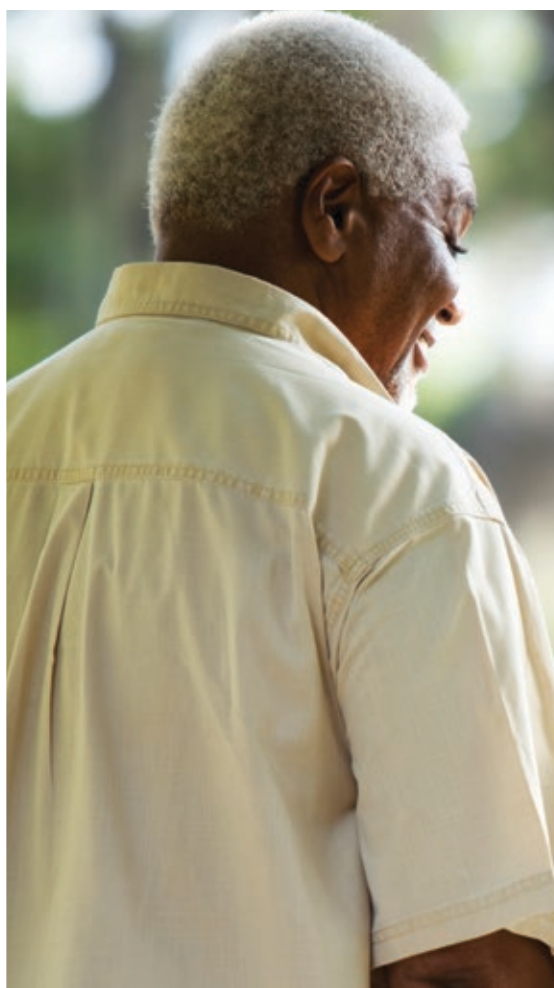


# MNPS's Cigna Medicare Surround Plan

with Cigna Rx Medicare (PDP)



This brochure contains highlights of the Cigna Medicare Surround Plan. Effective January 1, 2023, this plan will become a closed plan and will only be available to retirees and their covered dependents who meet the criteria for an exception, submit an Exceptions Form by the deadline listed on the form, and are approved by Employee Benefit Services to remain in (or enroll in) the Surround plan.



# Extras that come with your medical coverage

## Cigna Medicare Surround Plan

Certificated retirees and dependents enrolled in the Cigna Surround plan have access to these special programs and services at no additional cost to you.

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### **Fitness center membership discount**

Cigna's Active&Fit Direct™ program offers fitness center memberships at 8,000+ fitness centers nationwide for \$25/month (plus a \$25 enrollment fee). Visit [ActiveandFitDirect.com/fitness/Cigna](https://ActiveandFitDirect.com/fitness/Cigna).

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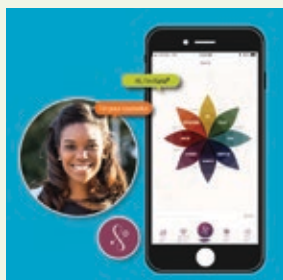


### **Foodsmart**

Meet one-on-one via video visits with a registered dietitian, who will provide 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. Schedule follow-up visits with your dietitian as needed. To get started, download the Foodsmart app and select "Foodsmart for Cigna" to sign up. You'll need to enter your Cigna insurance ID to create an account.

Email [telenutrition@foodsmart.com](mailto:telenutrition@foodsmart.com) or call **1-888-837-5325** with questions.

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### **Connect with Karla®**

Feeling stressed or overwhelmed? Synchronus Health's Connect with Karla® is a unique way of supporting your mental and emotional health 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. Visit [sync.health/mnps](https://sync.health/mnps) or call **615-258-6654** to get started.



### **Health coaching**

Onsite health coaches at the MNPS Health Care Centers offer confidential guidance when you want to lose weight, improve your diet, manage a chronic condition (like diabetes, heart disease, respiratory disease or obesity) and/or make overall health improvements. To make an appointment, call **615-259-8755**.

