

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.

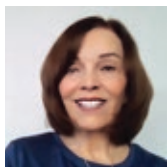


Diabetes and nutrition education

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

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.

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



Telehealth with an endocrinologist

Meet face-to-face (via video-conferencing) 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 visit started. If lab/blood work is ordered, it can be done while you're in the clinic.



Vanderbilt Health

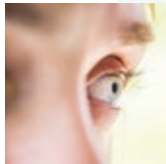
at Metro Nashville Public Schools
Employee & Family Health Care Centers



Group appointments for follow-ups

Available at the Employee Wellness Center, shared medical appointments (SMAs) are a unique opportunity to have your follow-up appointments in a group setting, which provides consultation with an endocrinologist, self-management education and peer support all in one visit.

Get started: Call **615-259-8755**.



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.

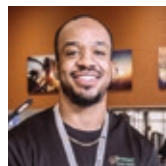


Omada® lifestyle program

Diabetes and high blood pressure management

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 diabetes. It combines real human support with the latest technology so you can make lasting changes, one step at a time. Participants receive free wi-fi-connected devices to track progress, along with sessions with a professional health coach.

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



Synchronous Health

Telehealth counseling

Feeling stressed or overwhelmed is shaping up to be the new normal. It doesn't have to be! Synchronous Health offers 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: Visit **sync.health/mnps** or call **615-258-6654**.

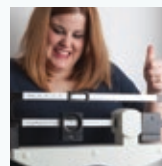


Foodsmart

Telenutrition

Meet one-on-one, via video visits, 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. Participants age 13-18 must have a parent enroll with them.

Get started: Download the Foodsmart app and select "Foodsmart for Cigna." You'll need your Cigna ID to create an account. Questions? Call **1-888-837-5325** or email **telenutrition@foodsmart.com**.



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**.

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. Visit **myCigna.com** or call **1-877-459-9896** for details.

