

For Your Benefit



CERTIFICATED RETIREE BENEFITS • FALL 2020

What's new for 2021?

No action is required during annual transfer (November 1-30), but there are several enhancements to the Cigna medical plan. Some are effective January 1; others are already available to you.



MEDICAL

Diabetes education covered at no cost

To help people with diabetes better manage their condition, the Cigna medical plan will now cover diabetes self-management education and medical nutrition therapy. See page 6.

Cigna's Omada® program expanding to type 2 diabetes, hypertension

Good news for retirees and their covered family members living with type 2 diabetes or hypertension. Omada is adding two new digital lifestyle change programs specifically to help you better manage these conditions. See page 7.

New Vanderbilt Health "Bundles"

Earlier this year we introduced our first MyHealth Bundle in partnership with Vanderbilt, called MyMaternityHealth. On January 1, 2021, we will launch four additional MyHealth Bundles. Turn to page 5 to see what each bundle covers.

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- 6 Four free resources for people with diabetes
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Be smart
Live well

MNPSBenefits.org

Want more details on your MNPS retiree benefits?



See your 2021 Retiree Benefits Guide

Enclosed and on [MNPSBenefits.org/retiree](https://mnpsbenefits.org/retiree)



Contact Employee Benefit Services

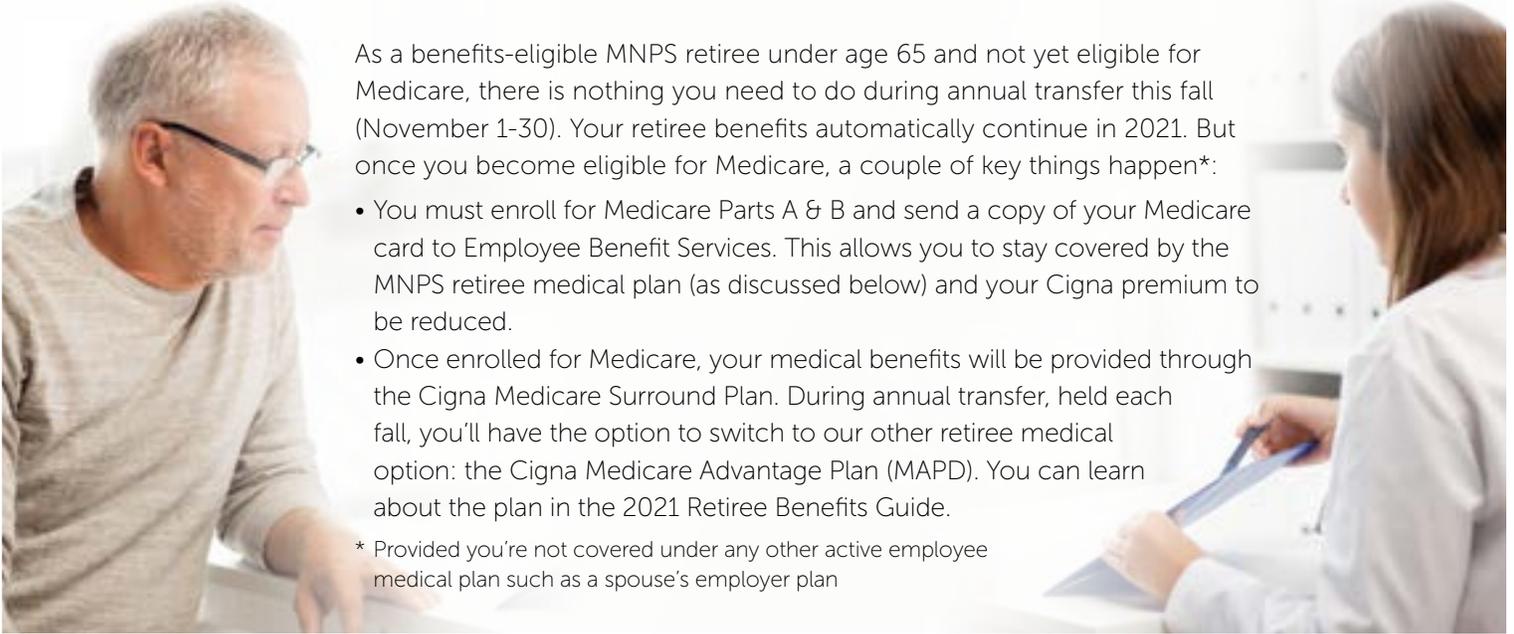
Phone: 615-259-8464 or 615-259-8648
Email: benefits@mnps.org
Office hours: Monday-Friday, 8 a.m.-4:30 p.m.



