

For Your Benefit

The \$50 gift card *cha-ching* checkup



Cigna-HealthSpring is offering a \$50 gift card to Medicare Advantage enrollees who complete their annual 360 Exam (wellness exam) by May 31.

All you have to do is complete your exam and return the signed provider forms to Cigna-HealthSpring by June 30. Your exam results will give your PCP a detailed picture of your health and guide

him or her in recommending treatments and lifestyle changes to prevent or manage chronic conditions.

Remember, the 360 Exam is free to you — because Cigna-HealthSpring and MNPS believe in the value of preventive care.

You may have already received information in the mail about the

incentive, including the provider form that must be signed by your doctor. If you don't recall receiving it or would like to know more, call the number on the back of your Cigna-HealthSpring ID card.



 **Be smart**
Live well

MNPSBenefits.org

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MNPS and Health Care Centers recognized

Congratulations to MNPS and the Vanderbilt Health at MNPS Employee & Family Health Care Centers for receiving four prestigious recognitions for workplace wellness initiatives:

- » Gold-level recognition by the American Heart Association's Target: BP (blood pressure) program
- » Gold-level recognition by the American Heart Association's Workplace Health Achievement Index
- » Cigna's Well-Being Award
- » ComPsych's Health at Work Award

Visit MNPSHealth.org/awards.





Benefits reminders

Remember the 60-day rule

If you wish to add a dependent(s) to your MNPS retiree coverage because you have an eligible change in status, you **MUST** do so within 60 calendar days of the event. If you miss this deadline, you can never add the dependent at a later date, even during Annual Transfer in the fall.

Examples of eligible status changes include marriage, divorce, death, birth, adoption/custody of a child, and spouse or dependent losing insurance coverage or job.

Call Employee Benefit Services at **615-259-8464** or **615-259-8648** to make coverage changes.



Do not enroll in Part D!

It's very important that you do not enroll in any other Medicare plan, including Part D (prescription drug coverage).

If you do, your MNPS retiree coverage will be terminated. Medicare only allows individuals to be enrolled in one Medicare plan — and that's your MNPS Cigna-HealthSpring MAPD.

For more information, visit MNPSBenefits.org/retiree.

New Medicare cards coming

This April, the Centers for Medicare & Medicaid Services should finish issuing new Medicare cards with your new Medicare number (that doesn't include your Social Security number). If you've already sent a copy of your current Medicare card to Employee Benefit Services, there's no need to send a copy of the new one.

Keep your mailing address current

Don't miss important information about your MNPS retiree benefits. If you move, you must submit your address change in writing to Employee Benefit Services. Email benefits@mnps.org or fax **615-214-8665**. We will then submit the change to Cigna-HealthSpring. Note: You cannot update your address over the phone. If your mailing address on file is a PO box, you must also provide your physical address. This is a Medicare requirement that could impact your plan enrollment.

Congratulations to the MNPS Employee Wellness Center for

GOING GREEN!

We achieved the coveted Silver-level certification under the LEED New Construction rating system.



LEED (Leadership in Energy and Environmental Design) provides a framework to create healthy, highly efficient, cost-saving green buildings. LEED certification is a globally recognized symbol of sustainability achievement.

“What are you waiting for?”

Teacher encourages everyone to try the MNPS Health Care Centers



*Lynne Robinson
English Language Development teacher
John Overton High School*

Lynne Robinson wasn't looking to shake up her family's health care routine. But the more she used the MNPS clinics and Employee Wellness Center, the more she saw them as game changers. Now they're the foundation of her family's health and wellness needs. And knowing Vanderbilt Health providers staff the clinics gives Lynne confidence that she and her loved ones are receiving the best possible care.

"The Vandy name makes a difference," she admits.

Lynne first used the clinics for basic care, like the time she needed a strep test and was able to get it that morning.

When she planned a trip abroad, she turned to the Kroger pharmacy in the Wellness Center for her vaccinations

and to fill prescriptions she might need while out of the country.

The Wellness Center's fitness facilities also won her over.

"There are classes, things I can do that I just wouldn't do by myself," she says. "The fitness associates are very friendly, helpful and knowledgeable."

Gym fees she used to shell out now stay in her pocket. Lynne's savings are compounded because her husband and stepson are covered under her MNPS health insurance.

As services in the Wellness Center expanded, Lynne tried them out, too. She's seen Dr. O (Dr. Obersteadt), the Center's chiropractor. And both she and her stepson have seen physical therapists there; she for a foot problem

and her stepson for a sports injury. She figures they saved at least \$250 on her son's injury alone. Lynne now sports a pair of custom-molded orthotics — a godsend for someone who spends her days on her feet.

For active and retired teachers who haven't yet explored the Health Care Centers and their services, the veteran teacher gets straight to the point.

"What are you waiting for?"

Medicare rules require that Cigna-HealthSpring members pay their regular copay amounts when using the MNPS Health Care Centers. They may use the fitness center in the Employee Wellness Center at no charge.

Five convenient locations in Davidson County

CENTRAL

Employee Wellness Center at Berry Hill
2694 Fessey Court,
Nashville

M-F 7 a.m.-7 p.m.
Sat. 8 a.m.-2 p.m.

NORTHEAST

Two Rivers Middle
2995 McGavock
Pike, Nashville

M-F 8 a.m.-6 p.m.

NORTH

Taylor Stratton
Elementary
306 Old Hickory Blvd.
West, Madison

M-F 7 a.m.-6 p.m.

SOUTHEAST

Mt. View Elementary
3812 Murfreesboro
Road, Antioch

M-F 7 a.m.-5 p.m.

WEST

Bellevue Middle
School
651 Colice Jeanne
Road, Nashville

M-F 8 a.m.-6 p.m.

Learn more at MNPSHealth.org
For an appointment, call **615-259-8755**



Vanderbilt Health
at Metro Nashville Public Schools
Employee & Family Health Care Centers



METROPOLITAN PUBLIC SCHOOLS OF
 NASHVILLE DAVIDSON COUNTY
 2601 BRANSFORD AVENUE
 NASHVILLE, TN 37204-2811

EMPLOYEE BENEFIT SERVICES

NONPROFIT ORG
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 NASHVILLE TN
 PERMIT 1

Have questions about your MNPS retiree benefits?

Contact Employee Benefit Services

Phone: 615-259-8464 or 615-259-8648

Email: benefits@mnps.org

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



Warm up with a seasonal favorite

Cinnamon almondmilk macchiato

Our Horchata-inspired macchiato is made with bold espresso
 roast, creamy almond milk and sweet cinnamon dolce.



Monday-Friday, 6 a.m.-2:30 p.m.
 Located on the second floor in the
 MNPS Employee Wellness Center

