

For Your Benefit



CERTIFICATED RETIREE BENEFITS • SUMMER 2021

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MNPSBenefits.org

QUESTIONS?

Contact:
Employee Benefit Services
615-259-8755
benefits@mnps.org

The benefits and programs described in this newsletter are for retirees and their dependents who are covered by the Cigna Medicare Surround or Cigna Medicare Advantage plans.

4 reasons to schedule those screenings

Did the pandemic prompt you to put preventive care and screenings — like your annual physical, mammogram or colonoscopy — on the back burner? Here are four reasons those visits should go right to the top of your to-do list.

1 It's safe.

Yes, the pandemic continues. You might think it's better to avoid medical offices, unless it's an emergency. Not true! In fact, it's actually riskier to *not* see your doctor. The MNPS Health Care Centers continue to follow many extra safety protocols, such as sanitizing the waiting room, requiring masks and limiting the number of people in the office.

2 Time matters.

There was a substantial decline in cancer diagnoses over the past year. That's because people put off getting screened. Unfortunately, cancer doesn't wait. Just because it's not diagnosed doesn't mean it's not there. And the odds of beating cancer are much higher if you catch it early. That's why timely screenings are essential.

3 Regular wellness visits are a healthy habit.

When you see your provider every year, it's an excellent opportunity to:

- Go over your and your family's health history to make sure you're aware of any potential risk factors
- Identify potential problems early, increasing the odds of a good outcome
- Monitor any existing health issues
- Get your latest numbers, like blood pressure, blood sugar and weight
- Ensure you're up to date on your vaccinations (no, they're not just for kids!)
- Ask any health-related questions you have and learn how to improve your health

4 They cost you \$0.

Most age-appropriate preventive services are 100% covered by the Certificated Retiree Health Plan, with no out-of-pocket costs to you. If the MNPS Health Care Centers don't provide the service you need, like a mammogram or colonoscopy, we can provide a referral.

To make an appointment at the MNPS Health Care Centers, call **615-259-8755**.

Benefit news



FOR CIGNA MEDICARE ADVANTAGE PLAN (MAPD) ENROLLEES

Have you had your yearly 360 Exam?

Your yearly 360 (Wellness) Exam goes beyond Medicare's normal annual wellness exam. It reviews every aspect of your health and well-being. And it provides your doctor with a full-circle picture of your current health and risk factors. The goal: to identify any health conditions as early as possible and equip you to better manage them.

The 360 Exam costs you nothing. You can even earn an incentive for completing it. Keep reading.

Did you know you can earn a \$50 gift card for getting your 360 Exam?

With the Cigna Medicare Advantage Incentives program, you can earn a \$50 gift card for completing your yearly 360 (Wellness) Exam.

Visit [CignaMedicare.com/incentives](https://www.CignaMedicare.com/incentives) and register. Be sure to have your Cigna ID card handy. If you have questions or need help, call Customer Service at **1-888-281-7867**.

FOR ALL RETIREE PLANS

Want an alternative to an in-office visit?

For Medicare-covered, non-emergency care, you can talk with an MDLIVE telehealth provider for many minor health issues, including allergies, cough, headache, sore throat and other low-risk illnesses.*

MDLIVE providers are board-certified doctors committed to quality virtual care. Visits can be done by phone or video. To learn more about this benefit, call Customer Service at **1-888-281-7867** or visit [MDLIVE.com/CignaMedicare](https://www.MDLIVE.com/CignaMedicare), 24 hours a day, 7 days a week.

You can also use your own provider's telehealth services as long as they're covered by Medicare. It's a good idea to ask your provider how much your service will cost before your telehealth visit.

Note: Telehealth is NOT your best option if you have a medical emergency, like chest pain, a suspected stroke or a severe injury. If your situation requires hands-on, immediate care, go to the emergency room or call 911.

* For your MDLIVE telehealth visits to be covered by Cigna, you must first register via MDLIVE's website or by calling Customer Service. And you must use a network provider that offers this service.

READY TO GET FIT?



Fitness associates provide personalized help

What are your fitness and wellness goals? Do you want to tone your body? Improve your balance? Just get more active and be healthier overall?

If you could use some help getting where you want to be, look no further than our fitness associates at the MNPS Employee Wellness Center at Berry Hill.

How to get started

Our associates can show you around the fitness center and teach you how to safely operate the strength and cardio equipment. To schedule an equipment orientation, simply ask an associate at the fitness center desk.

If you want more personalized help, stop by the fitness desk and fill out a fitness assessment.

"This helps us understand your current fitness level and history, such as whether you've had past injuries," says fitness associate Sara Wade. "We use your answers to match you with a fitness associate and customize an exercise plan for you. Then we'll work with you one-on-one to help you achieve your goals."

What fitness associates do

In addition to providing one-on-one support, our fitness associates:

- Teach group exercise classes, both in-person and online
- Track physical therapy and chiropractic patients' progress and provide follow-up fitness consultations
- Answer general health- and fitness-related questions
- Ensure fitness center equipment is clean, properly functioning and used correctly

Fitness associates and classes are available to all MNPS employees, retirees and spouses at no charge. Visit [MNPSHealth.org/fitness](https://www.mnpshealth.org/fitness) to learn more and see our class schedule.

We're open 6 days a week

Monday-Friday | 5:30 a.m. - 7 p.m.

Saturday | 8:00 a.m. - 2 p.m.

