

For Your Benefit

Annual enrollment is November 1-30

Fall annual enrollment is your once-a-year opportunity to review and change your benefits, if needed, for the upcoming year.

There are no changes to our plans for 2019. However, employee premiums for life/AD&D and disability coverage are decreasing, so now may be a good time to consider this coverage if you don't already have it.

The enclosed enrollment flier contains all the information you need to enroll for your 2019 benefits. It tells you:

- What's new for 2019
- What you need to do before the November 30 enrollment deadline

If you need more information about your MNPS benefits, or to get started enrolling, visit **MNPSBenefits.org**.

Don't forget!

If you want to pay the lowest premiums in 2019, make sure you take the Cigna health assessment by the close of annual enrollment on November 30. You must re-take it every year to pay the lowest rates.



ATTENTION!

New MNPS teachers

If you missed your new hire benefits enrollment, annual enrollment is your chance to elect benefits, which are effective January 1, 2019. Read this newsletter for important details.

**Be smart
Live well**

MNPSBenefits.org

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FREE flu shots

It's not too late!

Our annual flu shot clinics end November 3. But you can still get a free shot at any of the MNPS Health Care Centers, including the Employee Wellness Center. Call **615-259-8755** for an appointment.



Connect with us online

My Health at Vanderbilt

Do you or a family member visit the MNPS Employee & Family Health Care Centers? If so, we encourage you to sign up for My Health at Vanderbilt. Our secure online patient portal allows you to:

- ✓ Message with your provider
- ✓ View medical records
- ✓ View lab results
- ✓ Request prescription refills
- ✓ Get reminders for annual tests and procedures

Visit **MNPSHealth.org/patientportal** to request access. Need help? Ask a patient services representative at our front desk.



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

Shingles vaccine update

Because of the high demand for the new Shingrix® shingles vaccine, there is a nationwide shortage. The manufacturer is still producing and shipping small amounts of the vaccine, but does not expect to be back to normal production until January 2019.

"As we receive vaccine, we're calling patients who need their second dose to complete the two-shot series," says Suzan Ali, Kroger Pharmacy Manager in

the MNPS Employee Wellness Center. "If you haven't yet received your first dose, we recommend waiting until January to ensure you can get your second dose within the recommended two- to six-month window."



If you have questions about the shingles shots, call the MNPS Kroger pharmacy team at **615-600-3854**.



COMING SOON:

Caramel brulee latte, chestnut praline latte, peppermint mocha latte or frappuccino, holiday blend coffee

MNPS Employee Wellness Center at Berry Hill
2694 Fessey Ct., 2nd floor
Monday-Friday, 6 a.m.-2:30 p.m.



MotivateMe incentive program results in early cancer catch

When first-grade teacher Susan Davenport learned about Cigna's MotivateMe incentive program, she saw it as an easy way to earn a \$100 gift card. She never envisioned it would help her detect — and beat — breast cancer.

Now she's among the program's biggest advocates.

Susan learned about MotivateMe through an MNPS email. The preventive care and wellness activities listed in it made earning points straightforward. She was already working with health coach Bobbi Nickel through the MNPS Health Care Centers, so she could count those wellness points immediately. On the prevention side, she chose a common screening.

"Working with a wellness coach was worth 50 points and getting a mammogram was worth 50 points," she says. "So right off the bat, I had the 100 points I needed to earn a \$100 gift card."

Susan, who is physically active and has healthy eating habits, was stunned when she got the results of her mammogram and follow-up testing. Her voice breaks when she remembers the call that came during her workday at Glendale Spanish Immersion School.

"I heard the word 'cancer' and I couldn't even listen beyond that," she says. "I had to tell the woman from the clinic I'd have to talk to her later because I couldn't take it in."

When she composed herself and called back, she learned she had Stage 1 breast cancer.

"I'm a person who takes really good care of myself," she says. "I eat well, I exercise. I do all the right things. But cancer? Cancer doesn't care."

Now, after a lumpectomy and radiation treatment, Susan counts her blessings.

"It was caught very early," she says. "I'm really grateful for the incentive program and for getting the mammogram when I did."

Her health care team didn't just treat her body; they also helped keep her spirit strong. Take Bobbi, her health coach, for example.

"She's a good person to talk to," Susan says. "We've had a great relationship ever since I started seeing

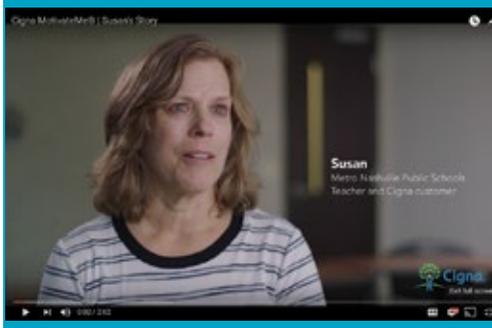
“It was caught very early. I'm really grateful for the incentive program and for getting the mammogram when I did.”

Susan Davenport
First-grade teacher
Glendale Spanish
Immersion School

Watch Susan's story

Susan Davenport first shared her story with Cigna about how MNPS's MotivateMe incentive program helped her detect and beat breast cancer.

Watch her story at mnpsbenefits.org/incentives.



her. I love going to her, and the front office staff is wonderful, too."

Her doctors were supportive, and she used the myCigna app to make sense of billing and administrative matters.

