

For Your Benefit

Introducing Foodsmart telenutrition

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 **Be smart**
Live well

MNPSBenefits.org

A new way to get smarter about food

"I don't like broccoli. I haven't liked it since I was a little kid and my mother made me eat it."

Then-President George H. W. Bush made headlines with that statement in 1990. More than 30 years later, his attitude is still in good company. How many of us grew up learning to dislike foods that were best for us nutritionally?

If you're holding onto homegrown habits like these, help is here!

Introducing Foodsmart, a telenutrition program that lets you meet one-on-one with a registered dietitian — at no cost to you.*

This new program will give you tools to help you:

- **Eat smarter** with personalized nutrition guidance
- **Plan easier** with instant custom meal plans
- **Shop quicker** with a digital grocery list and easy online ordering
- **Stay inspired** with simple, tasty recipes you'll love

While Foodsmart can't make broccoli taste like ice cream, it can give you lots of support to make healthy, lasting changes to your eating habits. Turn to page 2 to learn how to get started.

* Foodsmart is available to employees and dependents age 13+ enrolled in the Certificated Employee Health Plan. Participants age 13-18 must have a parent enroll with them.

Meet one-on-one with a registered dietitian — for FREE!

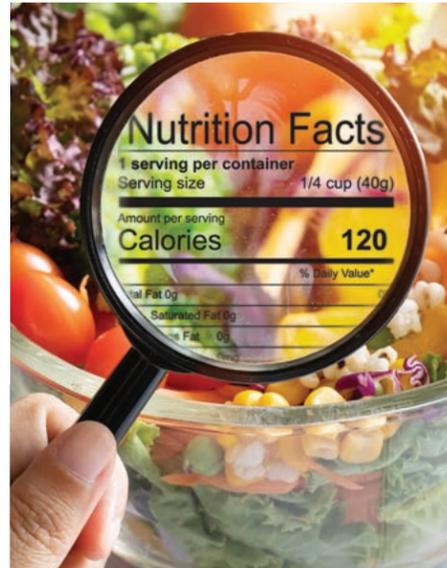
Continued on page 2



Details are coming via email. Be on the lookout.

Ready to get started?

Scan the code (right) or visit cignahealth.zipongo.com to download the Foodsmart app. Then, follow these steps to meet virtually with a registered dietitian:



- 1. Schedule.** Self-schedule a telenutrition appointment using the Foodsmart patient portal.
- 2. Check in.** Before your appointment, complete pre-visit forms and a NutriQuiz online.
- 3. Visit.** Meet with your dietitian by phone or video. You'll get a nutrition assessment, build a nutrition plan and learn how Foodsmart offers real-time support.

After your appointment, Foodsmart's healthy eating tools will help you stick to your nutrition plan. And you can schedule follow-up visits with your nutritionist as needed.

Discover the benefits of bundles

Four new bundles are here!

On January 1, MNPS rolled out four new Vanderbilt MyHealth Bundles, joining MyMaternityHealth, which to date has welcomed 41 babies.

These innovative programs bundle all the services you need — **at no cost to you!** — to:

- Have a baby (MyMaternityHealth)
- Receive cochlear implants (MyHearingHealth)
- Have spine surgery (MySpineHealth)
- Have hip or knee surgery (MyOrthoHealth)
- Undergo weight loss surgery (MyWeightLossHealth)

MyHealth Bundles provide an enhanced health care experience with additional support and convenience to ease many of the worries commonly associated with health care. They're available to eligible employees and their dependents enrolled in the Certificated Employee Health Plan.



Want to learn more about Vanderbilt's MyHealth Bundles?

Join us for a free educational webinar on March 23. You'll learn:

- How MyHealth Bundles work
- All the services included in a bundle
- The advantages of enrolling in a bundle
- Details about each of the health conditions covered by a bundle

You'll also get a chance to ask questions in a live chat Q&A session.

