

For Your Benefit



omada[®] for Cigna[®]

A WHOLE NEW WAY TO GET HEALTHY

Omada[®] is a digital lifestyle change program that inspires healthy habits that last.

New Year's may be in the rear view mirror, but new opportunities to make your health a priority are straight ahead.

We're excited to announce that, in late March, MNPS will offer Omada[®], a digital lifestyle change program that combines technology and personal support to help you make changes that matter most — whether that's eating, exercise, sleep or stress. Omada's approach has proven results, helping people lose weight and reduce the risk of developing type 2 diabetes and heart disease.

You and/or your covered adult dependents can join the program **at no cost to you** if you are:

- » Enrolled in the MNPS Cigna medical plan
- » At risk for diabetes and meet eligibility requirements

Participants in this interactive program get:

- » A free wireless smart scale to monitor your progress
- » A professional Omada health coach
- » Weekly online lessons to empower you
- » An online peer group to keep you engaged

More details about this innovative new program are coming soon. Watch your mail and email.



**Be smart
Live well**

MNPSBenefits.org

INSIDE

- 2** Important benefits reminders
- 3** Pop health gets personal
- 4** What are you waiting for?
- 5** Benefits spotlight: Orthotics
- 6** Warm up with a hot favorite

MNPS and Health Care Centers recognized

Congratulations to MNPS and the Vanderbilt Health at MNPS Employee & Family Health Care Centers for receiving four prestigious recognitions for workplace wellness initiatives:

- » Gold-level recognition by the American Heart Association's Target: BP (blood pressure) program
- » Gold-level recognition by the American Heart Association's Workplace Health Achievement Index
- » Cigna's Well-Being Award
- » ComPsych's Health at Work Award

Visit MNPSHealth.org/awards.





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 should finish issuing new Medicare cards with your new Medicare number (that doesn't include your Social Security number). 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.

Population health gets personal



by Dr. Martha Shepherd,
Medical Director,
MNPS Health Care
Centers

I want to talk to you about a concept called population health (or pop health, for short). Pop health may not sound quite as interesting as some other pops — like pop music, pop culture or even popcorn — but because it can affect your life in a positive way, it's an important concept to understand.

Population health looks at the unique needs of a particular group of people — in our case, MNPS teachers, retirees and their families — and strives to help them achieve the best possible health outcomes.

It's a cool concept, because when we launch a pop health initiative (like those listed to the right), it's not designed to be a one-size-fits-all solution. Instead, each initiative addresses a specific problem our population faces..

For example, we know that most colorectal cancers occur in people over age 50. We also know that early detection saves lives. So by making our retirees aware of their colon cancer screening options — like we have through our Cologuard® screening initiative — we are helping them take steps to avoid this devastating disease.

Here's another pop-health-in-action example: Like many people, our population struggles with weight issues, and we know that being overweight directly contributes to serious health problems like diabetes. So, in March, we will launch Omada, a program for people who are at risk

but want to avoid developing diabetes (read about it on page 1).

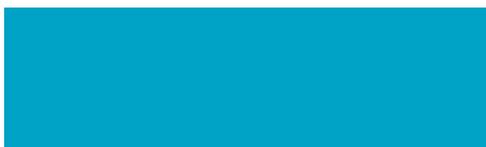
Why is pop health so important to us? Because it's a win-win endeavor. It helps you be more proactive with your health. It connects you to resources you might not have considered on your own. And it gives you access to vital screenings and care — often at no cost to you.

Pop health also benefits MNPS, because healthier, happier teachers are more present and engaged, more effective, and generally have lower health care costs. MNPS is committed to pop health because taking care of the people who take care of our kids is a good investment.



Vanderbilt pop health initiatives

- Women's health
- Adolescent health
- Colorectal cancer screening
- Diabetes prevention *Coming soon*
- Heart disease prevention *Coming soon*
- Breast cancer screening *Coming soon*



“I'm not a patient. Why are you contacting me?”

Have you received a letter, email or phone call from the MNPS Health Care Centers and wondered why? As you may know, MNPS partners with Vanderbilt Health to provide comprehensive health care to teachers through five clinic locations around Nashville. But this partnership is about more than just our clinics. We want to support ALL employees and retirees in their pursuit of good health — even those who choose to seek care elsewhere.

“What are you waiting for?”



