

# For Your Benefit

CERTIFICATED RETIREE BENEFITS

SPRING 2024

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# MNPS health coaches share their unique approaches

Have you ever thought about taking steps to get healthier, but weren't sure where to start? Look no further.

MNPS health coaches B.J. Reeves and Bobbi Nickel can help. When you work with B.J. or Bobbi, you'll receive expert insights, tailored strategies and unwavering support to help you reach your wellness goals.

Still unsure about what health coaching is and how it can help you? *FYB* asked B.J. and Bobbi to share their approaches.



## B.J. Reeves | RN, BSN

"Many people think health coaching is about weight loss, chronic disease management and/or nutrition. In reality, wellness coaches look at every aspect of your health. This includes family history, current health status (both physical and mental), lab results, medications, living and work environments, gaps in care (such as missed screenings and vaccinations), and much more.

People are like puzzles. As a health coach, I analyze everything that makes up the whole person and find the pieces that are missing. Then, together, we form a plan to help them be whole again."

**To make an in-person or telehealth appointment with B.J.:**  
call or text **629-264-8052** or email [Barbara.reeves@evernorth.com](mailto:Barbara.reeves@evernorth.com).



**Wellness coaches look at every aspect of your health.**



## Bobbi Nickel | RN, MSN

"A health coach doesn't make the rules for you. You already know what you want to do. You just need someone to help you see the barriers that are keeping you from success and someone to hold you accountable.

A good health coach will educate you on how the body works — and help you understand if you've been sabotaging yourself without realizing it. It all begins with your mind. It's not about willpower, it's about mindpower. Your thoughts determine your actions, and your actions determine your behavior. Your behavior becomes habits, whether they're good for you or derailing you. When you begin to notice your thoughts and replace negative thoughts with the truth, your whole life will change. A health coach can help you do that."

**To make a telehealth appointment with Bobbi:**  
call **615-259-8755**.



**It's not about willpower. It's about mindpower.**



Note: Sessions with health coaches are completely confidential.

# Health coach helps client stay on track

Partnership and perseverance make for a powerful team. So do retired MNPS art teacher, Barbara Johnson, and holistic health coach, Bobbi Nickel.

Barbara connected with Bobbi after a series of health issues made losing weight critical for her. She was diagnosed with diabetes in 2005 and later was found to have liver damage as a result. She also had hip replacement surgery. Then, after contracting a serious sepsis infection when she was 61, she decided to retire.

"I just wanted to work on getting well," Barbara says. "I needed a health coach — someone I could answer to."

Bobbi fit the bill perfectly. In addition to being a trained coach, Bobbi understood on a personal level. She went through a similar experience herself years ago when she successfully lost 110 pounds.

And, as Barbara notes, Bobbi "knows how to keep the weight off."

## Bobbi's coaching philosophy

Bobbi starts by simply listening to her clients. She doesn't pitch goals; instead, she helps them set their own and develops a plan to meet them.

"We also talk about the emotional things in their lives," Bobbi says. "That helps some clients better respond to their triggers."

Every client is different in what they need and how they respond. "No two people are the same," she says.

## Barbara's weight loss journey

Bobbi's coaching helped Barbara lose 85 pounds. As often is the case, the journey hasn't always been easy.

"I'm a foodie, volume-eater and grazer," Barbara says.

She is also an emotional eater. Her setbacks have included depression, particularly after the loss of her

mother. When the weight began to creep back on, Barbara worked even more closely with Bobbi to get back on track.

"Barbara never gives up," says Bobbi. "I'm very impressed with her perseverance over the years."

Barbara believes having the right mindset is key. "You have to decide you want to be different," she says.

She also credits Bobbi's expertise and compassion. "The accountability is so important," Barbara says of her coach. "She's become a good friend."

## Looking forward to a bright future

Barbara's successes over the past couple of years go beyond what the scale shows. Her endocrinologist says that she seems to be "aging backwards" since her numbers are so much improved.

One unanticipated bonus: Her husband lost 20 pounds, thanks to healthier food choices in their home.

The future looks bright. "I want to enjoy life for the next 20 years," Barbara says.



“You have to decide you want to be different.”



# The key to good health...

## ...yearly well-woman exams

Going to the doctor when you're sick is a no-brainer. But it's also smart to see your provider when you're well to help ensure you stay that way.

An annual well-woman exam can spot problems early on, which is key to preventing progressive diseases like cancer. During the exam, your provider may discuss cancer screening recommendations (breast, cervical, colorectal, skin).

The MNPS Health Care Centers offer well-woman visits, along with education on birth control, sexual health, family building, weight concerns and other women's issues. There's no cost if you're covered under the Certificated Retiree Health Plan.

If you're due for a well-woman exam or have a concern you'd like to discuss with a health care provider, make an appointment by calling **615-259-8755** or visiting [MNPSHealth.org/schedule](https://www.mnpshealth.org/schedule).

The MNPS Health Care Centers have five locations across Davidson County:

### **Berry Hill**

Employee Wellness Center  
2694 Fessey Court

### **Madison**

Taylor Stratton Elementary  
306 West Old Hickory Blvd.

### **Northeast Nashville**

Two Rivers Middle  
2995 McGavock Pike

### **Antioch**

Mt. View Elementary  
3812 Murfreesboro Road

### **West Nashville**

Bellevue Middle  
651 Colice Jeanne Road



## **Vanderbilt Health**

at Metro Nashville Public Schools  
Employee & Family Health Care Centers

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*The information in this newsletter provides highlights of the benefits, programs and extras included in 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 at [benefits@mnps.org](mailto:benefits@mnps.org).*



# MyHeartHealth

## New bundle for irregular heartbeat

Vanderbilt Health’s MyHeartHealth bundle provides full-spectrum treatment for irregular heartbeat. Also known as cardiac arrhythmia, an irregular heartbeat means your heart beats too fast, too slowly or in an uneven pattern.