Webinar: MyHealth Bundles

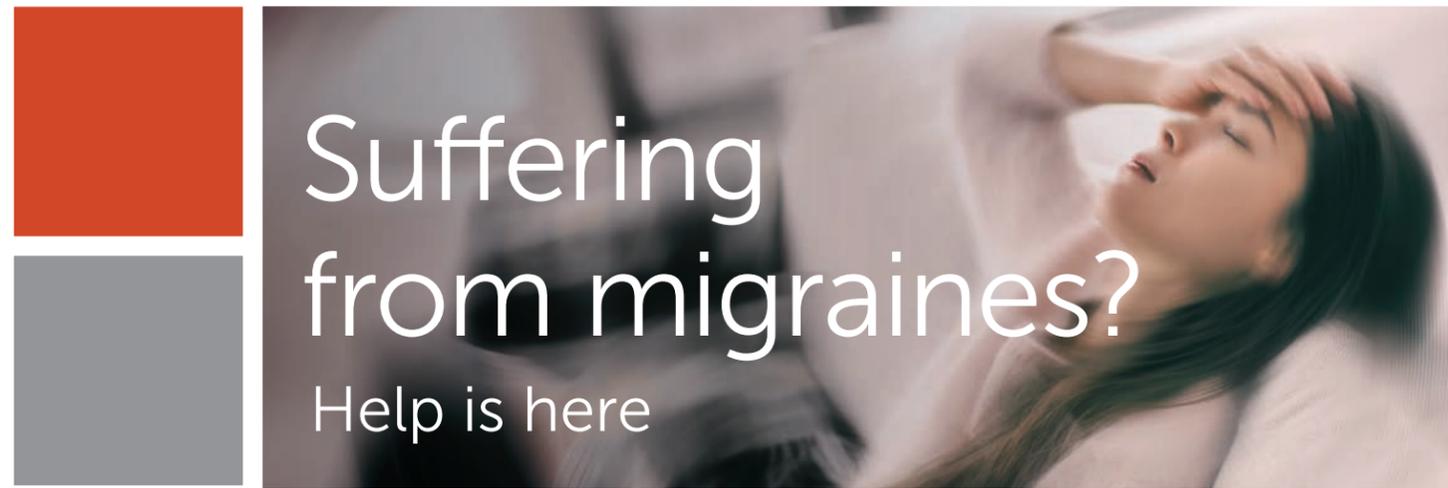
Presented by Vanderbilt Health

Tuesday, March 23 at 4:15 p.m. CST

Register at BundlesWebinar.org

Can't make the live event? Register anyway to receive a recording of the webinar via email after the event.

Can't wait 'til the webinar? Visit MyHealthBundles.org.



Suffering from migraines?

Help is here

Last fall, MNPS offered a three-month migraine management program and research study to a group of 79 employees.

The goal: To teach people suffering from migraine how to successfully manage it — and get help if they can't achieve relief on their own.

The result: Over the course of the study, participants learned how to recognize migraine triggers and address them early. They also had opportunities to ask questions of

headache specialist and Vanderbilt neurologist, Dr. Dane Chetkovich, via live webinars. By the end of the study, many were experiencing fewer migraines and able to take less medication.

The program, called Working With Migraine™, is now available to anyone who wants it — at no cost to you.

Visit MNPSBenefits.org/migraine for details and to get started. You'll also find links to Dr. Chetkovich's live webinar recordings.

Working With Migraine™ strives to teach people suffering from migraine how to successfully manage it — and get help if they can't achieve relief on their own.

Early detection is key

Have you been screened for colorectal cancer?

