

LIVE YOUR BEST LIFE

...get coached!

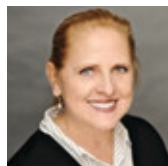
Have you ever wanted to sit down with an expert and get advice on how to improve some aspect of your health? Consider your wish granted. A variety of health coaching programs are available to you as an enrollee in the Certificated Employee Health Plan — **most at no charge**. Some programs are available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

Personal health coaching

One-on-one coaching



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.



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**.

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.

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



Synchronous Health

Behavioral telehealth + support between sessions



Feeling stressed or overwhelmed is shaping up to be the new normal. It doesn't have to be! Synchronous Health offers support for stress, anxiety, fatigue, depression, boundaries, relationships, transitions, time management, trauma, grief/loss and more. Licensed counselors meet with you:

- Virtually through your smartphone or device
- At times that work for you
- From the comfort of your home or location of choice
- At no cost to you

Get started at sync.health/mnps or call **615-258-6654**.



GIThrive

Digestive health program

GIThrive is a program to help improve health — starting with digestion. You will be guided on a path to better digestive health with a step-by-step program to reduce digestive symptoms and meet your goals. It includes an app, access to a registered dietitian and a health coach and tools like the GutCheck microbiome test (\$150 value). It's all done from home — private and no cost to you.

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



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**.

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**.



Virta Health

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.

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

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, Synchronous Health and some Cigna coaching programs.





Fern

Musculoskeletal pain management

Living with pain can impact every aspect of your life. Through

education, daily activities, and one-on-one support from a board-certified health coach, Fern helps you find lasting relief from chronic musculoskeletal pain so you can get back to doing what you love. Fern coaches are real people (not bots) who have specialized training in pain management. Your coach will empower you to drive your own care through collaborative goal setting, progress checks, and shared decision making. All at no cost to you.

Learn more at fernhealth.com/mnps.

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



90-Day Men's Health Challenge

Led by urologist Dr. Kevin Billups and Restorative Lifestyle Strategist Tony Holt, the 90-Day Challenge uses an evidence-based approach to equip and empower men with tools to improve, reduce or reverse chronic health conditions (such as type 2 diabetes, hypertension, obesity, excess body fat around the waist, abnormal cholesterol, etc.) that cause a variety of symptoms (i.e., fatigue, erectile dysfunction, joint pain, weight gain, urination problems, anxiety, depression, mood changes, etc.).

Get started at MNPSBenefits.org/menshealth.



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