Meet our fitness associates



Kreg Kinnaman



Kurtis Lewis



Sara Wade



Jillian Walker

Open Saturdays at Berry Hill!

FITNESS CENTER

Monday-Friday | 5:30 a.m. - 7 p.m.
Saturday | 8 a.m. - 2 p.m.



IN THE MNPS
**EMPLOYEE
WELLNESS
CENTER**
AT BERRY HILL
2694 FESSEY CT.

HEALTH CARE CENTER

Monday-Friday | 7 a.m. - 7 p.m.
Saturday | 8 a.m. - 2 p.m.
Same day appointments often available. Call 615-259-8755.



KROGER PHARMACY

Monday-Friday | 7:30 a.m. - 7 p.m.
Saturday | 8:30 a.m. - 2 p.m.



Convenient care at all locations

The Vanderbilt Health at MNPS Employee & Family Health Care Centers provide a wide range of primary and acute care services for you and your family members:

- 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
- Health coaching
- Chronic condition management
- Behavioral health screenings

Retirees and their family members enrolled in the Certificated Retiree Health Plan may use all MNPS Health Care Centers at no cost/copay. Exception: Cigna Medicare Advantage enrollees must pay their regular copays.

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 West Old Hickory
Blvd., 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
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



MNRTA: Worth your dues and more!

MNRTA — the Metropolitan Nashville Retired Teachers Association — does so much!

We:

- Promote fellowship among retirees of the Metro school system
- Lobby to maintain and improve the benefits reflected in our pension checks and medical insurance
- Promote activities of community service by:
 - » Awarding broad-based services to students and their families
 - » Generating funds to offer scholarships to MNPS graduates who are committed to what most of us spend our life's work doing: teaching school

Throughout the pandemic, we worked — carefully and cautiously — to monitor the work of the Tennessee General Assembly and the work of our own Administrative Retirement Committee and Insurance Trust. We're emerging with no major setbacks in either area.

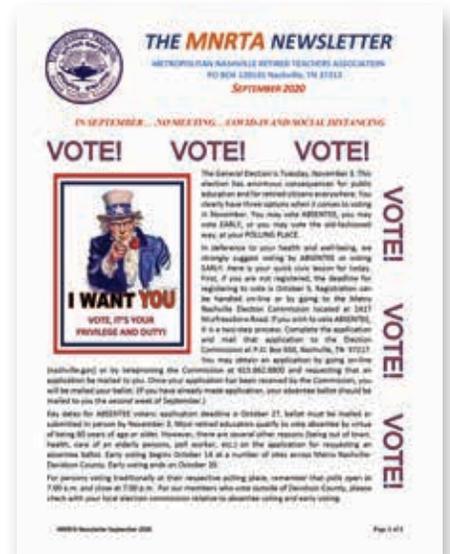
And we just awarded four scholarships to graduates of White's Creek,

Glentliff, Hume Fogg and McGavock high schools.

Although the fellowship many of us treasure has been missing for the last 14 months, we're set to resume face-to-face meetings in July. We typically gather six times a year, and members receive our award-winning MNRTA newsletter six times a year.

Take pride in your retired status. Join your colleagues today in MNRTA!

Sincerely,
The MNRTA Board



Join MNRTA today

If you're not an MNRTA member, you should be. Our dues are minimal (about \$6 a month). The return on your investment for your retirement is worth it.

Go to MNPSBenefits.org/retiree-mnrta. Click on the form to download it. Then complete and return it to the address on the form.

No need to send a personal check; you can have your dues deducted from your monthly pension check.

Webinar

Explore your EAP

Date: July 21, 1 p.m.

Hosted by: **GuidanceResources**, EAP counseling and referral services provider

To register: Visit guidanceresources.com (user ID: MNPS; password: EAP) and click Company News.

Most employers don't offer an Employee Assistance Program to retirees. Not so at MNPS! You can continue to take advantage of this valuable MNPS benefit.

Are you up to speed on all your EAP offers? Let us take you on a guided tour. You might even discover some free services you didn't know about. At the end of the webinar, you'll have an opportunity to ask questions.





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

EMPLOYEE BENEFIT SERVICES

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US POSTAGE
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NASHVILLE TN
PERMIT 1

See what the Metropolitan
Nashville Retired Teachers
Association (MNRTA) is doing
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EMPLOYEE BENEFIT SERVICES
MNPSBenefits.org | Email: benefits@mnp.org | **615-259-8464** or **615-259-8648**
Office hours: Monday-Friday, 8 a.m.-4:30 p.m.

Health plan premiums announced

The following premium deductions are effective with your July pension check.

Plan*	With or without Medicare A and B	Monthly premium (per member)
Cigna Medicare Surround with Cigna Rx (PDP)	Retiree and/or spouse with Medicare A and B	\$136.01/member
Cigna Medicare Advantage with Part D drug coverage	Retiree and/or spouse with Medicare A and B	\$51.00/member
Cigna Medical Plan	Retiree or spouse without Medicare	\$216.43/member
	Dependent child without Medicare	\$92.10/dependent child

* All plans include dental coverage through Delta Dental, vision coverage through EyeMed and hearing coverage through Cigna/Amplifon.

Have questions about your premiums?

Contact Employee Benefit Services at **615-259-8464** or **615-259-8648**.

COLA increase for 2021

If you have been retired for at least 12 months, you will receive a 1.4% cost-of-living (COLA) increase in your retirement pension payments. This increase will be reflected in your July 31, 2021 pension check.