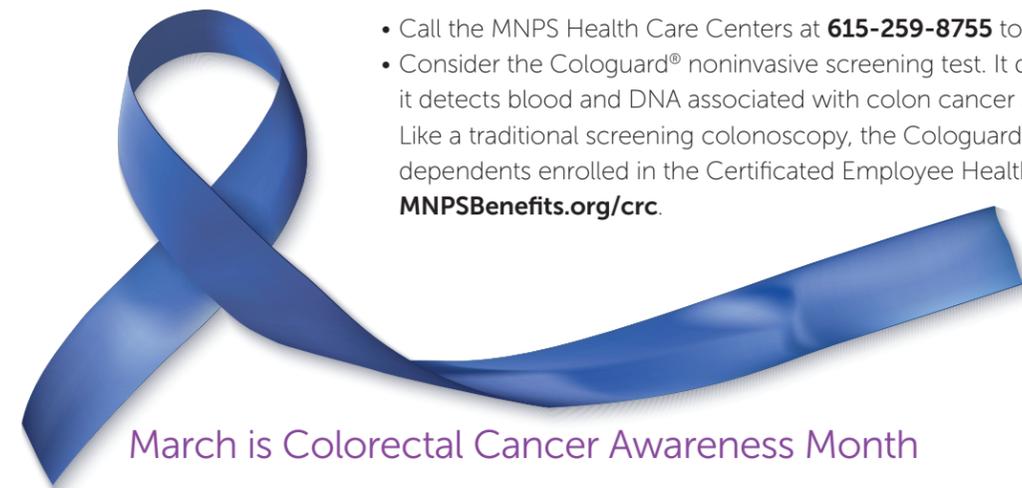
It's vital to catch colorectal cancer early. That's because by the time symptoms appear, the cancer has likely already spread and become harder to treat.

Detecting abnormal tissue or signs of cancer early can make it easier to treat.

If you're age 45 or older, you may be due for colon cancer screening:

- Call the MNPS Health Care Centers at **615-259-8755** to discuss your screening options.
- Consider the Cologuard® noninvasive 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 Employee Health Plan who qualify. Learn more at MNPSBenefits.org/crc.

Source: cancer.gov



March is Colorectal Cancer Awareness Month



WALK YOUR WAY TO BETTER HEALTH mental

"If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk." — Hippocrates

These were the words of ancient Greek physician Hippocrates (also known as "the father of medicine"). Even back then, he knew walking could do wonders for our mental well-being.

Today, science has proven that walking briskly for 30 minutes three times a week can:

- Relieve stress by boosting hormones called endorphins
- Reduce anxiety and depression
- Encourage a meditative state
- Increase energy and mental alertness
- Reduce fatigue
- Improve sleep
- Boost interest in sex

Together with the many physical benefits — it lowers blood pressure, builds muscle, boosts endurance and reduces joint pain — walking is a great way to transform (or maintain) your health.

And it's easy to get started. Walking doesn't require any special equipment (except a pair of supportive shoes) and you can do it almost anywhere. You can even break your 30-minute walk into three 10-minute sessions.

▶ Upcoming webinar: Walking for mental health

April 7 at 4:15 p.m. | Presented by: GuidanceResources, your EAP administrator
Register today: Visit MNPSBenefits.org/employee > *What's new* panel.

Ready to discover some innovative ways walking can make you feel better emotionally, spiritually and mentally?

Join us Wednesday, April 7 to learn:

- How to get the most mental health benefits from your walk

- How to add walking meditation to your daily life
- The art of labyrinth walking, a practice that can quiet the mind and restore balance in your life
- The benefits of walking in nature (also called forest bathing!)
- About physical "grounding" — what it is and how it can help your mental health

▶ The Employee Assistance Program (EAP) is here for you 24/7

- Call **1-888-297-9028** to speak with an EAP counselor anytime, day or night.
- Visit guidanceresources.com Username: MNPS | Password: EAP
- Download the **GuidanceNowSM** app (at the App Store or Google Play)

▶ Get your walk on — at the MNPS fitness center!

The walking track on the second level of the MNPS Employee Wellness Center has a comfortable, no-slip surface. (And 25 laps equal one mile.)

The fitness center also offers classes, both in person and virtually, and fitness associates are available to help you get started or advance your workout routine.

Cleaned and sanitized each night, the fitness center in the MNPS Employee Wellness Center is available to you and your spouse at no charge.

