

# For Your Benefit



CERTIFICATED RETIREE BENEFITS • FALL 2019

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Be smart  
Live well

[MNPSBenefits.org](http://MNPSBenefits.org)

Want to  
receive benefit  
alerts by email?

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



No action is required during annual transfer (November 1-30), but here are a couple of changes to know about:

### New resource: Cigna One Guide®

Understanding and using your health insurance is not always easy. Often, it can be downright confusing.

Meet Cigna One Guide. It's a new service that just makes health care simpler.

Cigna One Guide combines the ease of a powerful app with the personal touch of a live person. Specifically, your One Guide team can help you:

- Better understand your coverage
- Answer your health plan questions
- Find the best provider for your needs
- Get estimates and avoid surprise expenses
- Make sure you're getting the most from your benefits

Start using the Cigna One Guide today — by app, chat or phone. Download the [myCigna.com](http://myCigna.com) app or call **1-888-806-5042**.

### Cigna/Amplifon replaces Epic for hearing coverage

Cigna will replace Epic Hearing Healthcare as administrator of our hearing benefit. The plan, provided through Amplifon, pays a hearing aid benefit of up to \$1,400/person every five years. This means there are no deductibles, copays or coinsurance, up to plan limits, when you use Amplifon network providers. There are no out-of-network benefits. Visit [amplifonusa.com/cigna](http://amplifonusa.com/cigna) or call **1-888-901-0811**.

Want more details  
on your MNPS  
retiree benefits?

See your 2020 Retiree  
Benefits Guide.

# FREE FLU SHOTS

Don't miss out!



The CDC\* expects this to be a very active flu season. If you missed our annual flu shot clinics, you can still get a free shot at any of the MNPS Health Care Centers. Call **615-259-8755** for an appointment, or stop by the Kroger Pharmacy in the Employee Wellness Center.

\* Centers for Disease Control and Prevention

## SHINGLES vaccine update

Area pharmacies are once again getting shipments of the Shingrix® shingles vaccine, including Kroger Pharmacy in the Employee Wellness Center. Call **615-600-3854** for an appointment for your free shingles shot.



## Convenient care across Davidson County

The Vanderbilt Health at MNPS Employee & Family Health Care Centers provide a wide range of primary and acute care services for you and your family members:

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

### 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  
651 Colice Jeanne Road,  
Nashville

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

Learn more at [MNPSHealth.org](http://MNPSHealth.org) • For an appointment, call **615-259-8755**



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



“I was struggling with being prediabetic. I was really worried.”

— Jessica Hall  
Third grade teacher  
Harpeth Valley Elementary



omada

## Could you be at risk for diabetes?

Omada®, a digital lifestyle change program, can help you develop long-term healthy habits and avoid developing diabetes — at no cost to you. If accepted into the program, you'll get a wireless smart scale to monitor your progress, weekly online lessons and a professional Omada health coach to guide your progress.

To see if you're eligible, take a one-minute

# “It’s given me a whole new wardrobe!”

Jessica Hall was petite, at 5-foot-1 and 120 pounds. Then a thyroid issue sent her scale rapidly upward — toward the 200 mark in less than a year. The weight gain resulted in painful joints, a loss of energy and low self esteem.

Other alarm bells began sounding when Jessica’s blood sugar levels crept up.

“I was struggling with being prediabetic,” says the Harpeth Valley Elementary third-grade teacher. “I was really worried.”

Last spring, at the height of her concern, she started seeing posters and getting emails about Omada®, a free program for eligible certificated employees. The 16-week program pairs

technology with real human support to help participants build lasting healthy lifestyle changes. More specifically, it’s aimed at people at risk for type 2 diabetes and heart problems.

Jessica, 33, submitted her application and met the criteria to participate. Once she started, she was surprised at how much she didn’t know.

“It was nice to have the education, to have a lesson every week,” she says.

She also liked the technology and tools that come with participation.

“They give you a nice scale and ask you to weigh every day,” Jessica says. The free scale is equipped with a wireless transmitter to track participants’ results.

She also got a free pedometer to log her steps each day. She could access the lessons and results online or through a free app.

“I started really working on losing weight and getting my sugar down,” she says.

She got help at the MNPS Health Care Center in Bellevue and the Berry Hill Employee Wellness Center, and from her online Omada coach, who kept in close contact. Her coach even sent instant messages of encouragement to Jessica as she progressed or stalled.

The program places participants in small, online groups where members can see each others’ individual progress (anonymously if they prefer). Jessica admits seeing others’ results sometimes prompted her to work harder.

Since starting the program, she’s dropped 50 pounds, and her blood sugar has come down, as well.

“I feel better overall,” she says. Her joint pain has subsided and, as she makes better food choices, her entire family is eating healthier meals.

There’s a more fun side to her better health, too.

“It’s given me a whole new wardrobe,” Jessica adds gleefully.



“When I read the email that our insurance company was offering Omada for free, I was skeptical it would be a ‘one size fits all’ type ... It actually is just the opposite. I have a coach (who is not a robot!). The app is awesome to keep track of my food and activity each day. I love to weigh in on my scale each morning. This is a program I would love to stay on even after I lose the weight. And I KNOW I’ll lose the weight!”

— Bridget, another Omada participant

risk screener at [omadahealth.com/mnps](https://omadahealth.com/mnps).

# Kurt's Boot Kamp **HEATS UP**

Fitness associate Kurtis Lewis turned up the heat this summer with his own outdoor class, focused on strength and endurance. But if sweating in the sun is not your thing, don't worry. The fitness center offers a variety of classes for all fitness levels.

Check out the schedule at [MNPSHealth.org/classes](http://MNPSHealth.org/classes), featuring yoga, pilates, tai chi, Zumba, Pound and more!



## Soup is back!

Featuring classic chicken noodle, potato bacon, corn chowder, broccoli cheese, Italian wedding and everybody's favorite, buttery grilled cheese tomato



Monday-Friday  
6 a.m.-2:30 p.m.  
Employee Wellness Center,  
2nd floor

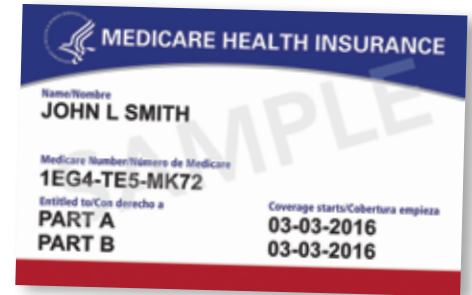


Stop by to see what's available. It's different every week.

# 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 2020. 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-HealthSpring Medicare Advantage Plan (MAPD). You can learn about the plan in the 2020 Retiree Benefits Guide.



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



**“It probably saved his life.”**

Julie and Art Staehling thought they were doing the right things for their health. But they both put off colon cancer screening — until they received a reminder from the MNPS Health Care Centers. They got tested and Art's results showed a problem, which required surgery. The couple believes the screening likely saved his life.

**Julie Staehling**  
Art teacher, Shayne Elementary School

Call the MNPS Health Care Centers at 615-259-8755 to learn about your no-cost colon cancer screening options.

Read the Staehling's full story on [MNPSHealth.org/testimonials](https://MNPSHealth.org/testimonials)

## Have questions about your MNPS retiree benefits?

► Contact Employee Benefit Services

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