

For Your Benefit



CERTIFICATED RETIREE BENEFITS • FALL 2023

Cigna & HCA

Good news! Cigna and HCA/TriStar Health System have reached an agreement. HCA/TriStar will remain an in-network provider, and you will not experience any interruption in your coverage.



Know your plan:

Understanding the Cigna True Choice Medicare Advantage PPO

As you know, Annual Transfer is November 1-30. But because we now have one primary plan for MNPS retirees with Medicare — the Cigna True Choice Medicare Advantage PPO, or MAPD-PPO for short — there's nothing for you to do, except make sure you fully understand your plan and all the extras that come with it. This issue of *FYB* can help you do just that.

Additionally, Cigna representatives are hosting a virtual Retiree Information Session on Thursday, November 9, at 9 a.m. CT. Spouses are welcome. Visit MNPSBenefits.org/retiree-meeting for login details. Or you can call in by phone to **615-866-4623**; conference ID: 163 382 534#.

Can't make the call? Cigna has created a plan overview video you can watch on demand. Visit MNPSBenefits.org/retiree to view it.

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MNPSBenefits.org

Looking for your 2024 Retiree Benefits Guide?

It's online only this year: MNPSBenefits.org/retiree-benefits-guide

Understanding the Cigna True Choice Medicare Advantage PPO

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Don't accidentally unenroll yourself

This time of year, advertisements for Medicare plans really gear up. Don't be fooled! If you see a television ad, receive information in the mail or get a phone call offering you a Medicare Advantage, Medicare supplement or Part D plan, **DO NOT** enroll in that plan or you could lose your MNPS insurance forever.

The Centers for Medicare & Medicaid Services (CMS) does not allow individuals to be enrolled in more than one Medicare plan. If you enroll in any other plan, you'll be disenrolled from your MNPS medical plan.

Watch for your new ID card

The Cigna MAPD-PPO has only one ID card for both medical and prescription coverage. You will receive a new ID card in the mail to use in 2024.

Still have questions?

MNPS's dedicated Cigna representative Sharona Ferguson can help with:

- Cigna's Healthy TodaySM card (and how you can earn incentive rewards)
- Eligibility questions
- Claims issues
- ID card requests
- Authorization for services



Call, text or email Sharona at **629-462-8373** or sharona.ferguson@cigna.com.



Georgia Aquarium discounted tickets

Explore the wonders of the ocean with discounted tickets to the Georgia Aquarium.

MNPS employees, retirees, families and friends can enjoy discounts on a variety of Georgia Aquarium tickets, including general admission, Behind the Seas Tours and animal encounters. You can purchase up to 14 tickets or share the link with others and let everyone in on the fun!

Discounts are available only online. Visit www.georgiaaquarium.org/mnps and click Buy & Save to activate the discount.



Important notices

Each year, MNPS provide important notices about state and federal laws that affect your benefits and your rights and responsibilities as a participant in MNPS benefit plans. You can find the latest notices at MNPSBenefits.org/notices.

Introducing Vanderbilt Total Health

Care when and where you need it

Need medical care quickly? Feel overwhelmed and could use some mental health support? Want to book a preventive health screening?

Meet Yolonda

Vanderbilt Total Health (VTH) gives you access to nurse navigator Yolonda Powell, who is your “front door” to all the physical, mental, emotional and spiritual care available to you through Vanderbilt Health. Yolonda will personally assess your needs and guide you to care or helpful resources.

When to contact your nurse navigator

Contact Yolonda when you:

- Need medical care quickly, but it’s not an emergency
- Need medical care without leaving home (telehealth or home visit)
- Need help finding a Vanderbilt Health doctor or specialist
- Want to book an annual wellness visit or preventive screening
- Need a primary care provider
- Need help finding care for a chronic health condition
- Need mental health support
- Need emotional support for life changes, family stressors or caregiver fatigue
- Are having trouble meeting basic daily needs

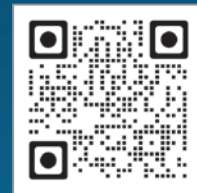
No surprise costs

VTH is available to MNPS employees, retirees and adult dependents. There is no cost to speak with Yolonda, and many services scheduled by Yolonda will not have a copay. She will let you know in advance of any cost share under your insurance.

Learn more about Vanderbilt Total Health at
mnps.myvanderbilthealthbenefits.com



Yolonda Powell, RN
VTH Nurse Navigator for MNPS



Get started with VTH

Scan the QR code with your phone camera to book an appointment with Yolonda.

