weight-management-program](https://MNPSBenefits.org/weight-management-program), or contact Laura Vanderpool at 615-875-1966.

# 3

## Vanderbilt Weight Loss Bundles

Last year, 62 MNPS employees enrolled in the *surgical weight loss* bundle, which provides a streamlined and personalized approach to bariatric surgery and recovery. The Vanderbilt Health team helps you develop a customized care plan that combines surgery, nutrition, exercise and psychological support to ensure success. Vanderbilt surgeons also use the most advanced laparoscopic surgical options for weight loss surgery. Read one teacher's success story at [MNPSHealth.org/sarah](https://MNPSHealth.org/sarah).

This year, we've added a new bundle: *medical weight loss*, which provides patients with a non-surgical approach to losing weight. Patients work with a skilled team to achieve meaningful weight loss through a combination of lifestyle therapies and medication. It's designed for patients with severe obesity who may not go forward with weight loss surgery.

Visit [Vanderbilthealth.com/service/myweightlosshealth](https://Vanderbilthealth.com/service/myweightlosshealth) to learn more and enroll.

Learn about all the bundles MNPS offers at [myhealthbundles.com](https://myhealthbundles.com).

### Quick facts about bundles

- You pay \$0 for all bundled services as long as you're eligible for/enrolled in a bundle.
- You'll be assigned a dedicated patient navigator to guide you through every step of the process and find answers to all your questions.
- All services are performed by Vanderbilt Health providers.
- Many of your appointments can be done through telehealth.

# 4

## Foodsmart telenutrition

Need some help making changes to your eating habits that will stick? Look no further than Foodsmart.

When you sign up for this free service, you will:

- Meet one-on-one (via video or phone) with a registered dietitian who is clinically licensed to provide personalized nutrition advice, help manage chronic conditions, and assist in areas outside nutrition, such as sleep and mental health
- Plan affordable and delicious meals with digital grocery lists, grocery delivery integrations, and price comparison tools across grocery stores in your area
- Assess your nutrition with the NutriQuiz to learn more about how your eating habits may be affecting your health, and get simple recommendations for eating smarter
- Take advantage of biometric tracking

Download the **Foodsmart app** or visit [cignahealth.zipongo.com](https://cignahealth.zipongo.com) to create an account. You'll need your Cigna ID card.

## Connect with Karla®

The connection between physical and emotional well-being is strong and complex. Synchronous Health's Connect with Karla program combines virtual counseling appointments with between-session support via an app. That means Karla is always there to lend support exactly when you need it.

Karla's behavioral health professionals can help you set and maintain healthy weight and lifestyle goals. And they can help you come up with ways to combat your less-than-healthy habits, like stress eating. You can meet with your counselor from your smartphone or laptop at a time that's convenient for you.

To learn more and confidentially connect with a specialist, visit [sync.health/mnps](https://sync.health/mnps), or call 615-258-6654.

# 5



# 6

## MNPS Fitness Center

Don't overlook the power of movement to help you reach your wellness goals for 2022. The MNPS fitness center is FREE to all MNPS employees, retirees and their spouses.

If you're just getting started, our fitness associates can:

- Give you a tour of the facility
- Show you how to operate the equipment
- Provide a fitness consultation and one-on-one coaching
- Help you design a fitness plan aligned with your goals

Simply stop by the fitness desk and complete a brief assessment.

Visit [MNPSHealth.org/fitness](https://MNPSHealth.org/fitness) to:

- Learn more about the facility and equipment
- See our fitness class schedule — we offer classes 5 days a week, both in person and online!
- Read about our fitness associates



### A word about...

*Eligibility* — The programs and resources described in this article are open to MNPS retirees under 65 (and, in many cases, their dependents) who are enrolled the Certificated Retiree Health Plan but are not yet eligible for Medicare. They are all NO COST unless otherwise indicated. Some programs have additional eligibility requirements, which are described in more detail at the website links provided.

