

For Your Benefit

Metro Nashville Public Schools • Certificated Retiree Health Plan

Making health care more convenient

Vanderbilt Health at MNPS Employee & Family Health Care Centers offers comprehensive health care to MNPS retirees and their family members at low or no cost.* We treat illnesses and injuries, provide annual exams and preventive care, help you manage chronic conditions, and much more. Learn more about our services at MNPSHealth.org.

A few clinic updates:

North (Taylor Stratton, Madison) — Since we expanded our Madison clinic last fall, a few folks have had trouble finding it. We've added some directional signs to help you get to the two new portable buildings located behind Madison Middle School. Tip: Drive past the old clinic between Madison Middle and Taylor Stratton Elementary, then go around to the back by the train tracks. Parking is available in front of the buildings.

West — Plans are still in the works for a clinic on the west side. We'll keep you posted as they progress.

* Clinical services provided at no out-of-pocket cost when covered by an MNPS Cigna medical plan (exception: Medicare rules require that Cigna-HealthSpring members pay their regular copay amounts).

Visit us at any of these Davidson County locations:

CENTRAL

Employee Wellness Center, Berry Hill
2694 Fessey Court, Nashville
Clinic: M-F 7 a.m.-7 p.m.,
Sat. 8 a.m.-2 p.m.

NORTH

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

NORTHEAST

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

SOUTHEAST

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

Learn more at:
615-259-8755
MNPSHealth.org



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

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Be smart
Live well



Benefits reminders

Remember the 60-day rule

If you wish to add a dependent(s) to your MNPS retiree coverage because you have an eligible change in status, you MUST do so within 60 calendar days of the event. If you miss this deadline, you can never add the dependent at a later date, even during Annual Transfer in the fall. Examples of eligible status changes include marriage, divorce, death, birth, adoption/custody of a child, and spouse or dependent losing insurance coverage or job.

Call Employee Benefit Services at 615-259-8464 or 615-259-8648 to make coverage changes.



Eligible for Medicare? Take action!

If you're covered by the MNPS Certificated Retiree Health Plan and not covered as an active employee under another employer's plan, you must enroll for Medicare Parts A and B when you become eligible for Medicare. This is a requirement to remain covered under your MNPS retiree benefits – even if you're not yet receiving Social Security benefits.

Send Employee Benefit Services a copy of your Medicare card as soon as you receive it. You can email it to benefits@mnps.org or fax it to 615-214-8665.

Do not enroll in Part D!

It's very important that you do not enroll in any other Medicare plan, including Part D (prescription drug coverage).

If you do, your MNPS retiree coverage will be terminated. Medicare only allows individuals to be enrolled in one Medicare plan – and that's your MNPS plan.

For more information, visit MNPSBenefits.org/retiree.

If you become eligible for Medicare, you'll automatically be enrolled in the Cigna Medicare Surround Plan and receive two ID cards: a Cigna card (medical) and a Cigna-HealthSpring Rx PDP card (prescription drugs). In November, during Annual Transfer, you'll have the opportunity to switch to the Cigna-HealthSpring Medicare Advantage Plan (MAPD) if you wish.

Keep your mailing address current

Don't miss important information about your MNPS retiree benefits. If you move, you must submit your address change in writing to Employee Benefit Services: email benefits@mnps.org or fax 615-214-8665. We will then submit the change to Cigna. Note: You cannot update your address over the phone. If your mailing address on file is a PO box, you must also provide your physical address. This is a Medicare requirement that could impact your plan enrollment.

New Medicare cards coming

This April, the Centers for Medicare & Medicaid Services (CMS) will start issuing new Medicare cards. Because your current card contains your Social Security number (SSN), which can leave you open to fraud and theft, CMS will assign you a new Medicare number that doesn't include your SSN. You should receive your card sometime between April 2018 and April 2019. Note: If you've already sent a copy of your current Medicare card to Employee Benefit Services, there's no need to send a copy of the new one.



Rachel England, café manager



As traffic in the Employee Wellness Center continues to grow, more people are dropping by The Daily Grind café on the second floor for a coffee, snack, even a meal. And they're finding fare that's fresher than ever.

MNPS Nutrition Services, which manages the café, has made the switch from pre-made, pre-packaged salads and wraps to a wider selection of offerings made and delivered fresh throughout the week. The change has helped the café offer a better selection at the highest quality. And café manager Rachel England says customers are noticing!

"The response has been wonderful," says Rachel. "We hear from both our regular customers and first-time visitors

how pleased they are to choose from what they often call our 'homemade' items."

The new approach is also helping the café better respond to customer demand.

"With more frequent food deliveries, we can easily see which items are most popular and adjust our inventory to have more of what people want," says Rachel.

"We really appreciate feedback," she adds. "It gives us ideas for new items people would like to see."

The café is currently researching and testing new items, like smoothies.

The Daily Grind menu*

Fresh

- Sandwiches
- Salads
- Wraps
- Yogurt and yogurt parfaits
- Crudité cups
- Fruit cups
- Cheese and fruit cups
- Protein "Bento" boxes
- Hard-boiled eggs
- Meatless/vegetarian options

Baked

- Cheese-filled pretzels
- Personal cheese pizzas
- Breakfast sandwiches

Grab & go

- Muffins and pastries
- Protein and granola bars
- Nut snacks and chips
- Bottled beverages and sodas

Beverages

The café also offers Starbucks® espresso beverages, Frappuccino®-blended beverages and fresh-brewed coffee and tea.

“Thank goodness for The Daily Grind café! It’s wonderful to be able to take a quick walk across the parking lot for a great cup of Starbucks coffee. And their wraps are both affordable and good. Thanks for your professional and friendly service!”

— Christi Burnside-McLaughlin

“I visit daily and the ladies go above and beyond for their customers. They add a personal touch!”

— Lisa Fatzinger

Hours

Monday-Friday, 6 a.m.-2:30 p.m.
Cash and debit/credit accepted

* Item availability may vary from day to day based on supply and demand



Have questions about your MNPS retiree benefits?

Contact Employee Benefit Services

Phone: 615-259-8464 or 615-259-8648

Email: benefits@mnps.org

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

 Be smart
Live well

The MNPS Fitness Center is now open Saturdays!

Need a weekend workout? We have you covered. The Fitness Center is now open 8 a.m.-2 p.m. on Saturdays.* No classes or fitness consultations will be offered.

The center features:

- Elevated walking track
- Exercise floor with full range of strength/cardio equipment
- Weekday fitness classes
- Associates to assist you

Located in the Employee Wellness Center at Berry Hill
Monday-Friday, 5:30 a.m.-8 p.m.
Saturday, 8 a.m.-2 p.m.

* Attendance rates will be monitored to determine if Saturday hours will continue long term.