Visit MNPSHealth.org/fitness to learn more. Or give us a call at the fitness center desk at **615-259-8580**, option 1.

LIVE YOUR BEST LIFE ...get coached!

Have you ever wanted to sit down with an expert and get advice on how to improve some aspect of your health? Consider your wish granted. Here are 10 health coaching programs available to you — as an enrollee in the Certificated Employee Health Plan — **at no charge**. Some programs are available to your covered dependents, too. Participation is 100% confidential; no personal information is ever shared with MNPS.

Personal health coaching

One-on-one coaching (in person or via telehealth)



There's nothing better than receiving advice that's specific to your needs. And with onsite health coaches Bobbi Nickel and Samantha Simpson, that's exactly what you get. There's no one-size-fits-all in their approaches. These remarkable coaches will teach

you how to improve your eating habits, better manage a chronic health condition and even guide you when you're facing multiple health concerns.

Call **615-259-8755** to learn more or make an appointment.

Foodsmart **NEW!**

Telenutrition

Foodsmart is our newest coaching program. You can meet one-on-one, via video visits, with a registered dietitian. You'll get personalized nutrition guidance to help you learn how to eat smarter. You'll also receive customized meal plans, a digital grocery list and recipes to inspire you. If your health goals involve eating better in 2021, Foodsmart can help! See page 1.

Omada® lifestyle program

Diabetes prevention, type 2 and high blood pressure management

Omada's diabetes prevention program has been so successful, we expanded to include two new conditions: Now you can join if you live with type 2 diabetes and/or hypertension. This personalized program combines real human support with the latest technology so you can make lasting changes, one step at a time. Participants in the interactive Omada programs 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** to see if you qualify.

Connect with Karla®

Behavioral telehealth

Feeling stressed or overwhelmed is shaping up to be the new normal. It doesn't have to be! Connect with Karla is a unique way of supporting your mental and emotional health. It all happens through your smartphone or device. You get one-on-one video sessions with a licensed counselor, plus between-session support and tools from the Karla app.

Get started at **sync.health/mnps**.

Diabetes education and medical nutrition therapy

If you live with diabetes, knowing how to eat and/or manage your condition can be a puzzle. Now, you can meet one-on-one with a certified diabetes educator and go home with a personalized plan. You simply need a referral from your primary care provider or endocrinologist to access these services. The MNPS Health Care Centers can also provide a referral; call us at **615-259-8755**.

Weight management program

This program is designed for people with a body mass index (BMI) of 25 or higher who want to get healthier. It's offered through the MNPS Health Care Centers and eligible participants 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

For details and to get started, call Laura Vanderpool at **615-875-1966**.

Cigna Healthy Pregnancies Healthy Babies®

Prenatal support

This program offers prenatal support and education to help keep mom and baby healthy during pregnancy and in the weeks following birth. You get live, 24/7 telephone support from nurses and access to a library of maternity resources. Enroll in your first trimester, and you'll receive \$500 when you complete the program (\$250 if you register in your second trimester).

For more information, visit **MNPSBenefits.org/hphb** or call **1-800-615-2906**.

Cigna Health Advocates/Personal Health Team

This program connects you with nurses, behavioral health specialists, health educators, pharmacists, nutritionists and others — depending on your needs. Your team works together to help you with chronic conditions such as diabetes, heart disease and respiratory disease. They can also provide guidance on medications, low back pain, osteoarthritis, anxiety and depression.

Call **1-877-459-9896** for details.

Cigna Lifestyle Management Programs®

Coaching by phone

Want to quit tobacco, lose weight or better manage stress? Try talking with a coach by phone. You can chat with your coach one-on-one whenever it's convenient for you — including evenings and weekends.

Visit **myCigna.com** or call **1-877-459-9896** to learn more.