*Confidentiality* — Your participation in these programs and resources is confidential. No personal information about you is shared with MNPS.

# More than a fitness center

The fitness center, located in the MNPS Employee Wellness Center at Berry Hill, has something for everyone:

- An exercise floor with a full range of well-maintained equipment
- A walking track
- Fitness associates to help you get started and even provide one-on-one coaching
- Fitness classes for all ages and levels, both in-person and online

The fitness center's Healthy for Life class is especially popular with retirees and older adults. It includes a low-impact, low-intensity workout with aerobic conditioning, strengthening and stretching. Lead Fitness Associate Kreg Kinnaman has taught the class for two years and pivoted to Zoom-only classes during the height of COVID-19. Now, "we've transitioned to a hybrid," Kreg says. "I have a few people with me in the studio and others can attend from where they're comfortable."

But the state-of-the-art fitness facility is so much more than just a place to exercise.

It's an integral part of the Employee Wellness Center's holistic approach to care. Everything is under one roof: sick care, preventive care, physical therapy, chiropractic, nutrition assistance, health coaching and fitness, just to name a few.

"That makes it so accessible and so easy for people," says Kreg.

All those areas are intertwined. For example, physical therapy patients often bring their exercise orders to the fitness center



to get help with their recovery goals. Or, if a fitness associate thinks someone could benefit from nutrition assistance, "We just walk with them down the hallway and help them get started with health coaching," Kreg continues.

"Everybody's right here," he adds. "People don't have to drive to eight different places to get one question answered."

In today's health care environment, where getting help for an issue often means seeing different specialists in varying locations, this integrated approach is refreshing. Staff under the Wellness Center roof — including fitness center staff — all work closely with one another to address your complex health needs, not just as someone who wants to exercise but as a whole person.

Visit [MNPSHealth.org/fitness](https://MNPSHealth.org/fitness).

## New pharmacy benefit: \$0 COVID-19 tests

Your Cigna plan now covers up to eight COVID-19 tests per covered family member per month through your pharmacy benefit at no cost to you. You can get the tests at any in-network pharmacy counter or through Express Scripts Pharmacy, Cigna's home delivery pharmacy.

You don't need a prescription; this new coverage is for FDA-authorized over-the-counter (OTC) COVID-19 rapid antigen tests. They provide results in minutes.

Some rules and restrictions apply.

An infographic titled "OTC COVID-19 TESTS" with the subtext "Available at no cost to you". It features a photo of a man looking thoughtful. The infographic lists several key points: 1. For many, regular COVID-19 testing at home has become a way of life. 2. Over-the-counter (OTC) test kits are a quick and easy way to test for COVID-19. 3. The U.S. Food and Drug Administration (FDA) has authorized many rapid antigen tests, also known as "over-the-counter (OTC) tests." 4. Your Cigna pharmacy plan covers all FDA-authorized OTC COVID-19 test kits at no out-of-pocket cost. 5. You can get an authorized kit at any in-network pharmacy that has it available, or through Express Scripts Pharmacy. 6. You don't need a prescription from your doctor. 7. Your plan covers up to eight tests per 30 days. 8. Starting February 24th, get a COVID-19 test kit at the pharmacy counter and pay \$0. 9. Check out at the pharmacy counter and show your Cigna ID card. 10. Use the Express Scripts Pharmacy app. 11. Express Scripts Pharmacy is available as part of your Cigna pharmacy benefit. 12. Log in to the Express Scripts app or website. 13. In the Express Scripts app, click on the "Order from Express Scripts Pharmacy" button. 14. Once you're on Express Scripts' website, look for the "OTC COVID-19 Tests" button. 15. After you place your order, Express Scripts Pharmacy will ship the test kits directly to you. The infographic also includes the Cigna logo and the slogan "Together, all the way." at the bottom.



“I never envisioned I would get the results I got!”

## In 2020, Ken Stegall crossed the line.

After flirting with prediabetes for years, the Granbery Elementary School counselor got news he'd long been dreading: "Congratulations! You've rung the bell! You're officially diabetic," he says wryly.