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# Cigna Medicare Surround Plan

## with Cigna Rx Medicare (PDP)

The Cigna Medicare Surround Plan, administered by Cigna, helps pay some of the health care costs that Medicare Part A or Part B does not cover.

### *How the plan works*

The Surround plan pays half of what Medicare does not pay, and you pay the other half. For example, if Medicare pays 80% for a covered service, leaving 20%, you will pay 10% and the Surround plan will pay 10%. See the chart for details.

### *Choosing a provider*

The Medicare Surround does not require you to use network providers. You can visit any health care provider who accepts Medicare. You don't need to select a primary care physician, and you don't need a referral to see a specialist. To find doctors who accept Medicare, visit [medicare.gov](https://www.medicare.gov) or call **1-800-MEDICARE (1-800-633-4227)**, 24 hours a day, 7 days a week. TTY/TDD users call **1-877-486-2048**.

### *Prescription drugs*

Coverage for prescription drugs is provided through the Cigna Rx Medicare (PDP). This plan is an approved Medicare Part D plan; it has been deemed creditable and is equal to or better than the Medicare Part D plan. Therefore, MNPS retirees in the Cigna Medicare Surround do not need to enroll in an independent Medicare Part D plan; doing so would result in the cancellation of your MNPS coverage.

Benefits for covered prescription drugs are based on a drug list, called a formulary. You can view the formulary and see how your current medications are classified by visiting [myCigna.com](https://myCigna.com). See the chart for prescription drug copay amounts. If you use an out-of-network pharmacy, you will pay more out of pocket.

### *Finding network pharmacies*

To locate network pharmacies, call **1-800-558-9562 (TTY 711)** or visit [CignaMedicare.com/group/PDPresources](https://CignaMedicare.com/group/PDPresources).

### *ID cards*

There are two ID cards for the Surround plan:

- » One is for medical/hospital expenses from Cigna with the word INDEMNITY printed on the front (you will use this card in tandem with your Medicare card because Medicare pays primary and Cigna pays secondary for hospital and medical visits).
- » The other card for prescription expenses is from Cigna Rx Medicare (PDP).

Surround plan enrollees will continue to use their current ID cards in 2023. No new cards will be issued.



## Surround plan benefits ... at a glance

MEDICAL	Cigna Medicare Surround	
<b>Lifetime maximum benefit</b>	None	
Annual deductible (Part B services only)	Cigna pays 50% of your Part B deductible; you pay 50%	
Annual out-of-pocket maximum (Part B only)	\$2,000	
	<b>After Part B deductible, Medicare pays<sup>1</sup></b>	<b>After Part B deductible</b>
<b>Wellness</b>		
Preventive care/immunizations	100% (no deductible)	You pay \$0
<b>Office/routine care</b>		
MNPS Employee & Family Health Care Center visits	N/A	You pay \$0
Primary care visits	80%	Cigna pays 10%; you pay 10%
Specialist visits		
Urgent care		
Lab services (diagnostic)	100% (no deductible)	You pay \$0
Lab/x-ray, dialysis, chemo, radiation therapy	80%	Lab/x-rays: You pay \$0 All other: Cigna pays 10%; you pay 10%
Short-term rehabilitation visits		
Durable medical equipment		
Part B drugs <sup>2</sup>		
<b>Hospital care</b>		
Inpatient - facility services	Day 1-60: 100% after \$1,556/deductible; (Day 61: see benefit summary)	Day 1-60: Cigna pays half of deductible; you pay other half (Day 61: see benefit summary)
Inpatient - professional services	80%	Cigna pays 10%; you pay 10%
Emergency (waived if admitted)		
Ambulance	Up to 80%	Cigna pays rest; you pay \$0
Outpatient - facility services	80%	Cigna pays 10%; you pay 10%
Advanced imaging/radiation therapy		
Skilled nursing facility (see benefit summary for days 101+)	Day 1-20: 100%, Day 21-100: Cigna pays all but \$185.50/day	Day 1-20: You pay \$0 Day 21-100: Cigna pays half of day rate; you pay other half
Home health care	100% (no deductible)	You pay \$0
<b>Mental health and substance abuse</b>		
Inpatient	\$0	\$0
Outpatient visits		

<sup>1</sup> The amount Medicare pays for covered services is subject to change annually. Medicare payment amounts for 2023 had not been announced at the time this was printed. For the most current information, see [medicare.gov](https://www.medicare.gov).

