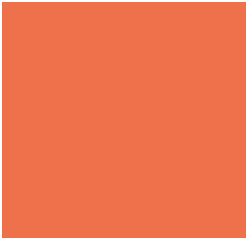
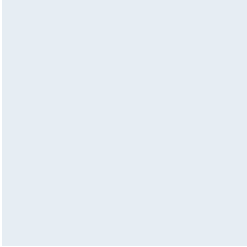


For certificated retirees and  
their covered dependents

# 2024 Retiree Benefits Guide



METRO  
NASHVILLE  
PUBLIC  
SCHOOLS



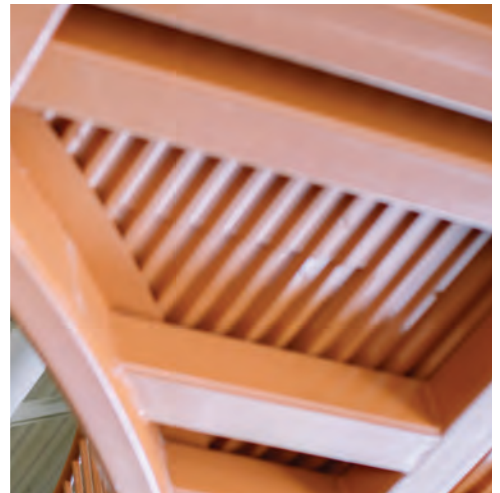
Take advantage of free counseling services with the MNPS Employee Assistance Program. Learn more on page 2.



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\* The Cigna Medicare Advantage HMO and the Cigna Medicare Surround Plan are now closed plans and no longer included in this Benefits Guide. If you're enrolled in one of these plans, see the individual plan flier posted on [MNPSBenefits.org/retiree](http://MNPSBenefits.org/retiree).





## Employee Assistance Program

Most employers don't offer an Employee Assistance Program (EAP) to retirees. Not so at MNPS! MNPS provides an EAP through ComPsych, called GuidanceResources® EAP. Services are available to employees as well as MNPS retirees and are free and completely confidential.

### ***How the EAP works***

The EAP provides access to licensed professional counseling for a variety of concerns, including stress, anxiety, depression, relationship problems, grief and loss, legal and financial concerns, and more. Visit [MNPSBenefits.org/eap](https://mnpsbenefits.org/eap) for details.

Call the EAP 24 hours a day, 7 days a week at **1-888-297-9028**. Or visit [guidanceresources.com](https://guidanceresources.com). Enter username: MNPS; password: EAP to visit MNPS's customized EAP page.

# Start here

Coverage options for enrollees with Medicare differ from coverage options for enrollees without Medicare. Follow the path that describes your situation. **Retirees and their eligible dependents may follow different paths.**

## Retirees and dependents **under age 65 without Medicare**

*Follow the green path for your benefits.  
You have coverage under:*

### **Cigna Medical Plan**

You will remain covered under the same medical plan you had as an active employee until you become eligible for Medicare.

Learn more on pages 4-9.

### **Your benefits include dental, vision, hearing and EAP coverage**

See pages 2 and 16-19.

During Annual Transfer:  
**Read your enrollment materials to learn what's changing for the upcoming year**

### **Do nothing until you become eligible for Medicare**

Then you must enroll for Medicare Parts A & B and send a copy of your Medicare card to Employee Benefit Services.\* This allows you to move to one of the medical options for Medicare-eligible enrollees and for your premium to be reduced.

## Retirees and dependents **with Medicare A & B**

*Follow the orange path for your benefits.  
You have coverage under:*

### **Cigna True Choice Medicare Advantage PPO (MAPD-PPO)**

with Medicare Part D prescription drug coverage

See pages 10-15 for details.

### **Your benefits include dental, vision, hearing and EAP coverage**

See pages 2 and 16-19.

During Annual Transfer:  
**Generally, there's nothing you need to do except read your enrollment materials to learn what's changing for the upcoming year**

\* Provided you're not covered under any other active employee medical plan such as a spouse's employer plan.