Ken knew the trouble ahead. His grandfather had died from diabetes, and his father was struggling with it. With retirement just a few years away, he also knew he needed to make a dramatic shift if he wanted to enjoy life after a career.

"I had tried to lose weight before and wasn't very successful," Ken says. "Now I was looking for something to give me structure and motivation to make a change."

He found it right under his nose: Omada, a program for people who are ready to make lifestyle changes and develop long-term healthy habits but need some help doing it.

“

My doc said at my last visit, 'You're dieting yourself right out of diabetes.'

Ken had seen an announcement about Omada at school and signed up. Once enrolled, he was assigned a nutritionist and a health coach. He was mailed a telemetric scale, blood pressure cuff and blood sugar monitor to log his readings, which transmitted automatically back to Omada.

"I started having some success pretty quick following the doctor's and nutritionist's advice," Ken says.

His weight had hovered around the 200-pound mark for most of his adult life, but he lost 50 pounds in the first five months. His 38-inch waistline is now 31 inches.

He liked Omada's online weekly lessons on food and health best.

"I was really hungry for information and learning," he says.

Although the program doesn't push counting calories, Ken added that to his framework. He now pays closer attention to serving sizes after learning he had wildly miscalculated before, like with the walnuts he'd regularly been allowing himself.

"They were 800 calories!" Ken says. "Things I thought were healthy were keeping me fat. I started being more scientific and weighing my food."

He also had help on the home front.

"My wife is a wonderful cook. She helped me change gears," Ken says.

Nowadays, his scale sits between 160 and 165.

"I like being this weight," he says, "I have a good sense of control at this weight."

Ken works with the MNPS Health Care Centers to monitor his labs and for other services like physical therapy and general health issues. They know about his participation in Omada and tell him not to change a thing.

Meanwhile, his A1C — an important measure for people with diabetes — has dropped from 7.4 to a normal 5.4. His doctors have been able to cut his blood pressure medication dosage by 75 percent.

Ken would definitely recommend Omada to others.

"If you want to make a change and are determined to do it, give yourself a chance by following advice you're given," he says. "I never envisioned I would get the results I got. My doc said at my last visit, 'You're dieting yourself right out of diabetes.'"

# Meet Bobbi Nickel, health coach

Ready to embark on a healthier-you journey? *FYB* talked with Bobbi Nickel, health coach at the MNPS Employee Wellness Center.

## **FYB:** Who can benefit from health coaching?

**Bobbi:** Health coaching is for anyone who wants to obtain optimum health. If you want to lose weight, get your diabetes under control, lower your blood pressure, or help your body heal your autoimmune disease, for example, health coaching can help. Maybe you aren't sleeping well. Perhaps you're fatigued and know your lifestyle habits aren't the best. Health coaching can help you get or stay on track with accountability.

## **FYB:** What's a typical coaching session like?

**Bobbi:** The first session is an hour. I'll get to know you and what your goals are. And I'll share some of the latest information on lifestyle medicine and how small changes in your lifestyle can produce BIG results. After that, we'll set a meeting schedule for private visits. Because of COVID-19, I'm currently doing telehealth visits only, which makes it very convenient for my clients to see me.

## **FYB:** What's your coaching approach?

**Bobbi:** I work off the principles of epigenetics and nutrigenomics. These are two new sciences that teach us that our genes are not our destiny. Instead, our genes can be turned on or off by diet and lifestyle. I love teaching patients how to do that with lifestyle changes.

Accountability is key. If you have a goal you'd like to accomplish, studies show that accountability is the most effective way to stay on track. Come see me, I'd love to help you!



“  
Health coaching can  
help you get or stay on  
track with accountability.  
”

## Is Omada right for you?

Nearly 1,600 MNPS employees and retirees have already joined!\* You can join Omada if you:

- Are at risk for diabetes or heart disease and want to avoid developing it
- Live with type 1 or type 2 diabetes and want a new way to get and stay healthy
- Have high blood pressure and want help managing it

This personalized program combines real human support with the latest technology so you can make lasting changes, one step at a time. Participants receive free wifi-connected devices to track progress, along with sessions with a professional health coach.

