

For Your Benefit



CERTIFICATED RETIREE BENEFITS • WINTER/SPRING 2021

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MNPSBenefits.org

Early detection is key

Have you been screened for colorectal cancer?

It's vital to catch colorectal cancer early. That's because by the time symptoms appear, the cancer has likely already spread and become harder to treat.

Detecting abnormal tissue or signs of cancer early can make it easier to treat.

If you think you may be due for colon cancer screening:

- Call the MNPS Health Care Centers at **615-259-8755** to discuss your screening options.
- Consider the Cologuard® noninvasive screening test. It does not require bowel prep; instead, it detects blood and DNA associated with colon cancer and pre-cancer in a stool sample. Like a traditional screening colonoscopy, the Cologuard kit is free for retirees and adult dependents enrolled in the Certificated Retiree Health Plan who qualify. Learn more at [MNPSBenefits.org/crc](https://www.mnpsbenefits.org/crc).

Source: cancer.gov

March is Colorectal
Cancer Awareness
Month



Celebrate National Nutrition Month with this healthy recipe:

Summer breeze smoothie

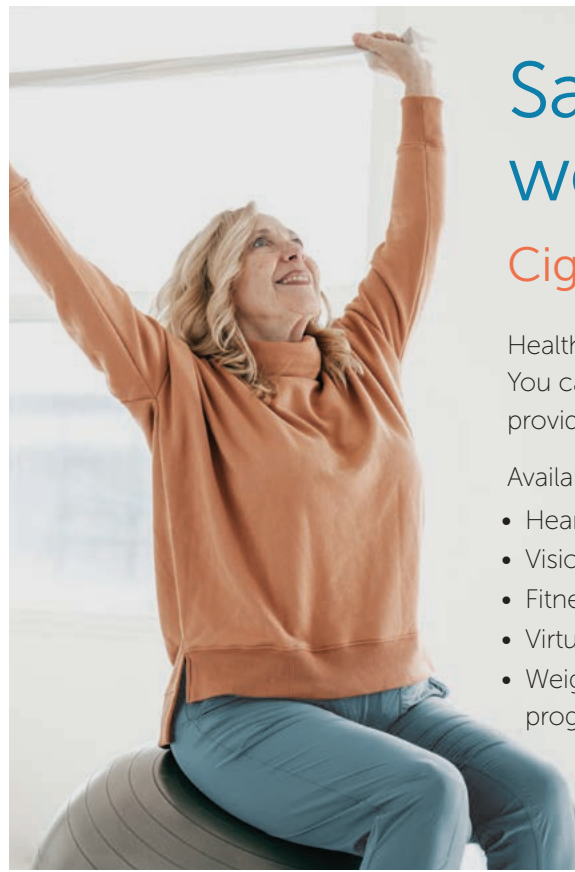
- 1 cup nonfat plain yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

Place all ingredients in blender and puree until smooth. Serve in frosted glasses.

Makes 3 1-cup servings

Per serving: 121 calories; 0g total fat; 0g saturated fat; 1mg cholesterol; 64mg sodium; 2g total fiber; 6g protein; 24g carbohydrates; 483mg potassium

From the National Heart, Lung, and Blood Institute's Stay Young at Heart recipe collection at www.nhlbi.nih.gov.



Save on many health and wellness products

Cigna's Healthy Rewards® discount program

Healthy Rewards is a discount program available with your Cigna Medicare plan. You can save on health and wellness products and programs. These discounts provide extra savings outside your standard plan coverage.

Available discounts include:

- Hearing aids and exams
- Vision exams and eyewear
- Fitness clubs
- Virtual fitness
- Weight and nutrition management programs
- Yoga and wellness products
- LASIK vision correction
- Meals
- Chiropractic care and acupuncture
- Massage therapy
- And more

To access Healthy Rewards, visit myCigna.com.

Important tidbits

Easily find a medication price

Did you know you can better understand and plan for your prescription drug costs by using the "Price a Medication" tool on myCigna.com?