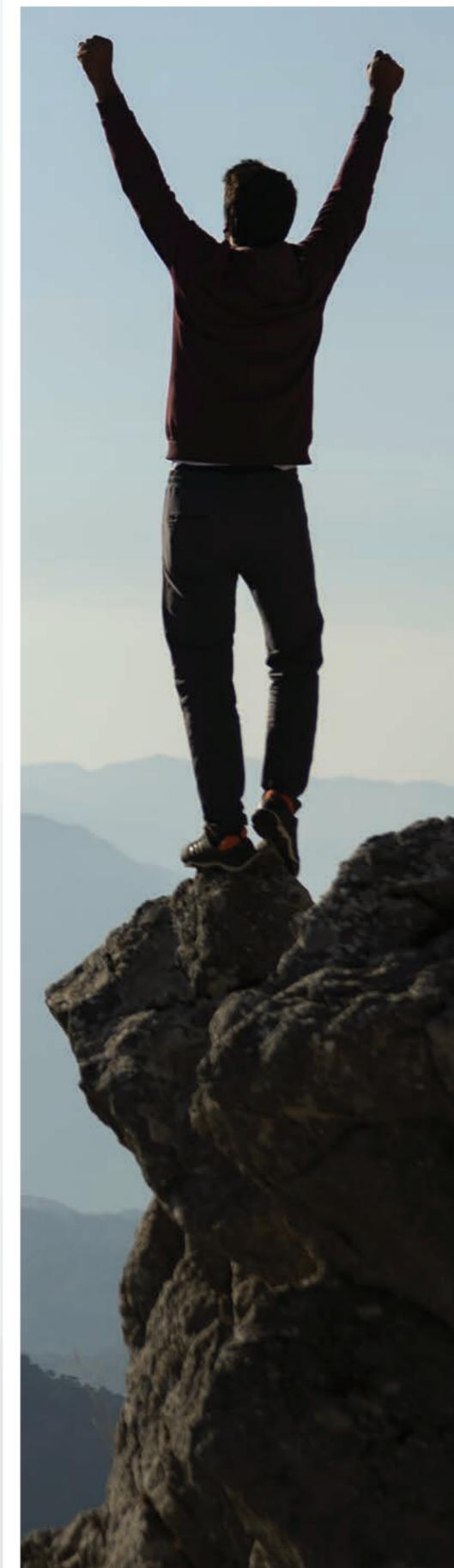
Cigna My Health Assistant®

Online coaching

Prefer to get help online? This program, powered by WebMD, provides coaching for nutrition, exercise, losing weight, managing stress, managing a chronic condition, quitting tobacco and maintaining a positive mood.

For details, visit **myCigna.com**.

Note: All programs are available to covered adult dependents, except the Healthy Pregnancies program, which is available only to your covered spouse/partner, and coaching by Samantha Simpson. Covered children can participate in health coaching with Bobbi Nickel, Connect with Karla and Cigna Health Advocates.



Switching roles to better support teachers' health

A year ago, *FYB* introduced Kim Gill as MNPS Health Care Centers' newest health coach. After joining the ranks of popular onsite health coach Bobbi Nickel, Kim sat down one-on-one with many MNPS educators to discuss their health challenges and help them find solutions.

Last month, Kim took on a new role as Population Health Care Coordinator.



“Quality health care really does equal quality of life.”

— Kim Gill, Population Health Care Coordinator

Don't worry, you'll still be hearing Kim's sage health-coaching voice. In fact, her role supporting teachers' health and well-being just got even more comprehensive. In a recent chat with Kim, *FYB* learned that a significant portion of her day is devoted to getting in touch with MNPS employees.

FYB: *What are some reasons MNPS employees might hear from you?*

Kim: There are three main reasons: First, to educate them about health initiatives they could benefit from but might not know about. For example, we offer a program for migraine sufferers, we're piloting a virtual physical therapy program, and we host mammogram parties and Saturday diabetes health fairs.

The second reason is to encourage preventive health screenings; for example, if it's time for someone with diabetes to get their eyes checked or if it's time for a mammogram.