Susan has worked in school systems in several states and has 20 years with MNPS. She says she never had to put her health insurance to the test before, but Cigna approved all of her appointments and bills.

"I'm really very thankful for their incentive program, and I think more people should take advantage of it," she says. "Look what happened to me." "I'm \$100 richer and through



breast cancer now. I encourage others to take advantage of the perks they offer.”

Johnsie Holt, MNPS employee wellness coordinator, believes an emphasis on wellness and prevention makes good sense for everyone.

“We want to address any issues on the front end,” she says. “We don’t want them to have to face chronic conditions, so the earlier we can get people into the clinics, the better for their health.”

Have you been screened?

It can be confusing to know which screenings you need and how often. The MNPS Health Care Centers can help! We can provide well-care for women and men, and referrals for age-appropriate screenings like mammograms and cervical, colorectal and other types of cancer screenings. Call us for an appointment at **615-259-8755**.



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

Another year, another chance to earn **\$100**

MotivateMe incentive continues

You already know that taking the Cigna health assessment saves you \$800 a year on your health plan premiums. But it does more than that! It also unlocks a program called MotivateMe that lets you earn up to a \$100 gift card for performing certain healthy activities.

Go to **MNPSBenefits.org/incentive** for four easy steps to take, or skip the instructions and jump right in by logging onto **myCigna.com > My Health > Incentive Awards**.

New for 2019: Cologuard, an at-home cancer screening, now qualifies for the colon cancer screening goal. And it’s 100% covered by your Cigna plan.



Nine months and beyond

Are you (or someone you love) expecting? Ensuring a healthy mom and baby starts as soon as your doctor says, "Congratulations!" That's also the moment you can enroll in Cigna's **Healthy Pregnancies, Healthy Babies®** program.*

As a participant, you'll get 24/7 phone support from a nurse coach through your entire pregnancy and in the weeks and months after. You can ask your nurse anything — from what's happening to your body from week to week to details about your maternity benefits. You'll receive a pregnancy

journal with information, charts and tools to help you track your pregnancy. And you'll have access to an audio library of maternity and general health topics.

Get rewarded

Call **1-800-615-2906** to enroll. Or visit **cigna.com/mnps** and click Plan Extras to learn more. You'll receive \$500 if you enroll in your first trimester; \$250 in your second trimester. The incentive is paid once you complete the program.



Get the app

Download the Cigna Healthy Pregnancy app to make tracking your pregnancy easier than ever. Just enter your due date and myCigna user ID and password.

* Program available to MNPS Cigna medical plan enrollees

TNStars College Savings 529 Plan

Help your child reach for the stars

There are lots of opinions about the best way to save for your children's college education. But here's one tip most experts seem to agree on: Start early and save consistently.

TNStars can help! You can enroll in fewer than 15 minutes and get started with just \$25. Learn more at **TNStars.com**. And be sure to check out the special financial incentives just for Tennessee residents.



We're now open on the west side!

Bellevue Middle

655 Colice Jeanne Road, Nashville
Monday-Friday 8 a.m.-6 p.m.



NPs Ashlee Lecorps (left) and Louisa Tur (right)



A fifth MNPS Health Care Center has opened on Nashville's west side. Nurse practitioners Ashlee Lecorps and Louisa Tur provide a wide range of primary and acute care services for you and your family members:

- Minor illnesses and injuries
- Minor procedures
- Allergies and allergy shots
- Lab tests and blood work
- Annual and sports physicals
- Women's and men's health
- Child/adolescent health
- Immunizations, including flu shots
- Chronic condition management
- Behavioral health screenings

Learn more at MNPSHealth.org. For an appointment, call **615-259-8755**.

We protect your privacy. HIPAA, which stands for the Health Insurance Portability and Accountability Act of 1996, is a federal law that protects the privacy of your medical records and other personal information. The HIPAA Privacy Rule gives patients full rights over their health information, including the right to examine their health records and request corrections. And it sets limits and conditions on who has access to a patient's information without his or her authorization. You can view MNPS's notice of privacy practices at Benefit Express (MNPSBenefits.org) or request a copy from Employee Benefit Services.

Or visit one of our four other locations:

MNPS 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.

Two Rivers Middle

2995 McGavock Pike, Nashville
M-F 8 a.m.-6 p.m.

Taylor Stratton Elementary

306 Old Hickory Blvd. West, Madison
M-F 7 a.m.-6 p.m.

Mt. View Elementary

3812 Murfreesboro Road, Antioch
M-F 7 a.m.-5 p.m.



Vanderbilt Health
at Metro Nashville Public Schools
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Opt out of clutter

Go paperless with Cigna

Ready to simplify? Elect to receive paperless communications from Cigna. You'll get email alerts whenever a new explanation of benefits (EOB) statement becomes available. And you can view your EOBs and other Cigna documents 24/7 on myCigna.com.

Switching is easy, and you can go back to paper at any time. Simply register for the myCigna website or app if you haven't already. Once logged in, select "Cigna Documents — Go Paperless" in Communication Preferences.

Have questions about your MNPS benefits?

Contact Employee Benefit Services

IF YOUR LAST NAME
BEGINS WITH:

CONTACT:

A-F

Kimberly Cromartie 615-259-8463

Kimberly.Cromartie@mnps.org

G-N

Ashley Blake 615-259-8462

John.Blake@mnps.org

O-Z

Phillip Hohmann 615-259-8534

Phillip.Hohmann@mnps.org

Office hours:

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