

# For Your Benefit

CERTIFICATED RETIREE BENEFITS

SPRING 2024

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# MNPS health coaches share their unique approaches

Have you ever thought about taking steps to get healthier, but weren't sure where to start? Look no further.

MNPS health coaches B.J. Reeves and Bobbi Nickel can help. When you work with B.J. or Bobbi, you'll receive expert insights, tailored strategies and unwavering support to help you reach your wellness goals.

Still unsure about what health coaching is and how it can help you? *FYB* asked B.J. and Bobbi to share their approaches.



## B.J. Reeves | RN, BSN

"Many people think health coaching is about weight loss, chronic disease management and/or nutrition. In reality, wellness coaches look at every aspect of your health. This includes family history, current health status (both physical and mental), lab results, medications, living and work environments, gaps in care (such as missed screenings and vaccinations), and much more.

People are like puzzles. As a health coach, I analyze everything that makes up the whole person and find the pieces that are missing. Then, together, we form a plan to help them be whole again."

**To make an in-person or telehealth appointment with B.J.:**  
call or text **629-264-8052** or email [Barbara.reeves@evernorth.com](mailto:Barbara.reeves@evernorth.com).



**Wellness coaches look at every aspect of your health.**



## Bobbi Nickel | RN, MSN

"A health coach doesn't make the rules for you. You already know what you want to do. You just need someone to help you see the barriers that are keeping you from success and someone to hold you accountable.

A good health coach will educate you on how the body works — and help you understand if you've been sabotaging yourself without realizing it. It all begins with your mind. It's not about willpower, it's about mindpower. Your thoughts determine your actions, and your actions determine your behavior. Your behavior becomes habits, whether they're good for you or derailing you. When you begin to notice your thoughts and replace negative thoughts with the truth, your whole life will change. A health coach can help you do that."

**To make a telehealth appointment with Bobbi:**  
call **615-259-8755**.



**It's not about willpower. It's about mindpower.**



Note: Sessions with health coaches are completely confidential.



# Health coach helps client stay on track

Partnership and perseverance make for a powerful team. So do retired MNPS art teacher, Barbara Johnson, and holistic health coach, Bobbi Nickel.

Barbara connected with Bobbi after a series of health issues made losing weight critical for her. She was diagnosed with diabetes in 2005 and later was found to have liver damage as a result. She also had hip replacement surgery. Then, after contracting a serious sepsis infection when she was 61, she decided to retire.

"I just wanted to work on getting well," Barbara says. "I needed a health coach — someone I could answer to."

Bobbi fit the bill perfectly. In addition to being a trained coach, Bobbi understood on a personal level. She went through a similar experience herself years ago when she successfully lost 110 pounds.

And, as Barbara notes, Bobbi "knows how to keep the weight off."

## Bobbi's coaching philosophy

Bobbi starts by simply listening to her clients. She doesn't pitch goals; instead, she helps them set their own and develops a plan to meet them.

"We also talk about the emotional things in their lives," Bobbi says. "That helps some clients better respond to their triggers."

Every client is different in what they need and how they respond. "No two people are the same," she says.

## Barbara's weight loss journey

Bobbi's coaching helped Barbara lose 85 pounds. As often is the case, the journey hasn't always been easy.

"I'm a foodie, volume-eater and grazer," Barbara says.

She is also an emotional eater. Her setbacks have included depression, particularly after the loss of her

mother. When the weight began to creep back on, Barbara worked even more closely with Bobbi to get back on track.

"Barbara never gives up," says Bobbi. "I'm very impressed with her perseverance over the years."

Barbara believes having the right mindset is key. "You have to decide you want to be different," she says.

She also credits Bobbi's expertise and compassion. "The accountability is so important," Barbara says of her coach. "She's become a good friend."

## Looking forward to a bright future

Barbara's successes over the past couple of years go beyond what the scale shows. Her endocrinologist says that she seems to be "aging backwards" since her numbers are so much improved.

One unanticipated bonus: Her husband lost 20 pounds, thanks to healthier food choices in their home.

The future looks bright. "I want to enjoy life for the next 20 years," Barbara says.



“You have to decide you want to be different.”

# Caring for the caregiver

Did you know that more than a quarter of American baby boomers — those born from 1946 to 1964 — serve as caregivers for family members? They're sometimes referred to as an invisible or hidden workforce because their efforts often go unrecognized and unpaid.

Caregiving is a tough job. It can take a toll on physical, mental and emotional well-being. Caregivers frequently report high levels of stress, anxiety, depression and sleep disturbances. And many are dealing with their own chronic health conditions.

Whether you're a caregiver or someone helps take care of you, Cigna's Caregiver Program can help relieve some of the burden — at no cost to you.

## The Caregiver Program offers:

- **One-on-one sessions with a licensed professional.** When you're overwhelmed, it can help to have a listening ear. Once you're enrolled, you can meet with a licensed provider via telehealth or telephone to discuss the challenges you're facing. Your provider will offer resources and guidance to help you better manage stress, deal with your own health challenges, and more.
- **Help finding resources.** Caregiver coaches can connect you with resources within your health plan and even in your local community. This may include help with nutrition needs or stress management, working with your care team, or finding respite care when the caregiver needs to be away.
- **An app, called Careforth for Caregivers.** Once enrolled in the Caregiver Program, this app offers additional resources, including articles, videos and self-assessments.

## How to get started

Call **1-800-223-9414 (TTY 711)**, 7 a.m.-7 p.m. CST, Monday-Friday. Or visit **CaregiverBridge.com** and create an account.

For even more caregiver resources, visit **Cigna.com/knowledge-center/caregiver-resources**.





# Virtual counseling when and where you need it



When life gets tough, having someone to offer support and guidance can be a big help.