For urgent needs or needs outside business hours, call
615-421-1711.

Benefits and more!

No-cost extras from your plan

Are you familiar with all the benefit extras you have access to as an MNPS retiree? Get to know the resources listed below, which are available at no cost to you.



Mental health support

Synchronous Health offers you mental health support from the comfort of home. It all happens through your smartphone or device. Get one-on-one video sessions with a licensed counselor, plus between-session support and tools from the Karla app. Visit sync.health/mnps or call **615-258-6654** to get started.



Caregiver support

Cigna provides caregiver support to help retirees and their family members care for an aging loved one, adult or child living with acute or chronic conditions, such as dementia, cancer, kidney disease, stroke and congestive heart failure. Services include one-on-one coaching with a caregiving expert, personalized resources through a secure mobile app, and help managing stress, anxiety and loneliness. Call **1-888-281-7867 (TTY)** for details.



Fitness resources

The Silver&Fit® Healthy Aging and Exercise program provides workout resources, including:

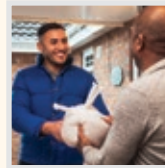
- Membership at one of 16,000+ fitness centers
- Online video classes and a library of 1,500+ on-demand workout videos
- Home-based fitness kits, including yoga and strength kits
- One-on-one healthy aging coaching and resources

Call **1-888-886-1992 (TTY 711)** or visit silverandfit.com to learn more or enroll.



Discounts on health-related items and services

Cigna's Healthy Rewards® program provides discounts on a range of health and wellness programs and services, including vision exams and eyewear, hearing aids and exams, alternative medicine and therapies, and more. Visit myCigna.com to view and access your Healthy Rewards or call **1-800-292-0013 (TTY 711)**.



Meal delivery after a hospital stay

Have 14 nutritious meals delivered to your home after an eligible hospital or skilled nursing facility stay, up to three times a year. After you're discharged, Cigna's meal provider will contact you to schedule delivery. To learn more, call **1-888-281-7867 (TTY 711)**.



Home life resources and referral services

Get help with everyday concerns, including aging, fraud and theft, healthy eating, home repair and improvements, pet care, and more. Visit CignaMA.helpwheretheyouare.com and type CignaMA in the Company Code field to get started or call **1-888-281-7867 (TTY 711)**.



Transportation

Your Cigna plan covers 50 one-way trips per year to approved locations — like a pharmacy or doctor's office — at no cost to you. Call **1-877-714-8537 (TTY 711)** or log in to myCigna.com.

Mental health
benefits



Refill your cup with Synchronous Health

Feel like you're pouring from an empty cup? A session with a Synchronous Health licensed counselor can help you fill it up!

Get confidential, no-cost-to-you support for:

- Stress
- Anxiety
- Fatigue
- Depression
- Boundaries
- Relationships
- Transitions
- Time management
- Trauma
- Grief and loss
- And more!

Synchronous Health's counselors meet with you:

- Virtually through your smartphone or device
- At times that work for you
- From the comfort of your home or location of choice
- At no cost to you

Your participation is completely confidential; no personal information is shared with MNPS.

Learn more about \$0 cost telehealth counseling at sync.health/mnps or by calling **615-258-6654**.

Confidential | Virtual | No cost



Synchronous
HEALTH

Synchronous Health services are available with no copay to you and your family members covered by the Certificated Retiree Health Plan.



“Don’t wait.
Don’t ignore
anything.”

Chanda Cleggett learned the importance of yearly mammograms when she was diagnosed with breast cancer on the second day of Breast Cancer Awareness Month.

Now cancer-free, Chanda encourages others to get screened.

“If something feels off with your body, go get it looked at,” she says.

Chanda Cleggett

MNPS truancy specialist

“I never
had any
symptoms.”

Feeling good and with no family history of breast cancer, Kelly Richter wasn’t concerned when she had to delay her annual mammogram due to the pandemic.

Fortunately, she made getting screened the next year a priority, because that’s when she learned she had breast cancer. Catching it and getting the right treatment enabled her to start the new school year free and clear.

Kelly Richter

MNPS Community Achieves site manager, Antioch Middle School



**Schedule a mammogram
with Vanderbilt Health today!**

Read these breast cancer survivors’ full stories at
MNPSHealth.org/testimonials.

Screening Saves Lives



“I get my mammogram every year.”

Debra McMillan had no idea breast cancer ran in her family – until she was diagnosed with it.