If diagnosed with a cardiac arrhythmia, the MyHeartHealth bundle may be right for you. It includes:

- Dedicated patient navigator to guide and support you
- Consultation to determine most appropriate electrophysiology (EP) procedure
- Cardiac testing, monitoring, diagnostic imaging and labs
- Pre-surgery preparation, EP procedure and post-procedure follow-up

### How to get started



Make an appointment with a patient navigator by scanning the QR code or by calling **615-936-BNDL (2635)**.

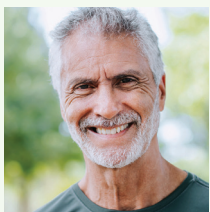
Learn more about MyHeartHealth — as well as other MyHealth bundles — at [mnps.myvanderbilthealthbenefits.com](https://mnps.myvanderbilthealthbenefits.com).



## What happens...

### ...when you become eligible for Medicare

- You must enroll for Medicare Parts A & B and send a copy of your Medicare card to Employee Benefit Services.\* This allows you to stay covered by the Certificated Retiree Health Plan and your monthly premium to be reduced.
- Once enrolled for Medicare, your retiree medical coverage will be provided through a plan that coordinates with Medicare. You’ll receive details about your coverage as a Medicare beneficiary at that time.



### ...if one of your covered dependents becomes eligible for Medicare before you

Your coverage will not change, but your dependent will be required to move to a medical plan that coordinates with Medicare. This will lower their premiums to retiree rates. Your dependent will be provided with more details about coverage as a Medicare beneficiary at that time.

\* Provided you’re not covered under any other active employee medical plan such as a spouse’s employer plan



# Living with chronic pain?



Most of us suffer from occasional muscle aches or pain that come from injury, illness or a medical condition. Fortunately, musculoskeletal (MSK) pain, which affects bones, muscles, ligaments, tendons and even nerves, generally goes away once the body heals. However, if your MSK pain lasts longer than a few weeks, you might be suffering from chronic pain.

Chronic MSK pain can last months — even years. It can continue after you recover from its initial cause and interfere with your daily activities and mental health. You might find yourself unable to do the things you like to do, which can, in turn, lead to stress, depression and other mental health issues.

## Causes and symptoms

The cause of chronic pain isn't always clear. It might start with an illness or injury that doesn't seem to heal, or the cause might be undiscoverable. Symptoms can include:

- Constant or consistent pain
- Aching
- Stiffness
- Burning in the muscles
- Fatigue
- Muscle twitches or spasms
- Sleep disturbances

## Addressing chronic MSK pain

The first step to addressing chronic MSK pain is to see your doctor and get a diagnosis. Then, you can work with your provider to develop a customized treatment plan. A holistic approach that addresses not only your pain but also nutrition, exercise, sleep and stress reduction can accelerate healing and help you get back to doing the things you love.



# Access your chronic pain resources

## Fern

Fern is a digital program for chronic pain, including persistent MSK pain. It teaches you pain management skills, including coping with feelings brought on by pain, such as stress, anxiety, depression or fear.

Fern is available at no cost to you. Once enrolled, you'll take a brief assessment. Then you'll be matched with a Fern health coach, who will help you work toward goals in daily movement, sleep, emotional health and nutrition. You'll learn how pain works and how you can retrain your brain to process it differently.

### How to get started



Scan the QR code to get started with one of Fern's enrollment specialists. You can also read FAQs and watch an overview

video at [fernhealth.com/mnps](https://fernhealth.com/mnps).

## Onsite physical therapy

With a referral from your diagnosing provider, physical therapists at the MNPS Employee Wellness Center can provide one-on-one sessions customized to your needs and goals.

Patients are encouraged to take an active role in their treatment plan, which often includes a home exercise program that is adjusted as the patient progresses.

### How to get started

Ask your provider to make a referral to the MNPS Health Care Centers' physical therapy department. Then call **615-259-8755** to make an appointment with one of our physical therapists.

## Bundled care

Vanderbilt's MyHealth program "bundles" all the services needed to deliver world-class care for specific conditions, such as chronic MSK pain.

An orthopedic bundle covers osteoarthritis, shoulder pain, and hip and knee replacement procedures. A spine bundle covers three common spine procedures. All at no cost to you. With the help of a patient navigator, the experience is streamlined to help you get back to the things you love fast.

### How to get started



Scan the QR code or call **615-936-BNDL (2635)** to make an appointment with a patient navigator and confirm your eligibility to participate.

Learn more about MyHealth bundles at [mnps.myvanderbilthealthbenefits.com](https://mnps.myvanderbilthealthbenefits.com).



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

EMPLOYEE BENEFIT SERVICES

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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.

# Finally, all your benefits in one place!

Your retiree benefits package is big. Really big. In fact, it includes so many programs that it can be difficult to remember everything available to you or to easily find the info you need.

Not anymore.

## Introducing Castlight, your benefits hub:

- Browse all your MNPS benefits in one place.
- Search for the benefit that addresses your need.
- Search for providers.
- Review your medical claims.
- Connect with a live Castlight Care Guide for one-on-one benefits help.
- Get personalized recommendations based on your goals and recent claims.

## How to get started



Register today at [mycastlight.com/mnps](https://mycastlight.com/mnps). Or download the app from the App Store or Google Play (employer code MNPS).