Have a Cigna coverage question?

Call Carolyn McDonald, our onsite Cigna representative
615-821-6126 or carolyn.mcdonald@cigna.com

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 2021. But once you become eligible for Medicare, a couple of key things happen*:

- 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.
- 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 Medicare Advantage Plan (MAPD). You can learn about the plan in the 2021 Retiree Benefits Guide.

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



Want to receive benefit alerts by email?

Follow this link to opt in for email alerts: www.MNPSBenefits.org/optin

We will continue to mail important information to your home, and you can opt out of email alerts at any time.

What's new for 2021?

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Tele-nutrition sessions available at no cost

Ready to improve your eating habits? Effective January 1, Cigna is launching a tele-nutrition pilot program. Here are some highlights; watch for more details coming in December:

- Available to Certificated Retiree Health Plan enrollees age 19+ and ages 13-18 with parent or guardian supervision
- No cost to eligible participants

- Participants meet virtually with a registered dietitian to get personalized guidance on nutrition, food choices and pursuing a healthy lifestyle
- Participants access the program through the Foodsmart™ digital platform and tools
- Includes the Foodsmart marketplace for integrated online grocery purchases (through Walmart, Instacart and more), restaurant meals, and prepared foods at a discount

No new ID cards: You will continue to use your current Cigna medical ID card in 2021; no new cards will be issued.



DENTAL

Adult orthodontia now covered

The dental plan will now provide orthodontia benefits for covered children and adults. The plan will pay 50% of the cost, up to a \$1,000 lifetime maximum benefit per person. See MNPSBenefits.org/dental for more information.

Patient-centered care

The MNPS Employee & Family Health Care Centers have operated as a patient-centered medical home (PCMH) for many years. But this year is a special one! We're very excited to announce that we've been awarded Medical Home Certification by the Accreditation Association for Ambulatory Health Care (AAAHC). This prestigious certification recognizes our commitment to providing the highest levels of quality care to our patients.

As we've always said, a patient-centered medical home is not a place. Rather, it's a team approach to providing health care, and YOU are the most important member of that team.

Here's how we care for you:



We treat the whole you – not just problems or symptoms.

We strive to answer your health questions.



We oversee all of your care and ensure your team is working together to achieve your goals.

We listen to learn what's important to you.

We invite other medical experts to join your health care team when needed.

Five convenient locations in Davidson County

CENTRAL

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.

NORTHEAST

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

NORTH

Taylor Stratton Elementary
306 West Old Hickory Blvd.,
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

Bellevue Middle School
651 Colice Jeanne Road,
Nashville
M-F 8 a.m.-6 p.m.

Retirees and their family members enrolled in the MNPS Certificated Retiree Health Plan may use all MNPS Health Care Centers at no cost/copy. Some hours may temporarily vary from those listed here due to coronavirus.

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



Vanderbilt Health

at Metro Nashville Public Schools
Employee & Family Health Care Centers



45 is the new 50!

Get screened for colon cancer

Did you know that the American Cancer Society lowered the starting age for colon cancer screening from 50 to 45? If you're age 45 or older and think you may be due for colon cancer screening, you have options:

- 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, but rather 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 retirees and adult dependents enrolled in the Certificated Retiree Health Plan who qualify. Learn more at **MNPSBenefits.org/crc**.