Cigna recently updated this tool. Now you can click on "Show Math" for a specific pharmacy, and you'll see a screen with cost estimates for all of your Medicare Part D drug coverage phases, not just your current phase. Your current phase will be highlighted in blue.

When you search for a medication using the tool, a list of pharmacies available in your area will display along with your cost share, including your costs for home delivery with Express Scripts Pharmacy.

Visit myCigna.com to get started.



Remember the 60-day rule

If you wish to add a dependent(s) to your MNPS retiree coverage because you have an eligible change in status, you **MUST** do so within 60 calendar days of the event. If you miss this deadline, you can never add the dependent at a later date, even during Annual Transfer in the fall.

Examples of eligible status changes include marriage, divorce, death, birth, adoption/custody of a child, and spouse or dependent losing insurance coverage or job. Call Employee Benefit Services at **615-259-8464** or **615-259-8648** to make coverage changes.

Do not enroll in Part D!

It's very important that you do not enroll in any other Medicare plan, including Part D (prescription drug coverage). If you do, your MNPS retiree coverage will be terminated. Medicare only allows individuals to be enrolled in one Medicare plan — and that's your MNPS Cigna MAPD.

The COVID-19 vaccine is here

One full year into the global pandemic, the COVID-19 vaccine is now protecting millions of people around the world.

Deemed safe and effective by experts, the vaccine is an important way to fight the spread of the virus. It jumpstarts your body's natural ability to fight the virus — to not only protect you but also your family and community.

MNPS has partnered with Vanderbilt to vaccinate MNPS retirees according to Tennessee's COVID-19 vaccine phases.* You may receive a call from Vanderbilt to schedule your vaccination appointment. Or you can follow these steps:

If you ARE a Vanderbilt patient:

- Call the Vanderbilt COVID-19 hotline at **1-888-312-0847 and press option 1.**
- Identify yourself as an MNPS retiree.
- The hotline is answered 7 days a week, 8 a.m. to 5 p.m.

If you're NOT a Vanderbilt patient:

- Call the MNPS Health Care Centers at **615-259-8755.**
- Identify yourself as an MNPS retiree wishing to make a vaccination appointment.
 - » They will ask you some questions to establish a patient chart for you; this is necessary for you to be able to schedule a vaccination appointment with Vanderbilt.
 - » MNPS Health Care Centers' phones are answered Mon.-Fri., 6:30 a.m. to 6:30 p.m. and Sat. 7:30 a.m. to 2 p.m.
- Once your patient chart is established, you will be transferred to (or asked to call) the Vanderbilt COVID-19 hotline at **1-888-312-0847; press option 1.** Again, identify yourself as an MNPS retiree.
 - » The hotline is answered 7 days a week, 8 a.m. to 5 p.m.
 - » They will help you schedule your vaccination appointment and provide some important instructions.

If you have problems with the above steps, email your contact information (including phone number) to benefits@mnps.org. Someone will contact you to assist.

* Tennessee counties may vary when they begin new vaccine phases.

Vaccine facts

- The Pfizer and Moderna vaccines have shown to be 95% effective. Both require two doses, 21-28 days apart. (Vanderbilt is only giving the Pfizer vaccine at this time.)
- You may experience mild side effects, like soreness in the vaccinated area or flu-like symptoms. The vaccine itself can't make you sick. Side effects usually subside in 1-2 days.
- Want to learn more? Visit vumc.org/coronavirus where you'll find more than 130 questions about COVID-19 and the vaccine answered by Vanderbilt experts.



Keep your mailing address current

Don't miss important information about your MNPS retiree benefits. If you move, you must submit your address change in writing to Employee Benefit Services. Email benefits@mnps.org or fax 615-214-8665. We will then submit the change to Cigna.

Note: You cannot update your address over the phone. If your mailing address on file is a PO box, you must also provide your physical address. This is a Medicare requirement that could impact your plan enrollment.





WALK YOUR WAY TO BETTER HEALTH mental

"If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk." — Hippocrates

These were the words of ancient Greek physician Hippocrates (also known as "the father of medicine"). Even back then, he knew walking could do wonders for our mental well-being.