Take a one-minute screener at [omadahealth.com/mnps](https://omadahealth.com/mnps) to see if you qualify.

\* Omada is available to retirees and their covered adult dependents enrolled in the Certificated Retiree Health Plan.

Bobbi's health coaching services are no cost to retirees covered by the Certificated Retiree Health Plan. To see Bobbi's bio, visit [MNPSHealth.org/staff](https://MNPSHealth.org/staff). To make an appointment, call **615-259-8755**.

# Make time for a life-saving screening

*You're busy. The idea of fitting one more thing into your schedule can feel like too much. But what if that "one more thing" could mean the promise of more time with your loved ones later on? By taking the time to get screened for colorectal cancer, you'll help ensure you'll have many more tomorrows.*

## Why get screened?

The short answer: It could save your life. When caught early, cancer is more treatable. And colorectal cancer is one of the most preventable cancers; when detected early, it's beatable in 90% of cases.

## Who should get screened?

**If you're at average risk:** Men and women should start getting screened at age 45.

**If you're at high risk:** If you have a family history of colon cancer, you're at high risk. And regardless of family history, if you're black or Hispanic, you're more likely to get — and die from — colorectal cancer than any other group. That's because these groups often experience differences in access to screenings and health care.

## How much does this screening cost?

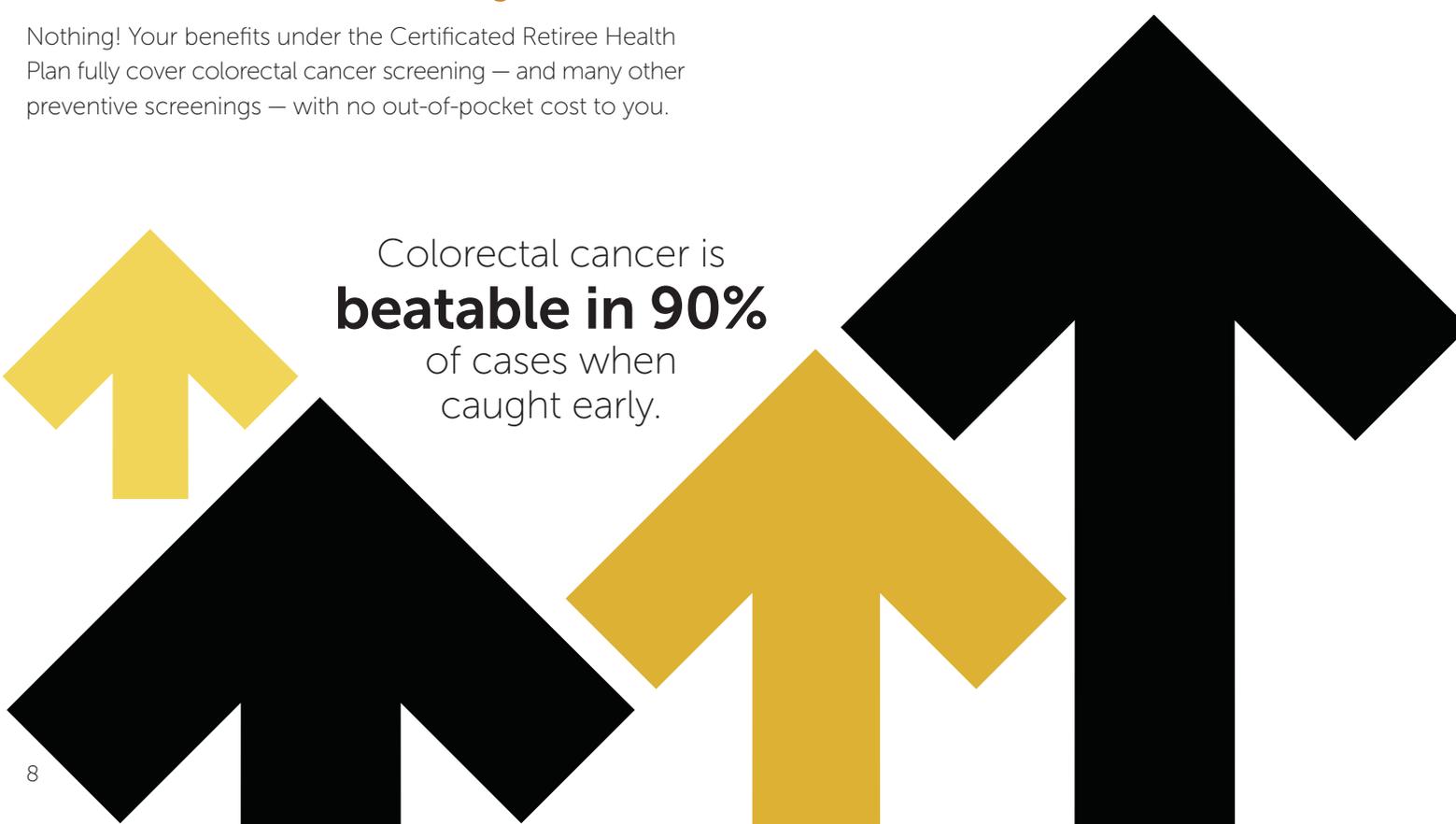
Nothing! Your benefits under the Certificated Retiree Health Plan fully cover colorectal cancer screening — and many other preventive screenings — with no out-of-pocket cost to you.