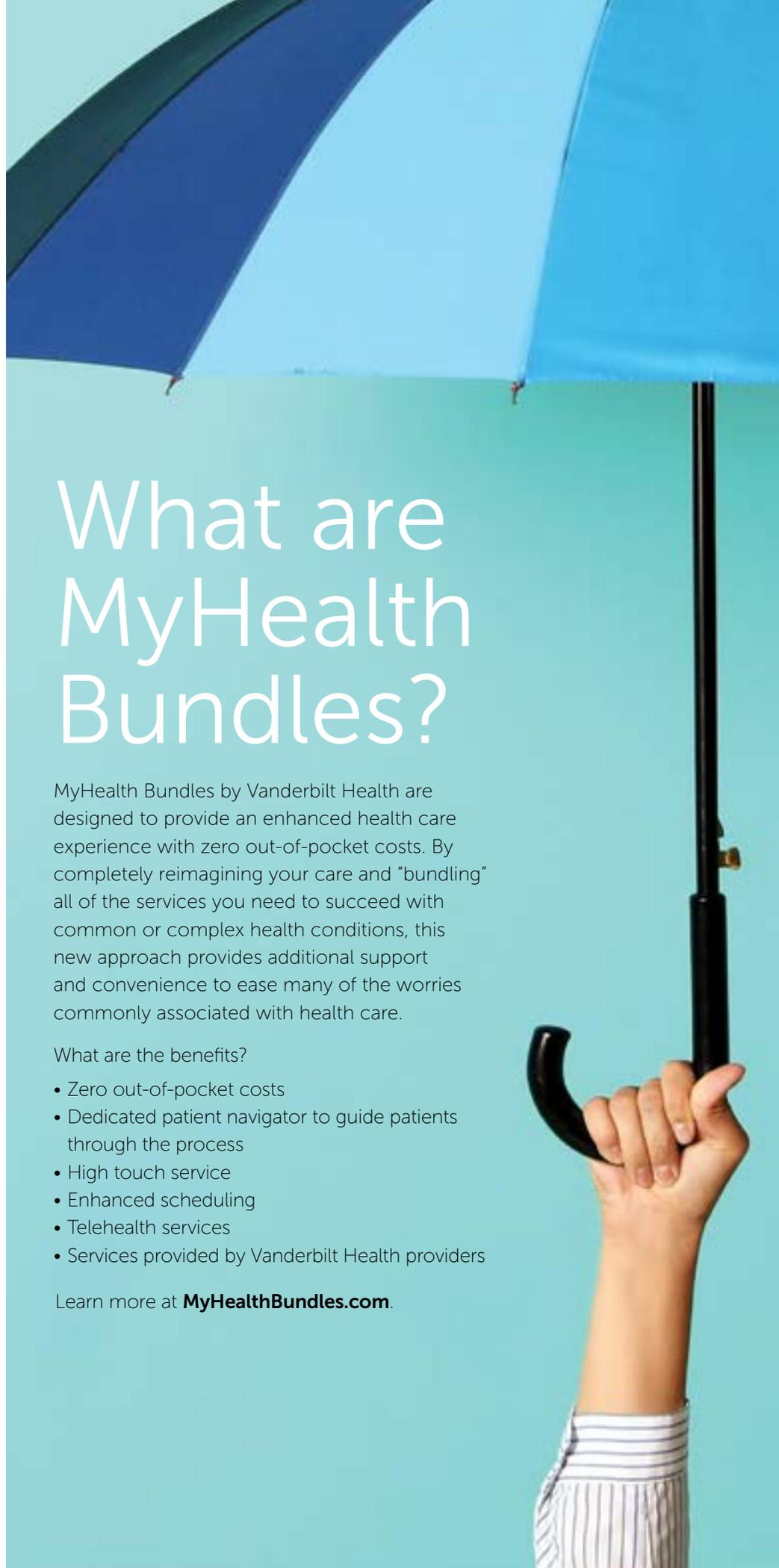
What are MyHealth Bundles?

MyHealth Bundles by Vanderbilt Health are designed to provide an enhanced health care experience with zero out-of-pocket costs. By completely reimagining your care and “bundling” all of the services you need to succeed with common or complex health conditions, this new approach provides additional support and convenience to ease many of the worries commonly associated with health care.

What are the benefits?

- Zero out-of-pocket costs
- Dedicated patient navigator to guide patients through the process
- High touch service
- Enhanced scheduling
- Telehealth services
- Services provided by Vanderbilt Health providers

Learn more at **MyHealthBundles.com**.



Which MyHealth Bundles are available?

MNPS's MyMaternityHealth bundle, launched in early 2020, has welcomed 16 babies to date, and 84 mothers-to-be are enrolled. On January 1, MNPS will offer four additional MyHealth Bundles. Here's an overview of each:



MyMaternityHealth (prenatal and postnatal care)

MyMaternityHealth includes coordinated, proactive maternity care for the entire length of the pregnancy, from enrollment through the delivery, and 12 weeks after delivery. Highlights include: your choice of Vanderbilt Health midwives and physicians, free educational classes, telehealth visits and tele-lactation visits.



MyHearingHealth (cochlear implant surgery) **New for 2021!**

This life-changing program bundles all the services needed for a successful procedure and recovery, providing patients with severe hearing loss with a faster, more simplified pathway to cochlear implant surgery. By eliminating unnecessary appointments and travel, the process is streamlined to a single-day experience in many cases. Patients benefit from a respected team of specialists known for groundbreaking research and innovative treatment options.



MySpineHealth (select spine surgeries) **New for 2021!**

This innovative approach to spine surgery bundles all of the services needed for the fastest, most cost-effective treatment and recovery path for patients suffering from chronic back pain. The bundle includes three of the most common spine procedures: cervical fusion, lumbar fusion and lumbar laminectomy.



