

For Your Benefit

Metro Nashville Public Schools • Certificated Retiree Health Plan

When you become eligible for Medicare...

Once you become eligible for Medicare (provided you are not covered under any other active employee medical plan such as a spouse's employer plan), you must enroll for Medicare Parts A & B and send a copy of your Medicare card to Employee Benefit Services in order to stay covered by the MNPS retiree medical plan and for your Cigna premium to be reduced.

What's new for 2018?



As we move toward a new year, there are a couple of benefit changes to be aware of. These changes are effective January 1, 2018; see your Retiree Benefits Guide for more details.

Enhanced chiropractic coverage

The Employee Wellness Center at Berry Hill now offers onsite chiropractic services at no cost, and with no limit on the number of visits. If you choose to use an in-network chiropractor outside the EWC, you'll pay a \$40 per visit copay (up to 24 visits/year).

New limits on 90-day fills

You can fill 30-day (or less) prescriptions at any network pharmacy. However, starting January 1, you can only purchase a three-month (90-day) supply at Kroger pharmacies or through Cigna Home Delivery Pharmacy.

Transferring your 90-day prescriptions is easy. Just visit a Kroger pharmacy and ask to have your prescription transferred. A Kroger pharmacist will take it from there. Rather use Cigna Home Delivery Pharmacy? Call 1-800-285-4812, or visit cigna.com/mnps to learn more.

Reminder: Want to pay the lowest health plan premiums in 2018? Be sure to take the Cigna health assessment by the close of annual transfer on November 30, 2017.

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How to achieve lasting weight loss

Body by Bobbi

*Ken Swann,
Spouse of
MNPS employee*

“ We all know what we’re supposed to do ... eat right and exercise ... but for me, it’s being accountable to someone.”

If you ask Ken Swann how he lost weight, he’s quick to credit MNPS Care Coordinator Bobbi Nickel. After working with her just since February, Ken is down an astonishing 50 pounds, and his primary care physician (PCP) has taken him off all but two of his five medications. His future goals include losing another 15 pounds and getting off the remaining medications. Not surprisingly, his PCP is “doing backflips over how well I’m doing,” Ken says.

When Ken first learned about Care Coordinator services, he made an appointment to see Bobbi. During that initial hour-long meeting, she talked about healthy eating, and how important it is for Ken, who has diabetes, to understand the truth about carbohydrates and sugar.

“She explained there’s good carbs and bad carbs,” Ken says. “For example, fruits are good carbs, and breads are bad carbs. So I basically cut out those bad carbs and really watch my sugar intake. Every time I meet with her, we discuss different options and I learn something new.”

While nutrition played an important role in his weight loss, Ken knew he needed to do more. That’s where the Employee Wellness Center came in, along with its access to personal fitness associates.

“After I had lost a little weight and I knew the Wellness Center was available, I talked about it with Bobbi, then went and

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Why you need a Primary Care Provider

Relationships — they're at the heart of successful healthcare. November is Patient-Centered Care Awareness Month and a great time to talk about the importance of having a primary care provider (PCP).

A PCP will develop a relationship with you and coordinate your medical care. It's the person you go to for an annual physical or wellness visit. Your PCP will ensure your preventive screenings are up to date, determine any medical concerns you're at risk for, and give you advice on ways to prevent those problems. He or she is also the first person you'll visit for issues like a sore throat or cold. Your PCP will help you manage any chronic conditions, such as hypertension, diabetes or asthma. In some cases, your PCP may work with a specialist to ensure these conditions are well controlled.

At the MNPS Employee & Family Health Care Centers, we have 16 board-certified family nurse practitioners (NPs) working in our four (soon to be five) clinics. Should you choose one of our NPs to be your PCP, their goal is to partner with you, involve you in your care and make decisions with you. They'll take time to get to know you and explain things in simple terms. They work closely with our onsite health coaches, physical therapists, chiropractors,

mental health providers, pharmacists and fitness representatives. All staff in our clinics are Vanderbilt employees and your medical records will be a part of the Vanderbilt system, making coordination of care with Vanderbilt specialists seamless.

When selecting a PCP, it's important to find the right fit. This doesn't obligate you to only see that person. If you have an urgent problem, you can still be seen by any of our other providers, while continuing to schedule your annual physical and other appointments with your PCP.

If you have a PCP in the community, that's great too. And I encourage you to maintain that relationship by scheduling an annual physical. If you don't have a PCP, or if you haven't had a physical in the past year, I encourage you to call us at **615-259-8755** and schedule an appointment with one of our NPs. It's an important part of taking care of yourself and the first step toward taking control of your health. It could also be the beginning of a positive, supportive relationship.