## Which type of screening should I get?

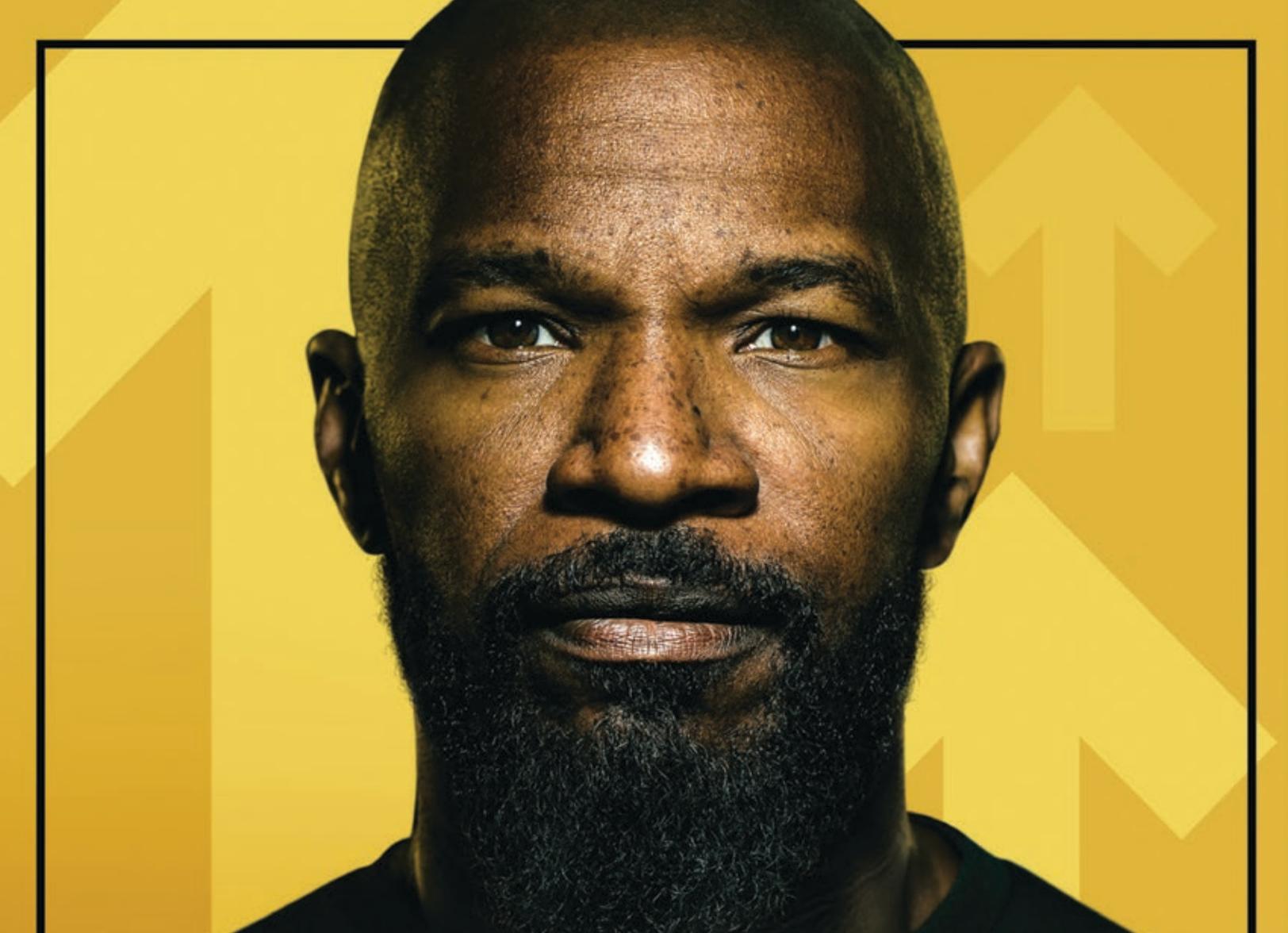
The answer to that question is a personal one. Here are two options to help you decide:

- Visit the Stand Up To Cancer website listed on the next page.
- Make an appointment at one of our five MNPS Health Care Centers. Our providers can help you assess your risk, discuss screening options and answer any questions about getting screened. Be sure to ask them about the noninvasive Cologuard® screening test. It does not require bowel prep; instead, it detects blood and DNA associated with colon cancer and pre-cancer in a stool sample. Like a traditional screening colonoscopy, the Cologuard kit is free for employees and adult dependents enrolled in the Certificated Retiree Health Plan who qualify. Visit [MNPSBenefits.org/crc](https://MNPSBenefits.org/crc) to learn more about it or request a kit.

Source: [StandUpToCancer.org](https://StandUpToCancer.org)



Colorectal cancer is  
**beatable in 90%**  
of cases when  
caught early.



# Take control and get screened for colon cancer

- If you're 45 or older get screened for colon cancer now.
- This disease can be very treatable when caught early.
- It doesn't matter if you're a man or a woman or if you have no symptoms.
- Even if you have no family history of colon cancer, you must get screened.

Visit [StandUpToCancer.org/ColonCancer](http://StandUpToCancer.org/ColonCancer) to learn about screening options that may be right for you.

SU2C ambassador Jamie Foxx. Photo By G L Askew II



**EXACT  
SCIENCES**

Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization. US.CG.4744-1



# Teacher learns mindfulness, shares skills with students

“Even if you think you don’t need it, you probably do.”

Madison Anthony grew up in small-town Ohio, so her 2019 move to the biggest city in Tennessee took some adjusting. The 26-year-old kindergarten teacher also started a job at Cane Ridge Elementary and got married that year.



We’ll breathe together and say ‘My mind is calm.’ Then we can go back to what we were doing.

The combination of a new city, job and family in such a short span of time was a lot to deal with.

“It was really hard for me to cope,” Madison says. “I wasn’t sure how I could be the best teacher I could be and still manage my time and all the feelings I was having.”

Help arrived in the form of a Synchronous Health Connect with Karla® flyer she noticed in her school’s mailroom.

Madison downloaded the Karla app and scheduled her first virtual counseling appointment through it. She was paired with a compassionate professional who understood her struggles. And because their sessions were done remotely, through video or online chat, access was easy.

