

LIVE YOUR BEST LIFE

...get coached!

Have you ever wanted to sit down with an expert and get advice on how to improve some aspect of your health? Consider your wish granted. Here are a variety of health coaching programs available to you — as an enrollee in the Certificated Employee Health Plan — **most at no charge**. Some programs are available to your covered dependents, too. Participation is 100% confidential; no personal information is ever shared with MNPS.



Personal health coaching

One-on-one coaching

Bobbi Nickel, RN, MSN, is a Certified Health & Wellness Coach, Certified Holistic Health Coach and Certified Cancer Support Educator. She provides confidential, personalized health coaching when you want to make lifestyle changes to optimize your health. If you want to improve your eating habits, sleep better or manage a chronic health condition, Bobbi provides education and encouragement with accountability.

Bobbi currently offers one-on-one coaching sessions via telehealth. To make an appointment, call **615-259-8755**.

Omada[®] lifestyle program

Diabetes prevention; diabetes and high blood pressure management

If you live with diabetes and/or hypertension, or if you're at risk for developing diabetes, this personalized program combines real human support with the latest technology so you can make lasting changes, one step at a time. Participants in the interactive Omada programs receive free wifi-connected devices to track progress, along with sessions with a professional health coach.

Visit omadahealth.com/mnps to see if you qualify.



Connect with Karla[®]

Behavioral telehealth + support between sessions

Feeling stressed or overwhelmed is shaping up to be the new normal. It doesn't have to be! Connect with Karla is a unique way of supporting your mental and emotional health. It all happens through your smartphone or device. You get one-on-one video sessions with a licensed counselor, plus between-session support and tools from the Karla app.

Get started at sync.health/mnps or call **615-748-0625**.

Diabetes education and medical nutrition therapy

If you live with diabetes, knowing how to eat and/or manage your condition can be a puzzle. Now, you can meet one-on-one with a certified diabetes educator and go home with a personalized plan. You simply need a referral from your primary care provider or endocrinologist to access these services. The MNPS Health Care Centers can also provide a referral; call us at **615-259-8755**.



Cigna coaching programs

Your Cigna medical plan includes personalized health coaching for a variety of chronic conditions and health concerns, including:

- Asthma
- Heart disease
- Coronary artery disease
- Angina
- Congestive heart failure
- Heart attack
- COPD (emphysema and chronic bronchitis)
- Type 1 and type 2 diabetes
- Metabolic syndrome/weight complications
- Peripheral arterial disease
- Low back pain
- Osteoarthritis
- Depression
- Anxiety
- Bipolar disorder

Some programs are telephonic; some are online.

To get started or learn more, call the number on your Cigna ID card or **1-877-459-9896** or visit **myCigna.com**.

In some cases, Cigna may call you if their health advocates believe you might benefit from one of their coaching programs. They look at your health assessment answers and claims information to suggest programs you might be interested in. Your participation is completely optional, and all calls are confidential

Note: All programs are available to covered adult dependents, except the Healthy Pregnancies program, which is available only to your covered spouse/partner. Covered children can participate in health coaching with Bobbi Nickel, Connect with Karla and some Cigna coaching programs.



Foodsmart

Telenutrition

Meet one-on-one, via video visits, with a registered dietitian. You'll get personalized nutrition guidance to help you learn how to eat smarter. You'll also receive customized meal plans, a digital grocery list and recipes to inspire you.

Visit **MNPSBenefits.org/foodsmart**.

Weight management program

This program is designed for people with a body mass index (BMI) of 25 or higher who want to get healthier. It's offered through the MNPS Health Care Centers and eligible participants can receive 50% reimbursement for:

- Membership fees at an approved weight management program/organization (for example, The New Beginnings Center, WeightWatchers®, Jenny Craig®, YMCA, etc.)
- One-on-one nutrition counseling with a registered dietitian/nutritionist

For details call Laura Vanderpool at **615-875-1966**.



Cigna Healthy Pregnancies Healthy Babies®

Prenatal support

This program offers prenatal support and education to help keep mom and baby healthy during pregnancy and in the weeks following birth. You get live, 24/7 telephone support from nurses and access to a library of maternity resources. Enroll in your first trimester, and you'll receive \$500 when you complete the program (\$250 if you register in your second trimester).

Visit **MNPSBenefits.org/hphb** or call **1-800-615-2906**.