<sup>2</sup> Includes but is not limited to inhaled nebulizer medications, injectable drugs/IV drugs, antigens, osteoporosis drugs, erythropoiesis, blood clotting factors, immunosuppressive drugs, oral cancer drugs, oral anti-nausea drugs; follows Medicare standard guidelines

## Prescription drug benefits ... at a glance

PRESCRIPTION DRUGS	Cigna Medicare Surround with Cigna Rx Medicare (PDP)	
	During Initial Coverage and Coverage Gap <sup>1</sup> (until you have spent \$4,660-\$7,400 in true out-of-pocket Rx costs)	
You pay... (unless otherwise noted)	Kroger	Other pharmacies
Annual prescription out-of-pocket maximum	\$1,500	
<b>Certain preventive drugs</b>		
Generic and brand	\$0	
<b>Network retail (30-day supply)</b>		
Tier 1: generic	\$2	\$5
Tier 2: preferred brand	\$20	\$25
Tier 3: non-preferred brand	\$75	\$80
Tier 4: high-cost specialty <sup>2</sup>	\$75	\$80
Out-of-network	N/A	See note below <sup>3</sup>
<b>Network retail (60-day or 90-day supply)</b>		
Tier 1: generic	\$4	\$10
Tier 2: preferred brand	\$40	\$50
Tier 3: non-preferred brand	\$150	\$160
Tier 4: high-cost specialty <sup>2</sup>	N/A	N/A
Out-of-network	N/A	N/A
<b>Mail order (30-day supply)</b>		
Tier 1: generic	N/A	\$5
Tier 2: preferred brand		\$25
Tier 3: non-preferred brand		\$80
Tier 4: high-cost specialty <sup>2</sup>		\$80
Out-of-network		See note below <sup>3</sup>
<b>Mail order (60-day or 90-day supply)</b>		
Tier 1: generic	N/A	\$10
Tier 2: preferred brand		\$50
Tier 3: non-preferred brand		\$160
Tier 4: high-cost specialty <sup>2</sup>		N/A
Out-of-network	Same as in-network for 30-day supply	
<b>PRESCRIPTION DRUGS (retail and mail order)</b>	<b>Catastrophic Coverage (once you have paid \$7,400 in true out-of-pocket Rx costs)</b>	
	Lesser of Standard Part D or Gap Coverage. Standard Part D = Greater than 5% of cost or \$4.15 for generic; greater than 5% of cost or \$10.35 for brand	

<sup>1</sup> Although some Medicare prescription drug plans do not provide coverage during the coverage gap, also known as the donut hole, the Medicare Surround and Cigna Rx Medicare (PDP) and Cigna MAPD plans do, so there is no gap in coverage.

<sup>2</sup> Specialty drugs are limited to a 30-day supply per fill.

<sup>3</sup> Prescriptions purchased out-of-network are paid at the in-network level, but you're responsible for any difference between the out-of-network pharmacy billed charge and the actual in-network allowable amount. Limited to 30-day supply.



# Questions about the Cigna Medicare Surround Plan?

Call Cigna Customer Service at **1-800-Cigna24 (1-800-244-6224)**, 24 hours a day, 7 days a week. For prescription drug questions, call **1-800-558-9562 (TTY 711)**.

You can also register for **myCigna.com**. Once you create a user ID and password, you can access a secure members-only website and view details about your plan, find wellness discounts and more!



*This brochure provides highlights of Metro Nashville Public Schools' certificated retiree benefits program. It is 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 brochure 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.*