Fortunately, Debra made it a priority to get regular preventive screenings. Even though she had no symptoms, a routine mammogram led to her cancer diagnosis. Caught early, it was successfully treated.

Debra McMillan

STRIVE Collegiate Academy
physical education teacher



Vanderbilt Health

at Metro Nashville Public Schools
Employee & Family Health Care Centers

Prevention that pays

Wouldn't it be nice if you could earn money just for taking care of yourself?

Good news: You can!

Earn up to \$200 annually when you opt in to Cigna's incentive program and complete doctor-recommended health screenings. The funds you earn are loaded on your Cigna Healthy TodaySM card, which you can use to buy certain health and wellness products.

How to earn incentives

- 1 Enroll in the program at myCigna.com or over the phone by calling Customer Service at the number on your Cigna ID card. (Your enrollment carries over year-to-year.)
- 2 Complete your Yearly Health Check-up with your doctor to become eligible to earn rewards.
- 3 Get doctor-recommended screenings, tests and preventive care as you normally would. You can also earn incentives for completing activities in your community.
- 4 Rewards are automatically loaded onto your Healthy Today card.

Here are some ways you can earn:

	Amount
Mammogram	\$25
Bone density test	\$25
Flu shot	\$10
Diabetes screenings (must complete two different screenings)	\$30
Community engagement	\$10



How to redeem rewards

- 1 As you earn rewards, the money is automatically loaded onto your card. To check your card balance, go to [CignaHealthyToday.com](https://www.CignaHealthyToday.com) or call the Cigna Healthy Today card vendor at **1-866-851-1579 (TTY 711)**.
- 2 Shop for a wide variety of health and wellness-related items. You can find a list of participating retailers and eligible items at [CignaHealthyToday.com](https://www.CignaHealthyToday.com).
- 3 At checkout, simply swipe your Healthy Today card the same way you would a debit card. You're all set!

There's still time to earn incentives in 2023! Schedule and complete your screenings before December 31.



Fast, convenient health care for the entire family!

The Vanderbilt Health at MNPS Employee & Family Health Care Centers provide a wide range of services exclusively for MNPS employees, retirees and their family members.

Because you're enrolled in the Cigna True Choice Medicare Advantage PPO, our services are available at no cost to you, with one exception: Specialist visits are a \$20 copay per visit. This includes shared medical appointments, diabetes follow-ups with an endocrine specialist and dermatology consults.

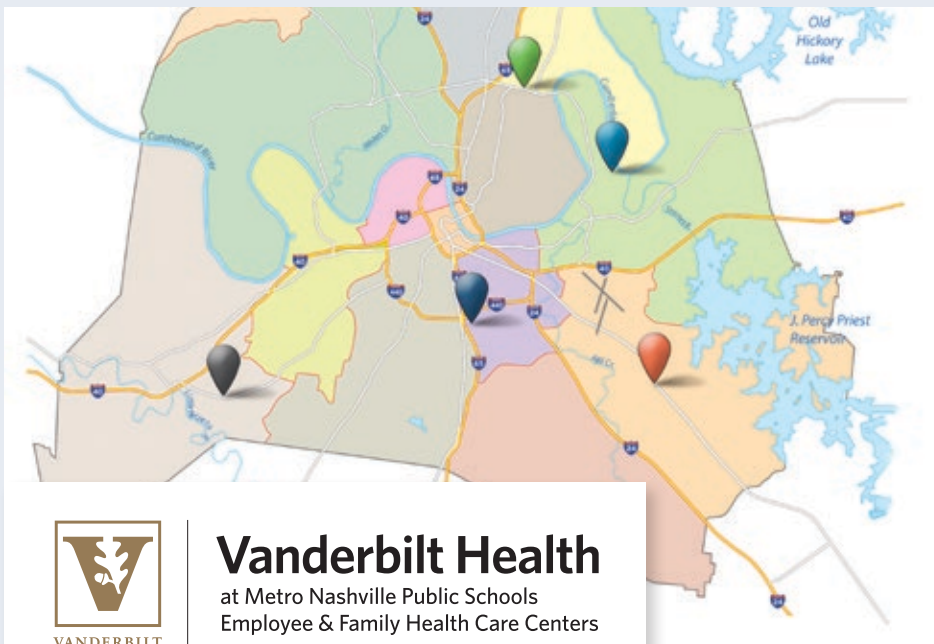
So, what kind of care do we provide? A lot!

