

CERTIFICATED

DIABETES

resource guide

The MNPS Health Care Centers can test for and diagnose diabetes. Our board-certified nurse practitioners can also help you manage diabetes by providing follow-up visits, medication, testing supplies, labs and more. You and your dependents also have access to the following programs to help you get the diabetes support you need. There is no cost if you're enrolled in the Certificated Employee Health Plan. Participation is 100% confidential; no personal information is ever shared with MNPS.

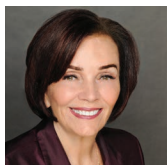


Diabetes and nutrition education

Knowing how to eat and/or successfully manage your diabetes can be a puzzle. Now you can meet one-on-one with a certified diabetes educator who will:

- Teach you how to eat for optimal diabetes management
- Coach you through self-care, including blood sugar testing, medication dosing, exercise and more

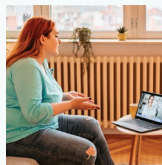
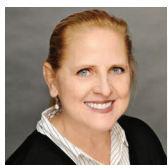
Get started: You need a referral from your primary care provider or endocrinologist. Or the MNPS Health Care Centers can provide a referral; call us at **615-259-8755**.



Personal health coaching

Need some one-on-one help with a health concern or improvement effort? Our health coaches are here for you ... at no cost to you! They provide confidential, personalized health coaching when you want to lose weight, improve your eating habits, quit tobacco, manage a chronic health condition (like diabetes, heart or respiratory disease or obesity), set goals or make other health improvements.

Get started: To make a telehealth appointment with Bobbi Nickel, RN, MSN, call **615-259-8755**. To make an in-person or telehealth appointment with B.J. Reeves, RN, BSN, call or text **629-264-8052** or email barbara.reeves@evernorth.com.



Telehealth with an endocrinologist

Meet face-to-face (via videoconferencing) with an endocrinologist to discuss management of your diabetes.

Get started: Call **615-259-8755** and make an in-person appointment at one of the MNPS Health Care Centers. When you arrive, a nurse will help get your telehealth visit started. If lab/blood work is ordered, it can be done while you're in the clinic.



Care navigation

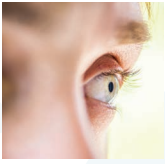
Struggling to manage your diabetes or think you're at risk for diabetes, but not sure where to start? A nurse navigator dedicated solely to MNPS employees can help you find the right care for your needs and even book appointments for you.

Get started: Call **615-421-1711** or visit select.vanderbilthealth.com/mnpsnavigator.



Vanderbilt Health

at Metro Nashville Public Schools
Employee & Family Health Care Centers



Vision screening

People with diabetes are at higher risk for vision problems like retinopathy, so screening is vital. 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. This screening does not replace regular eye exams, provide a glasses/contacts prescription or test for glaucoma.

Get started: Call **615-259-8755** to schedule a screening. You must have been diagnosed with diabetes and had no retinopathy screening in the last year.



Foodsmart

Telenutrition

Meet one-on-one, via phone or video, with a registered dietitian, who will provide you with a nutrition assessment, a personalized nutrition plan and real-time support. Between appointments, Foodsmart's healthy eating tools will help you stick to your plan and save money on eating well. Participants age 13-18 must have a parent enroll with them.

Get started: Visit **Foodsmart.com/members/mnps**, call **1-888-837-5325** or email **telenutrition@foodsmart.com**.



Omada®

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 no-cost wifi-connected devices to track progress, along with sessions with a professional health coach.

Get started: Visit **omadahealth.com/mnps**.



Weight management program

This program provides personalized help for people with a BMI of 25 or greater who want to lose weight. When you meet certain requirements, you 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 dietician/nutritionist

Get started: Call Laura Vanderpool at **615-875-1966**.

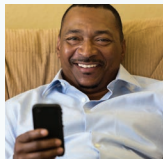


Employee Assistance Program

Mental health support and counseling

Finding help for mental health concerns should not be frustrating — yet often it is. Your GuidanceResources Employee Assistance Program (EAP) makes it easy to connect with a mental health professional. You and your family members can use the EAP at no cost. It's available 24/7 — both online and by phone.

Get started: Call **1-888-297-9028** or visit **guidanceresources.com**. You must create a personal login to access the site. Our Web ID is MNPS.



Virta

Better manage your diabetes or reverse it!

Virta provides everything you need to track and understand your numbers, including a no-cost-to-you meter, testing supplies and access to a library of online resources all at no cost to you. You also get ongoing support from a team of clinicians and health coaches who work with you to customize a nutrition plan that will help you lose weight and reverse type 2 diabetes and prediabetes.

Get started: Learn more and find out if you're eligible at **virtahealth.com/join/mnps**.



Fitness associates

The Employee Wellness Center at Berry Hill offers in-person and virtual fitness classes. Just getting started? Our fitness associates can personalize an exercise routine for you.

Get started: Visit **MNPSHealth.org/fitness**.

More support

Included with your medical insurance, Cigna offers several health coaching programs (online and telephonic) that assist with diabetes management, weight management, tobacco cessation, stress management and more. Learn more at **myCigna.com** or call **1-877-459-9896**.