Today, science has proven that walking briskly for 30 minutes three times a week can:

- Relieve stress by boosting hormones called endorphins
- Reduce anxiety and depression
- Encourage a meditative state
- Increase energy and mental alertness
- Reduce fatigue
- Improve sleep
- Boost interest in sex

Together with the many physical benefits — it lowers blood pressure, builds muscle, boosts endurance and reduces joint pain — walking is a great way to transform (or maintain) your health.

And it's easy to get started. Walking doesn't require any special equipment (except a pair of supportive shoes) and you can do it almost anywhere. You can even break your 30-minute walk into three 10-minute sessions.

▶ Upcoming webinar: Walking for mental health

April 7 at 4:15 p.m. | Presented by: GuidanceResources, your EAP administrator
Register today: Visit [MNPSBenefits.org/employee](https://www.MNPSBenefits.org/employee) > *What's new* panel.

Ready to discover some innovative ways walking can make you feel better emotionally, spiritually and mentally?

Join us Wednesday, April 7 to learn:

- How to get the most mental health benefits from your walk

- How to add walking meditation to your daily life
- The art of labyrinth walking, a practice that can quiet the mind and restore balance in your life
- The benefits of walking in nature (also called forest bathing!)
- About physical "grounding" — what it is and how it can help your mental health

▶ The Employee Assistance Program (EAP) is here for you 24/7

- **Call 1-888-297-9028** to speak with an EAP counselor anytime, day or night.
- **Visit [guidanceresources.com](https://www.guidanceresources.com)** Username: MNPS | Password: EAP
- **Download the GuidanceNowSM app** (at the App Store or Google Play)

▶ Get your walk on — at the MNPS fitness center!

The walking track on the second level of the MNPS Employee Wellness Center has a comfortable, no-slip surface. (And 25 laps equal one mile.)

The fitness center also offers classes, both in person and virtually, and fitness associates are available to help you get started or advance your workout routine.

Cleaned and sanitized each night, the fitness center in the MNPS Employee Wellness Center is available to you and your spouse at no charge.

Visit [MNPSHealth.org/fitness](https://www.MNPSHealth.org/fitness) to learn more. Or give us a call at the fitness center desk at **615-259-8580**, option 1.

Want to receive benefit alerts by email?

Follow this link to opt in for email alerts: www.MNPSBenefits.org/optin We will continue to mail important information to your home, and you can opt out of email alerts at any time.

Switching roles to better support teachers' health

A year ago, *FYB* introduced Kim Gill as MNPS Health Care Centers' newest health coach. After joining the ranks of popular onsite health coach Bobbi Nickel, Kim sat down one-on-one with many MNPS educators to discuss their health challenges and help them find solutions.

Last month, Kim took on a new role as Population Health Care Coordinator.



“Quality health care really does equal quality of life.”

— Kim Gill, Population Health Care Coordinator

Don't worry, you'll still be hearing Kim's sage health-coaching voice. In fact, her role supporting teachers' health and well-being just got even more comprehensive. In a recent chat with Kim, *FYB* learned that a significant portion of her day is devoted to getting in touch with MNPS employees and retirees.

FYB: *What are some reasons MNPS retirees might hear from you?*

Kim: There are three main reasons: First, to educate them about health initiatives they could benefit from but might not know about. For example, we offer a program for migraine sufferers, we're piloting a virtual physical therapy program, and we host mammogram parties and Saturday diabetes health fairs.

The second reason is to encourage preventive health screenings; for example, if it's time for someone with diabetes to get their eyes checked or if it's time for a mammogram.

And third, I call people who've recently been discharged from the hospital to make sure they have what they need, that they have their medications and know how to take them. And I help them schedule their follow-up appointments.

FYB: *Do people ask how you got their name?*

Kim: Yes. They're sometimes surprised, especially if they're admitted to a hospital outside the Vanderbilt system. I explain that we know about their care because of their insurance. If we're listed as their primary care provider, we're notified at discharge, even if the care they received in the hospital isn't related to their care at our Centers.

