

For Your Benefit

When you become eligible for Medicare...

As a benefits-eligible MNPS retiree under age 65 and not yet eligible for Medicare, there is nothing you need to do during annual transfer this fall (November 1-30). Your retiree benefits automatically continue in 2019. But keep in mind, once you become eligible for Medicare, a couple of key things happen*:



1

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 MNPS retiree medical plan (as discussed below) and your Cigna premium to be reduced.

2

Once enrolled for Medicare, your medical benefits will be provided through the Cigna Medicare Surround Plan. During annual transfer, held each fall, you'll have the option to switch to our other retiree medical option: the Cigna-HealthSpring Medicare Advantage Plan. You can view a comparison of the two plans at MNPSBenefits.org/retiree.

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

What's new for 2019?

No plan changes

There are no changes to your retiree plans for 2019, and no action is required during annual transfer. The materials enclosed in this packet are to ensure you have the latest details about your retiree benefits, including important legal notices.

If you have questions, we encourage you to reach out to Employee Benefit Services; contact information is on page 4 of this newsletter.



Be smart
Live well

MNPSBenefits.org

INSIDE

- ▶ Mammogram results in early cancer catch | Page 2
- ▶ Free flu shots still available | Page 3
- ▶ Shingles vaccine update | Page 3
- ▶ MNPS Health Care Center opens in Bellevue | Page 4

“It was caught very early. I’m really grateful for getting the mammogram when I did.”

— Susan Davenport
First-grade teacher, Glendale
Spanish Immersion School

Mammogram results in early cancer catch

First-grade teacher Susan Davenport isn’t what many would consider a cancer risk.

“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.”

About a year ago, prompted by a joint effort by MNPS and Cigna to encourage preventive care, Susan had a routine mammogram. Her voice

“I eat well; I exercise. I do all the right things. But cancer? Cancer doesn’t care.”

breaks when she remembers the follow-up call 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 mustered the courage to return the call, she learned she had Stage 1 breast cancer.

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

“It was caught very early,” she says. “I’m really grateful for the reminder to get the mammogram when I did.”

Her health care team didn’t just treat her body; they also helped keep her spirit strong. Take Bobbi Nickel, her health coach through the MNPS Health Care Centers, for example.

“She’s a good person to talk to,” Susan says. “We’ve had a great relationship ever since I started seeing her. I love going to her, and the front office staff is wonderful, too.”

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.

“As you get older, you know you’re not going to live forever, but something like cancer is startling,” she says. “This



was a great case; it was caught early and it ended well.

Johnsie Holt, MNPS employee wellness coordinator, believes an emphasis on prevention and wellness makes good sense for everyone, however healthy they might look.

“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 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

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.



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**.

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



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.



We're now open on the west side!

Bellevue Middle

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



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

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

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.

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.



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

Have questions about your MNPS retiree benefits?

Contact Employee Benefit Services

615-259-8464

615-214-8665 (fax)

2601 Bransford Ave. Nashville, TN 37204

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

benefits@mnps.org

MNPSBenefits.org

Be smart
Live well