And third, I call people who've recently

been discharged from the hospital to make sure they have what they need, that they have their medications and know how to take them. And I help them schedule their follow-up appointments.

FYB: *Do employees ask how you got their name?*

Kim: Yes. They're sometimes surprised, especially if they're admitted to a hospital outside the Vanderbilt system. I explain that we know about their care because of their insurance. If we're listed as their primary care provider, we're notified at discharge, even if the care they received in the hospital isn't related to their care at our Centers.

And of course, I explain that my call isn't meant to be intrusive, but to help them navigate the health care system. It can be overwhelming to be discharged from the hospital on a bunch of new medications, then get home and reality sinks in. They don't know who to reach out to. I'm here to make sure they have everything they need.

FYB: *What does success in your new role look like?*

Kim: My goals are to ensure employees and their families have easy access to the care they need and to empower them to lead a healthy lifestyle. Quality health care really does equal quality of life. If we can catch a potential issue early for someone, that's a job well done.

FYB: *It sounds like health coaching is still part of your job.*

Kim: Yes, part of my day can really look a lot like health coaching. I'm not just calling to tell someone they're due for a screening. I may help them overcome barriers to getting that screening. Maybe it's a scheduling conflict, or maybe they need to find care in their community instead of driving into Nashville. Or they may just need to know more about what's involved. I try to understand their needs so we can incorporate them into their well-being.

I'm still very hands-on with patients. But it's interesting how the focus of health coaching has changed over the past

two years. In 2019, it was mostly about weight loss, achieving a number on a scale. Coaching in 2020 was more about work-life balance, setting boundaries, coping with things like parents emailing them at midnight.

FYB: *What do you predict for 2021?*

Kim: (pauses) Bringing back the fun in your life. As we get vaccinated and start getting out and doing things in a safe way, what's that going to look like?

FYB: *Is there anything you'd like to add?*

Kim: Pop health can be a misleading term. It is about caring for a population — a group of employees and their family members — but it's also about zooming in on that care and providing something very personalized.

Everyone here — from the phone room to the front desk to the providers to the nurses to the referral specialists — wants to do what's right for our patients. And that compassionate care comes through with every interaction they have at the clinics.

Is my personal health information really confidential?

"I've heard that my personal health details aren't shared with anyone at MNPS. If that's true, why did I get a call from MNPS Health Care Center staff offering help with my diabetes?"

That's a great question! Your personal health information is completely confidential, and no one at MNPS has access to it. It's important to understand that MNPS and the Health Care Centers are two separate entities. While Center staff DO have access to your personal health information, MNPS staff DO NOT.

The Health Care Centers are staffed with practitioners affiliated with Vanderbilt, who are bound by federal privacy laws like all health care providers. If you're contacted by the Centers, be assured they will never share your personal information with MNPS. MNPS does receive a summary of group findings, such as the number of employees with certain conditions like diabetes and heart disease. Summaries like these help staff customize wellness programs for employees, but they never contain information that would identify you personally.

Stop the rollercoaster, I want to get off!

Get help with anxiety and depression during COVID-19

If you're experiencing anxiety or depression, help is available from an experienced, licensed network of specialists at no cost to you. Visit sync.health/mnps or call 615-748-0625 to connect with a specialist.

Even before COVID-19, 250 million people around the globe were dealing with some form of depression and/or anxiety. The pandemic has sent those already high numbers soaring.

Even as hospitalizations and deaths begin to decline with the vaccine rollout, the uncertainty of how to safely interact with others remains.

"The pandemic has been a rollercoaster for many, causing an overwhelming sense of disappointment, discouragement or anxiety," says Synchronous Health Specialist Karen Brimeyer, LMFT.

These feelings can lead to depression, making it crucial that we pay attention to our mental health and seek help when we need it. Karen offers these tips as a starting point:

Stay present.

When we're uncertain about what the next minute (or month!) may bring, anxiety can set in. Being present helps us see what is, so we can fully participate wherever we are, instead of analyzing what hasn't happened yet. Meditation and breathing apps such as Calm, Headspace and Insight Timer are great tools to help you stay present.