And of course, I explain that my call isn't meant to be intrusive, but to help them navigate the health care system. It can be overwhelming to be discharged from the hospital on a bunch of new medications, then get home and reality sinks in. They don't know who to reach out to. I'm here to make sure they have everything they need.

FYB: *What does success in your new role look like?*

Kim: My goals are to ensure employees, retirees and their families have easy access to the care they need and to empower them to lead a healthy lifestyle. Quality health care really does equal quality of life. If we can catch a potential issue early for someone, that's a job well done.

FYB: *It sounds like health coaching is still part of your job.*

Kim: Yes, part of my day can really look a lot like health coaching. I'm not just calling to tell someone they're due for a screening. I may help them overcome barriers to getting that screening. Maybe it's a scheduling conflict, or maybe

they need to find care in their community instead of driving into Nashville. Or they may just need to know more about what's involved. I try to understand their needs so we can incorporate them into their well-being.

I'm still very hands-on with patients. But it's interesting how the focus of health coaching has changed over the past two years. In 2019, it was mostly about weight loss, achieving a number on a scale. Coaching in 2020 was more about work-life balance, setting boundaries, coping with things like parents emailing them at midnight.

FYB: *What do you predict for 2021?*

Kim: (pauses) Bringing back the fun in your life. As we get vaccinated and start getting out and doing things in a safe way, what's that going to look like?

FYB: *Is there anything you'd like to add?*

Kim: Pop health can be a misleading term. It is about caring for a population — a group of employees, retirees and their family members — but it's also about zooming in on that care and providing something very personalized.

Everyone here — from the phone room to the front desk to the providers to the nurses to the referral specialists — wants to do what's right for our patients. And that compassionate care comes through with every interaction they have at the clinics.

Is my personal health information really confidential?

"I've heard that my personal health details aren't shared with anyone at MNPS. If that's true, why did I get a call from MNPS Health Care Center staff offering help with my diabetes?"

That's a great question! Your personal health information *is* completely confidential, and no one at MNPS has access to it. It's important to understand that MNPS and the Health Care Centers are two separate entities. While Center staff *DO* have access to your personal health information, MNPS staff *DO NOT*.

The Health Care Centers are staffed with practitioners affiliated with Vanderbilt, who are bound by federal privacy laws like all health care providers. If you're contacted by the Centers, be assured they will never share your personal information with MNPS. MNPS does receive a summary of group findings, such as the number of employees or retirees with certain conditions like diabetes and heart disease. Summaries like these help staff customize wellness programs, but they never contain information that would identify you personally.



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

EMPLOYEE BENEFIT SERVICES

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Visit MNPSHealth.org/covid19 for the most up-to-date information on COVID-19 vaccinations for employees and retirees.



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.

Convenient care across Davidson County

The Vanderbilt Health at MNPS Employee & Family Health Care Centers provide a wide range of primary and acute care services for you and your family members:

- Minor illnesses and injuries
 - Lab tests and blood work
 - Immunizations, including flu shots
 - Annual and sports physicals
 - Women’s and men’s health
 - Child/adolescent health
 - Health coaching
 - Chronic condition management
 - Behavioral health screenings
- Retirees and their family members enrolled in the Certificated Retiree Health Plan may use all MNPS Health Care Centers at no cost/copay.

CENTRAL	NORTHEAST	NORTH	SOUTHEAST	WEST
Employee Wellness Center at Berry Hill 2694 Fessey Court, Nashville M-F 7 a.m.-7 p.m. Sat. 8 a.m.-2 p.m.	Two Rivers Middle 2995 McGavock Pike, Nashville M-F 8 a.m.-6 p.m.	Taylor Stratton Elementary 306 West Old Hickory Blvd., Madison M-F 7 a.m.-6 p.m.	Mt. View Elementary 3812 Murfreesboro Road, Antioch M-F 7 a.m.-5 p.m.	Bellevue Middle 651 Colice Jeanne Road, Nashville M-F 8 a.m.-6 p.m.

Learn more at MNPSHealth.org
For an appointment, call **615-259-8755**



Vanderbilt Health
at Metro Nashville Public Schools
Employee & Family Health Care Centers