“I know I can reach out to her any time,” Madison says.

And although they’ve never met in person, Madison feels an important connection.

“I’m sure she meets with a lot of teachers and hears a lot of stories, but she remembers personal details about me and things that I’ve been going through,” she says. “She’s so kind. And I really feel like I can open up and talk to her.”

The coping skills Madison learned through therapy also help her get through the COVID-19 pandemic. She’s now teaching some of those skills to her students, including ways to calm her kids when things get chaotic.

“I implement mindful breathing,” she says. “We’ll breathe together and say,

‘My mind is calm.’ And each time we say it a little quieter, until we’re not saying it any more at all and it’s silent in the room. Then we can go back to what we were doing.”

Madison now speaks with her therapist every other week and will eventually see her only as needed. She believes others can find similar help with the program.

“Even if you think you don’t need it, you probably do,” she says. “I think every teacher could benefit from it.

“I can actually be myself because now I’m not so busy trying to figure out how to deal with my feelings,” she continues. “I know how to handle them, so I’m more enthusiastic. I’m more available. I’m more present in the moment with my spouse, my family and my students.”

## Online counseling + support between sessions

CONNECT  
with  
*Karla*®

### Convenient

- ✓ Fits your schedule
- ✓ Link from your smartphone or laptop

### Confidential

- ✓ No personal details shared with MNPS

### Confidence

- ✓ Licensed counselors
- ✓ TripleCrown™ trained & certified

### Low cost

- ✓ No copay or deductible for certificated educators on plan



[www.sync.health/mnps](http://www.sync.health/mnps)



# LET US BE YOUR “ONE LESS THING”

*If you're a fan of the movie "Forrest Gump," you might remember Gump's famous line when he learned his shrimp boat partner had invested their earnings well and they no longer had to worry about money: "Good, one less thing."*

*The MNPS Employee & Family Health Care Centers want to make getting and staying well your "one less thing." Whether you need a primary care provider or just a one-time visit, we're here for you.*

Exclusively for MNPS employees, retirees and their family members

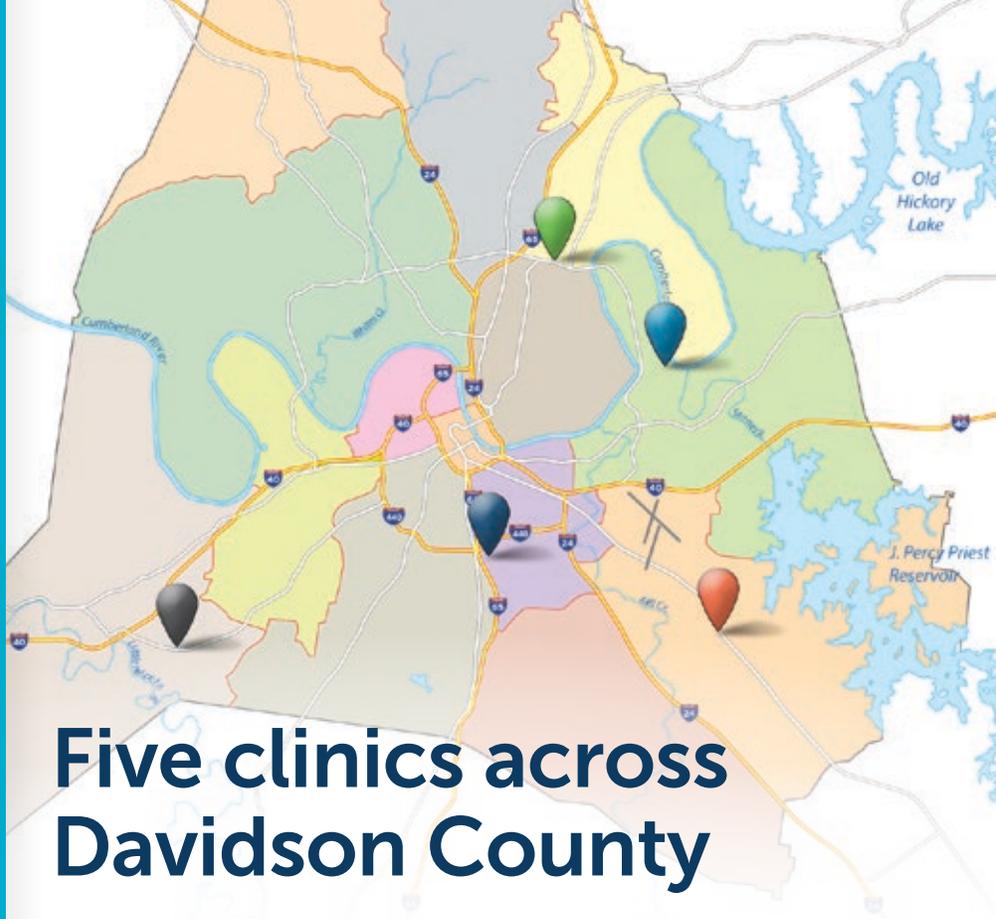
Conveniently located within 15 minutes of most MNPS work locations