Synchronous Health connects you with certified counselors to help you build skills to get through tough times. During confidential video sessions, you can learn to cope with stress, anxiety, depression, relationship problems, grief, uncertainties and more.

Synchronous Health's online counseling is:

- ✔ **Convenient.** Meet with your counselor from your smartphone or laptop wherever you feel most comfortable. And, with daytime, nighttime and weekend availabilities, it's easy to find a time that fits your schedule.
- ✔ **Confidential.** Synchronous Health is HIPAA compliant, which means your personal details are kept confidential.
- ✔ **Robust.** In addition to counseling, you also receive between-session support from the Karla app.
- ✔ **No cost.** Synchronous Health is available at no cost to employees and their dependents enrolled in the Certificated Retiree Health Plan.



To schedule a virtual appointment or learn more, go to [sync.health/mnps](https://sync.health/mnps).





## Vanderbilt Health

at Metro Nashville Public Schools  
Employee & Family Health Care Centers



MNPS **CLINICS** SPOTLIGHT

# Why you need a wellness visit every year



Going to the doctor when you're sick is a no-brainer. But it's also smart to see your provider when you're well to help ensure you stay that way.

The Centers for Medicare & Medicaid Services encourage everyone age 65+ to schedule an Annual Wellness Visit with your primary care provider. This comprehensive exam can spot problems early on, which is key to preventing or slowing progressive diseases like cancer and heart disease.

During your visit, your provider may discuss your:

- Weight, blood pressure and other routine measurements
- Medical and family history
- Mental and emotional health
- Vision, hearing and other functional abilities
- Safety at home/ways to lower your fall risk
- Cognitive ability, including your risk for Alzheimer's and other forms of dementia
- Need for additional preventive screenings and/or follow-up visits

**Earn \$30 from Cigna  
just for getting your  
Annual Wellness Visit!**

**The MNPS Health Care Centers can perform your Annual Wellness Visit.** If you're due for a visit, make an appointment by calling **615-259-8755** or visiting [MNPSHealth.org/schedule](https://MNPSHealth.org/schedule).

If you're not sure you're due for a visit, give us a call and we'll help you determine next steps.



## 5 exclusive health clinics in Davidson County

### BERRY HILL

Employee Wellness Center  
2694 Fessey Court  
M-F 7 a.m.-7 p.m. | Sat. 8 a.m.-2 p.m.

### MADISON

Taylor Stratton Elementary  
306 West Old Hickory Blvd.  
M-F 7 a.m.-6 p.m.

### NORTHEAST NASHVILLE

Two Rivers Middle  
2995 McGavock Pike  
M-F 8 a.m.-6 p.m.

### ANTIOCH

Mt. View Elementary  
3812 Murfreesboro Road  
M-F 7 a.m.-5 p.m.

### WEST NASHVILLE

Bellevue Middle  
651 Colice Jeanne Road  
M-F 8 a.m.-6 p.m.

## Don't miss out — get rewarded

You can earn a \$30 reward from Cigna just for getting your Annual Wellness Visit!

After you complete your visit, you'll be eligible to earn even more rewards for screenings such as a mammogram or colorectal cancer screening. Any incentives you earn will be loaded onto your Cigna Healthy Today<sup>SM</sup> card.

If you're participating in the incentives program for the first time, you must complete the attestation form you received in the mail before you can use your Healthy Today card. If you didn't receive a form, call Cigna Customer Service to request one at **1-888-281-7867 (TTY 711)**. Or complete the attestation online at [myCigna.com](https://myCigna.com). Click Wellness, then View Incentives to get started. If you're already an incentives program participant, there are no additional steps to take.



## You can schedule appointments online!



Scan this code or visit [MNPSHealth.org/schedule](https://MNPSHealth.org/schedule).  
Or call **615-259-8755**.





METROPOLITAN PUBLIC SCHOOLS OF  
NASHVILLE DAVIDSON COUNTY  
2601 BRANSFORD AVENUE  
NASHVILLE, TN 37204-2811

**EMPLOYEE BENEFIT SERVICES**

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EMPLOYEE BENEFIT SERVICES

**MNPSBenefits.org** | Email: **benefits@mnps.org** | **615-259-8464** or **615-259-8648**

Office hours: Monday-Friday, 8 a.m.-4:30 p.m.

# Have a Cigna coverage question?



Sharona Ferguson, MNPS's dedicated Cigna representative, can help you find the answer! Sharona has a vast knowledge of Cigna benefits and claims, and a team of Cigna service coordinators at the ready. She can help with:

- Eligibility and coverage questions
- Claims
- ID card requests
- Authorizations for services
- Navigating the myCigna customer portal
- Information about earning Cigna healthy incentives
- How to spend your incentives using Cigna's Healthy Today<sup>SM</sup> card

Call, text or email Sharona at **629-462-8373** or **sharona.ferguson@cigna.com**.

## Your Cigna ID card

The Cigna MAPD-PPO has only one ID card for both medical and prescription drug coverage. You should have received a new ID card in the mail to use in 2024.

Did you know you can also access your ID card electronically? Log on to **myCigna.com** or the myCigna app. Click "ID Cards" to:

- View your and your family members' cards
- Print a copy
- Email your card to a provider
- Save to your Apple Wallet

*The information in this newsletter provides highlights of the benefits, programs and extras included in MNPS's certificated benefits program. It's not intended to include all benefit plan details. Complete details about how the plans work are included in the plan documents, which are available upon request. If there are any differences between the information in this material and the plan documents, the plan documents will govern the employee's or retiree's rights to benefits in all cases. This document does not constitute a contract or offer of employment. MNPS reserves the right to change or end any of the plans or programs described in this brochure at any time. If you have any questions about MNPS's benefits program, contact Employee Benefit Services at **benefits@mnps.org**.*