

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 10 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 (in person or via telehealth)

There's nothing better than receiving advice that's specific to your needs. With health coaches Bobbi Nickel and Samantha Simpson, that's exactly what you get. There's no one-size-fits-all in their approaches. They will teach you how to improve your eating habits, manage a chronic health condition and even guide you when you're facing multiple health concerns.



Call **615-259-8755** to learn more or make an appointment.

Omada® lifestyle program

Diabetes prevention, type 2 diabetes and high blood pressure management

If you live with type 2 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.

Take a one-minute screener at omadahealth.com/mnps to see if you qualify.

Connect with Karla®

Behavioral telehealth



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.

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**.

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**.

Cigna Health Advocates/ Personal Health Team



This program connects you with nurses, behavioral health specialists, health educators, pharmacists, nutritionists and others — depending on your needs. Your team works together to help you with chronic conditions such as diabetes, heart disease and respiratory disease. They can also provide guidance on medications, low back pain, osteoarthritis, anxiety and depression.

Call **1-877-459-9896** for details.

Cigna Lifestyle Management Programs®

Coaching by phone

Want to quit tobacco, lose weight or better manage stress? Try talking with a coach by phone. You can chat with your coach one-on-one whenever it's convenient for you — including evenings and weekends.

Visit myCigna.com or call **1-877-459-9896** to learn more.

Cigna My Health Assistant®

Online coaching



Prefer to get help online? This program, powered by WebMD, provides coaching for nutrition, exercise, losing weight, managing stress, managing a chronic condition, quitting tobacco and maintaining a positive mood.

For details, visit myCigna.com.

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