“
I'm proud to work with this highly qualified team of people who recognize the importance of knowing you while striving to provide timely access to team-based care.”
Dr. Martha Shepherd
Medical Director
MNPS Health Care Centers

Health assessment Q&A

Want to qualify for the lowest coverage premiums in 2018? Take the Cigna health assessment by November 30, 2017.

What is it?

The Cigna health assessment is a brief, confidential questionnaire that asks about your life, stress level and overall health. Your answers generate a report with an explanation of any health risk factors you may have, which you can print and share with your doctor.

Who sees my answers?

Results of your health assessment are kept confidential. In accordance with the Health Insurance Portability and Accountability Act, your personal health information is protected by law. MNPS will receive an aggregate report from Cigna that does NOT include any personally identifiable

information, but provides information such as the number of employees with certain conditions (diabetes, asthma, heart disease, etc.) so we can create wellness programs that help employees improve in those areas.

Are biometrics required?

Although biometrics are not required to complete the health assessment, it's helpful to know your numbers. You can use your own physician, or you can have your biometrics measured at no cost to you at the MNPS Health Care Centers. If you had blood work done earlier this year, you can use those results to complete the health assessment.

What happens next?

If your health assessment reveals areas needing improvement, you may be contacted by an MNPS Care Coordinator or a Cigna health advocate who will offer you free help managing your condition(s).

Onsite clinics growing, expanding

The MNPS Employee & Family Health Care Centers continue to grow and offer a convenient health care option for teachers, retirees and their families.

"We recently expanded our Madison location by installing a second portable building," says Director of Benefits David Hines. "We added a third nurse practitioner and extended our hours to make it more convenient for people in that area."

The Madison clinic is located on Taylor Stratton Elementary's

campus. Late this fall, MNPS plans to open a fifth clinic in west Nashville on the campus of Big Picture High School (160 Rural Avenue, off White Bridge Road), filling the gap Brookemeade left when it closed. Nurse practitioner Ashlee LeCorps will move to serve this new location.

"Our goal is to have a clinic within a 15-minute drive of home for most teachers and staff," adds Hines. "We're looking forward to expanding our geographic footprint and serving even more people."

Visit us at any of these Davidson County locations:

CENTRAL

Employee Wellness Center at Berry Hill
2694 Fessey Court, Nashville
Clinic: 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

Big Picture High School
160 Rural Avenue, Nashville



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

615-259-8755 • MNPSHealth.org



“ There’s no cost for all these services, which can add up to several hundred dollars a month for somebody to do it on their own.”*

Eat to lose

It may seem counterintuitive, but to achieve lasting weight loss, you have to eat.

Ken lost 50 pounds, in part because he made some simple nutritional changes. Those include eating several small meals each day, even if it’s just a handful of nuts, which keeps his body fueled and his energy levels high. Ken’s typical breakfast consists of bacon, eggs, fresh fruit and coffee. Then he has a midmorning snack, which is usually a protein bar. For lunch, he has a salad or vegetables like carrots or celery, and hummus. Dinner includes more fresh vegetables and lean meat like pork, chicken or fish.

Body by Bobbi...Ken Swann’s story *Continued from page 2*

signed up,” he says. “They’re very knowledgeable and helpful. They developed a program for me to follow and I’ve been doing it ever since. I work out there at least twice a week, and then I walk all the other days.”

Ken’s trainer, Samantha, helps him build his core strength by using free weights and other workout equipment, and he takes advantage of the walking track.

“There’s no cost for all these services — Bobbi, the Wellness Center, the fitness associates — which can add up to several hundred dollars a month for somebody to do it on their own,” he says.*

When asked how he stays motivated, Ken says, “We all know what we’re supposed to do. We all know we should eat right

and exercise, but for me, it’s being accountable to someone like Bobbi. She’s never judgmental and is always very positive and uplifting.”

He’s now sharing his success story — and showing off his old, way-too-big-now pants — with attendees in the wellness classes Bobbi teaches. He’s also coined a new phrase: “I’m a triple B — Body by Bobbi!” he says.

Ken’s lifestyle changes have had a positive effect on more than his own health. His wife, Carol, has lost 18 pounds since he started his journey.

* Certificated retirees and their spouses can use the EWC fitness center at no cost. Clinical services are provided at no out-of-pocket cost when covered by the MNPS Cigna retiree medical plan.



It’s flu season! Got your shot?

Did you miss out on the MNPS flu clinics? Don’t worry! You can still get a free flu shot at any of the MNPS Health Care Centers, including the Employee Wellness Center. Call **615-259-8755** for an appointment.





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NASHVILLE
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SCHOOLS

Employee Benefit Services
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 Be smart
Live well