All five locations provide these primary and acute care services – just for you and your family members:

- Treatment for minor illnesses and injuries
- Lab tests and blood work
- Immunizations, including flu shots
- Annual and sports physicals
- Women's and men's health
- Child/adolescent health
- Chronic condition management

Additionally, our Berry Hill location offers:

- A full-service fitness center
- Group fitness classes
- Health coaching
- Physical therapy
- Chiropractic care
- Acupuncture
- Behavioral health services
- An onsite Kroger pharmacy
- The Daily Grind café



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

You can now schedule appointments online!



Scan this code or visit MNPSHealth.org/schedule

Or call **615-259-8755**

5 Exclusive health clinics in Davidson County

MADISON

Taylor Stratton Elementary
306 West Old Hickory Blvd.
M-F 7 a.m.-6 p.m.

NORTHEAST NASHVILLE

Two Rivers Middle
2995 McGavock Pike
M-F 8 a.m.-6 p.m.

ANTIOCH

Mt. View Elementary
3812 Murfreesboro Road
M-F 7 a.m.-5 p.m.

WEST NASHVILLE

Bellevue Middle
651 Colice Jeanne Road
M-F 8 a.m.-6 p.m.

BERRY HILL

Employee Wellness Center
2694 Fessey Court
M-F 7 a.m.-7 p.m.
Sat. 8 a.m.-2 p.m.



Quitting can be hard,
but you don't have to
do it alone.

Your path to a tobacco-free future

If you use tobacco, you likely already know the toll it's taking on your health, your finances and your overall well-being.

What you might not know is just how harmful it can be:

- Smoking leads to disease and disability; it harms nearly every organ of the body.
- More than a third of cancer deaths in Tennessee are attributed to smoking.
- Life expectancy for smokers is at least 10 years shorter than for nonsmokers.

It's never too late to quit.

No matter how long you've smoked, you can still reap benefits by stopping. That includes lowering your risk for:

- 12 types of cancer
- Heart disease and chronic obstructive pulmonary disease (stopping helps even if you've already been diagnosed with either)
- Poor reproductive health outcomes

Quitting tobacco will improve your overall well-being and quality of life, and it can help you live longer.

* Screening is done via low-dose tomography and requires precertification.

Sources: Centers for Disease Control and Prevention, TN.gov

Quitting can be hard, but you don't have to do it alone. Contact one of the providers below and start now on your path toward freedom from tobacco.

- Cigna's Tobacco Cessation Program can help you quit for good. Participate over the phone, online or both. Call **1-877-459-9896**, or visit cigna.com/mnps > Plan Extras.
- The American Lung Association offers online resources and support groups at lung.org.
- Call **1-800-QUIT-NOW** or visit www.tnquitline.org for free coaching and nicotine replacement patches (if eligible). OR text "Quit" to **615-795-0600**.

Should you be screened for lung cancer?

Annual screenings are recommended for adults who have no symptoms and:

- Are age 50-80 AND
- Currently smoke or have quit in the past 15 years AND
- Have a 20 pack-year history (i.e., smoked one pack a day for 20 years or two packs a day for 10 years)

If you meet all these criteria, contact your doctor. The screening is available at no cost to you and could be an important first step in protecting your health.*



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

EMPLOYEE BENEFIT SERVICES

NONPROFIT ORG
US POSTAGE
PAID
NASHVILLE TN
PERMIT 1

NEW:
Vanderbilt Total Health
Find the care you need,
when you need it
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EMPLOYEE BENEFIT SERVICES

MNPSBenefits.org | Email: benefits@mnps.org | **615-259-8464** or **615-259-8648**

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



Free flu shots

There's still time to get a free flu shot at any of the MNPS Health Care Centers or the Kroger Pharmacy in the Employee Wellness Center.

Call **615-259-8755** for an appointment or schedule online at MNPSHealth.org/schedule. Our Kroger Pharmacy carries other vaccines too, including pneumonia, shingles, Tdap/Td, meningitis and more.



The information in this newsletter provides highlights of MNPS's certificated benefits program. It's not intended to include all benefit plan details. Complete details about how the plans work are included in the plan documents, which are available upon request. If there are any differences between the information in this material and the plan documents, the plan documents will govern the employee's or retiree's rights to benefits in all cases. This document does not constitute a contract or offer of employment. MNPS reserves the right to change or end any of the plans or programs described in this brochure at any time. If you have any questions about MNPS's benefits program, contact Employee Benefit Services.