*Lynne Robinson
English Language Development teacher
John Overton High School*

Teacher encourages everyone to try the MNPS Health Care Centers

Lynne Robinson wasn't looking to shake up her family's health care routine. But the more she used the MNPS clinics and Employee Wellness Center, the more she saw them as game changers. Now they're the foundation of her family's health and wellness needs. And knowing Vanderbilt Health providers staff the clinics gives Lynne confidence that she and her loved ones are receiving the best possible care.

"The Vandy name makes a difference," she admits.

Lynne first used the clinics for basic care, like the time she needed a strep test and was able to get it that morning and, even better, at no cost.

When she planned a trip abroad, she turned to the Kroger pharmacy in the Wellness Center for her vaccinations and to fill prescriptions she might need while out of the country.

The Wellness Center's fitness facilities also won her over.

"There are classes, things I can do that I just wouldn't do by myself," she says. "The fitness associates are very friendly, helpful and knowledgeable."

Gym fees she used to shell out are like the copays she once had to spend — that money now stays in her pocket. Lynne's savings are compounded because her husband and stepson are covered under her MNPS health insurance.

As services in the Wellness Center expanded, Lynne tried them out, too. She's seen Dr. O (Dr. Obersteadt), the Center's chiropractor. And both she and her stepson have seen physical therapists there; she for a foot problem and her stepson for a sports injury. She figures they saved at least \$250 in copays on her son's injury alone. Lynne now sports a pair of custom-molded orthotics — a godsend for someone who spends her days on her feet.

For active and retired teachers who haven't yet explored the Health Care Centers and their services, the veteran teacher gets straight to the point.

"What are you waiting for?"

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 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

Bellevue Middle
School
651 Colice Jeanne
Road, Nashville

M-F 8 a.m.-6 p.m.

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



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

Benefits spotlight: Orthotics

Are you living with foot or heel pain? Orthotics may provide relief, like they did for Lynne Robinson (see her story on page 4). Orthotics are custom-molded supports that fit inside your shoes to help correct foot imbalances. MNPS's Cigna medical plans reimburse 100% of the cost of your first pair (you pay \$149 up front and get full reimbursement) and offers a special price of \$129 for a second pair.

To see if orthotics might help you, make an appointment with one of our nurse practitioners by calling **615-259-8755**. Your NP may refer you to one of our physical therapists who will evaluate you and, if appropriate, fit you for orthotics.

Our vendor, Sole Supports, offers two types: a full-length insert that fits an athletic shoe and a dress pair orthotic that fits into more professional shoes.



Do you have a health success story?

“My doctor is doing backflips over how well I’m doing.”

— Ken Swann, spouse of MNPS employee



Tell us about it! Have you:

- » Made a positive lifestyle change?
- » Achieved a health milestone (e.g., lost weight, gained control over a chronic condition, quit tobacco)?
- » Had a positive experience using the MNPS Health Care Centers?

We want to hear about it! We may use your story in future communications.

To participate, you must be willing to have your picture taken at our photographer's studio in north Nashville. You'll go home with a professional headshot valued at \$75 — at no cost to you. If interested, send an email to Johnsie Holt at johnsie.holt@mnp.org with your name, former MNPS title, a 2-3 sentence description of your story, and your preferred phone number.

Congratulations to the MNPS Employee Wellness Center for

GOING GREEN!

We achieved the coveted Silver-level certification under the LEED New Construction rating system.



LEED (Leadership in Energy and Environmental Design) provides a framework to create healthy, highly efficient, cost-saving green buildings. LEED certification is a globally recognized symbol of sustainability achievement.



METROPOLITAN PUBLIC SCHOOLS OF
 NASHVILLE DAVIDSON COUNTY
 2601 BRANSFORD AVENUE
 NASHVILLE, TN 37204-2811

EMPLOYEE BENEFIT SERVICES

NONPROFIT ORG
 US POSTAGE
PAID
 NASHVILLE TN
 PERMIT 1

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.



Warm up with a seasonal favorite

Cinnamon almondmilk macchiato

Our Horchata-inspired macchiato is made with bold espresso
 roast, creamy almond milk and sweet cinnamon dolce.



Monday-Friday, 6 a.m.-2:30 p.m.
 Located on the second floor in the
 MNPS Employee Wellness Center