LEARN MORE:

[MNPSHealth.org](http://MNPSHealth.org)

CALL FOR AN APPOINTMENT:

**615-259-8755**



## Five clinics across Davidson County

**CENTRAL:** Employee Wellness Center at Berry Hill

**NORTH:** Taylor Stratton Elementary

**SOUTHEAST:** Mt. View Elementary

**NORTHEAST:** Two Rivers Middle

**WEST:** Bellevue Middle



Vanderbilt excellence



Whole-person care



Same-day and next-day appointments



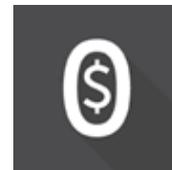
Seamless coordination with specialists



Highest safety standards



Telehealth visits available



\$0 copay for all services\*



Medical Home Certification by the AAAHC\*\*

\* You pay \$0 to use the Centers if you're covered by the Certificated Retiree Health Plan. If you have other coverage, we'll bill your insurance.

\*\* Accreditation Association for Ambulatory Health Care

# myCigna | An app that can make your life easier

- You're in the exam room and the nurse asks about your medications. Forgot your list? No problem!
- Wondering how close you are to meeting your out-of-pocket maximum? No problem!
- Need to find an urgent care clinic close to you? No problem!

**Customer Login**

Username [Forgot Username?](#)

Password [Forgot Password?](#) [Show](#)

[Log In](#)

[Haven't created an account yet?](#)

[Register](#)

[Registrarse en Español](#)

**Your online account gives you access to these features:**

- Find Care and Costs**  
Search for in-network providers, procedures, cost estimates, and more.
- View Claims**  
See a list of your most recent claims, their status, and reimbursements.
- Manage Spending Accounts**  
Review your spending account balances, contributions, and withdrawals, all in one place.
- Update Your Profile**  
Make sure your contact information is up-to-date so you don't miss out on important notifications about your plan.

## myCigna can provide the information you need — on your computer or your phone!

You can:

- See how much your plan covers for different services
- View your plan's medication formulary (list of covered drugs)
- Find network providers, facilities and pharmacies
- Access your claims and explanations of benefits (EOBs)
- View a list of your current medications and manage your prescriptions
- Price a medication
- Access the Healthy Rewards discount program
- View, print or share your ID card
- Register for wellness incentives
- Manage your profile and preferences

**On your computer:** Visit [myCigna.com](https://myCigna.com)

**On your smartphone:** Download the myCigna app at the App Store or Google Play



EMPLOYEE BENEFIT SERVICES

[MNPSBenefits.org](https://MNPSBenefits.org) | Email: [benefits@mnps.org](mailto:benefits@mnps.org) | 615-259-8464 or 615-259-8648

Office hours: Monday-Friday, 8 a.m.-4:30 p.m.