Pay extra attention to things that bring you joy.

Self-care comes in many forms. What resonates is unique to the individual. It's not selfish or mean to set healthy boundaries. Make time for things that bring you joy and rest. This will enable you to embrace circumstances you may be facing with more hope and ease. And regular self-care helps us better love those around us.

Try the H-A-L-T Method.

If you find yourself feeling anxious, halt and ask yourself if you're:

- Hungry.** If you haven't eaten in a while, a small, nutritious meal can do wonders to calm anxiety. Or perhaps you've had too much caffeine.
- Angry.** If you're angry or frustrated, take a minute to breathe deeply. Consider where the anger is coming from and think of remedies that could bring a positive outcome.
- Lonely.** Have you been isolated? In light of the pandemic, that's understandable. Others are likely going through similar experiences. Reach out to a friend or connect with a support group.
- Tired.** If you're feeling fatigued, a quick power nap or 5-10 minutes of exercise (walking, yoga) can increase circulation, produce energy and help you feel less sluggish.

CONNECT with *Karla*[®]

Online counseling

+ support between sessions

Convenient

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

Confidential

- ✓ HIPAA compliant
- ✓ No personal details shared with MNPS

Confidence

- ✓ Licensed counselors & therapists
- ✓ TripleCrown™ trained & certified

Low cost

- ✓ Services covered by MNPS health plans
- ✓ No copay or deductible for certificated educators on plan

www.sync.health/mnps

Convenient care across Davidson County

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
- Child/adolescent health
- Employees and their family members enrolled in the Certificated Employee Health Plan may use all MNPS Health Care Centers at no cost/copay.
- Lab tests and blood work
- Health coaching
- Immunizations, including flu shots
- Chronic condition management
- Annual and sports physicals
- Behavioral health screenings
- Women's and men's health

| CENTRAL | NORTHEAST | NORTH | SOUTHEAST | WEST |
|---|---|--|---|---|
| Employee Wellness Center at Berry Hill 2694 Fessey Court, Nashville | Two Rivers Middle 2995 McGavock Pike, Nashville | Taylor Stratton Elementary 306 West Old Hickory Blvd., Madison | Mt. View Elementary 3812 Murfreesboro Road, Antioch | Bellevue Middle 651 Colice Jeanne Road, Nashville |
| M-F 7 a.m.-7 p.m. Sat. 8 a.m.-2 p.m. | M-F 8 a.m.-6 p.m. | M-F 7 a.m.-6 p.m. | M-F 7 a.m.-5 p.m. | 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





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Ready to roll up your sleeve?

The COVID-19 vaccine is here

One full year into the global pandemic, the COVID-19 vaccine is now protecting millions of people around the world.

Deemed safe and effective by experts, the vaccine is an important way to fight the spread of the virus. It jumpstarts your body's natural ability to fight the virus — to not only protect you but also your family and community.

The Pfizer and Moderna vaccines have shown to be 95% effective. And both vaccines are safe for adults over age 18 (the Pfizer vaccine has been approved for children over age 16).

Both vaccines require two doses, 21-28 days apart. You may experience mild side effects, like soreness in the vaccinated area or flu-like symptoms. But the vaccine itself can't make you sick. Side effects usually subside in 1-2 days.

Want to learn more? Visit vumc.org/coronavirus where you'll find more than 130 questions about COVID-19 and the vaccine answered by Vanderbilt experts.

Schedule your vaccine

MNPS has partnered with Vanderbilt to vaccinate MNPS employees. If you haven't yet been notified by Vanderbilt to schedule your appointment:

- Call the Vanderbilt COVID-19 hotline at **1-888-312-0847**, option 1, and identify yourself as an MNPS employee. The hotline is open 7 days a week, 8 a.m. to 5 p.m.
- If you have any trouble, email your contact information to **benefits@mnps.org**. Someone will contact you to assist.