MyOrthoHealth (total joint replacement for hip and knee) **New for 2021!**

The program covers hip and knee joint replacements, bundling all the care needed to speed recovery and get back to life and work quickly. The bundle eliminates unnecessary treatment and enhances recovery through the use of telehealth and an innovative digital care platform that delivers virtual rehab.



MyWeightlossHealth (surgical weight loss) **New for 2021!**

This program provides a streamlined and personalized approach to bariatric surgery and recovery. The Vanderbilt Health team works with you to develop a customized care plan that combines surgery, nutrition, exercise and psychological support to ensure success. Vanderbilt surgeons also use the most advanced laparoscopic surgical options for weight loss surgery.

Diabetes management resources

Available to you at no cost!

The MNPS Health Care Centers can help retirees and their family members manage diabetes. Office visits are no cost to those covered by the Certificated Retiree Health Plan. Medications and supplies required to manage diabetes are also covered at no cost through your prescription drug benefits.

But that's not all. Look at these additional resources — all available to you at no cost.

1 ^{NEW!} Diabetes and nutrition education

Effective immediately, retirees and their covered dependents with diabetes can see a certified diabetes educator for:

- Diabetes self-management education
- Medical nutrition therapy

You simply need a referral from your primary care provider or endocrinologist to access these services. Some network providers offer telehealth options, including Vanderbilt.

2 Telehealth with an endocrinologist

Patients can schedule a diabetes specialist telehealth visit with Vanderbilt Health's Dr. Chanhaeng Rhee, Medical Director for the Eskin Adult Diabetes Clinic. Simply make an in-person appointment at one of the MNPS Health Care Centers. When you arrive, a nurse will check you in and help get your visit started with Dr. Rhee. If lab/blood work is ordered, it can be done while you're in the clinic.

3 Vision screening

Diabetic eye exams are available at the MNPS Health Care Centers. Images are then reviewed by an ophthalmologist. If signs of retinopathy are found, we will contact you to discuss next steps. But this screening does not replace regular eye exams, provide a glasses/contacts prescription, or test for glaucoma (increased pressure in the eye).

Call **615-259-8755** to make an appointment for one of these services.



4 ^{NEW!} Omada® lifestyle program

For more than a year, Omada's digital lifestyle change program has helped more than 700 MNPS employees who are at risk for diabetes avoid developing it.

Now there's a program to support people *with* type 2 diabetes and/or hypertension.

Omada® is a personalized program designed to help you reach your health goals — whether that's losing weight, lowering your blood pressure, or staying on top of your type 2 diabetes. It combines real human support with the latest technology so you can make lasting changes, one step at a time.

"We're excited to expand Omada's program to our retirees already living

with type 2 diabetes and high blood pressure," says David Hines, MNPS Executive Director of Benefits. "It will give them valuable tools to manage those conditions and pursue a healthy lifestyle."

What you get

Participants in the interactive Omada programs get:

- Connected devices to track your progress (e.g., wireless smart scale, glucose meter, blood pressure monitor)
- A professional Omada health coach
- Weekly online lessons to empower you
- An online peer group to keep you engaged

Take a one-minute screener at omadahealth.com/mnps to see if you qualify.

Free flu shots

Get yours!

In the wake of COVID-19, there seems to be some confusion over flu shots: Should I get one this year or not?

Get one, say the experts!

While there are still lots of unknowns about COVID-19, flu is a familiar enemy, and the flu shot is an established weapon you can use to fight it. If you get your shot and then come down with symptoms that the flu shares with COVID-19, like fever, cough or sore throat, it can help your doctor come up with a quicker, more accurate diagnosis.

It's also the right thing to do for those around. By getting a shot and reducing your own risk, you not only protect yourself — you also safeguard others.

If you missed our drive-thru flu shot clinics, you can still get a free shot at any of the MNPS Health Care Centers or the Kroger Pharmacy in the Employee Wellness Center. Call **615-259-8755** for an appointment. Our Kroger Pharmacy carries other vaccines too, including pneumonia, shingles, Tdap/Td, meningitis and more.

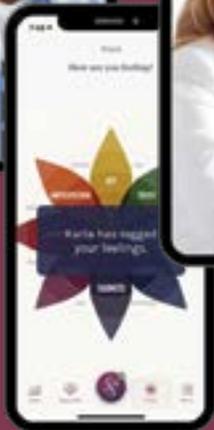
Source: Centers for Disease Control and Prevention



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

Synchronous
HEALTH

www.sync.health/mnps