# Medical

The medical plan for retirees under age 65 without Medicare is the same medical plan you had as an active employee. It's administered by Cigna and covers a wide range of services, including preventive care, office visits, surgery, hospitalization and prescription drugs.

## How the plan works

The medical plan centers around Cigna's Open Access Plus (OAP) network of health care providers. When you use OAP network providers and facilities, you receive in-network benefits and generally pay less out of your own pocket.

You also have the flexibility to use providers outside the OAP network and still receive benefits; however, you will receive lower out-of-network benefits and likely pay more out of your pocket. Out-of-network benefits are also subject to Cigna's maximum reimbursable charge; if your out-of-network provider's charges exceed this limit, you will be responsible for paying the difference.

## Choosing a provider

You don't need to select a primary care physician, and you don't need a referral to see a specialist. However, your out-of-pocket costs will be lower if you use in-network providers.

To find network providers, call **1-800-244-6224** or:

- » If currently enrolled in an MNPS Cigna plan, visit **myCigna.com**.
- » If not yet enrolled, visit **Cigna.com** and search for a provider under Open Access Plus.

## How much you pay

The amount you pay depends on the service or product you receive, as shown on the chart on page 6. Office visits and prescription drugs are covered with a copay. A copay is a set dollar amount you pay for a service or product provided. If a copay is charged, the deductible does not apply; the plan pays benefits even if your deductible is not satisfied. Copays do not count toward your deductible.

Other services require you to meet a deductible first, then pay a percentage of the cost (coinsurance). Only the cost of covered services apply toward the deductible.

Once you reach the out-of-pocket maximum in a calendar year, the plan will pay 100% for covered expenses for the remainder of that calendar year. Amounts paid toward the deductible, coinsurance and medical copays do apply toward your medical out-of-pocket maximum.

## ID card

You will continue to use your current Cigna medical ID card in 2024; no new cards will be issued.

## Prescription drugs

The medical plan covers prescription drugs for a flat dollar amount called a copay. The amount you pay depends on the drug's tier, as shown in the chart on page 7. Certain preventive drugs have a \$0 copay. Visit **myCigna.com** to see the list of no-cost preventive drugs, as well as a list of covered brand name drugs in the preferred tier. Prescription drug copays do apply to your pharmacy out-of-pocket maximum, which is separate from the medical out-of-pocket maximum.

## Brand name vs. generic

If you choose a brand name drug when a generic is available, you will pay the brand name copay, plus the cost difference between the brand name and the generic. There is one exception: If your doctor specifies that the brand name drug is medically necessary and gets required authorization from Cigna, you will pay only the brand name copay.

## Cigna Home Delivery

Through Cigna Home Delivery, you can save money on 90-day supplies of medication you take regularly. Standard delivery is available at no additional cost. Call **1-800-285-4812** to get started.



### Questions?

If you have questions about the medical plan, call Cigna Customer Service at **1-800-Cigna24 (1-800-244-6224)** 24 hours a day, 7 days a week. TTY/TDD users should call **711**.

After you enroll, visit **myCigna.com**. Once you register for a user ID and password, you can access a secure members-only website and:

- » View details about your plan, including claims information
- » Search for providers
- » Find wellness discounts
- » And more!

# Medical

## Medical benefits ... at a glance

MEDICAL	In-network	Out-of-network
Lifetime maximum medical benefits	Unlimited	Unlimited
<b>You pay...</b>		
Annual deductible <sup>1</sup>	\$300/person \$900/family	\$800/person \$2,050/family
Annual medical out-of-pocket maximum <sup>1</sup>	\$2,500/person \$7,500/family	\$5,000 person
<b>Wellness</b>		
Preventive care/immunizations	\$0	40% after deductible
<b>Office/routine care</b>		
MNPS Employee & Family Health Care Center visits <sup>2</sup>	\$0	N/A
Primary care/convenient care clinics	\$30	40% after deductible
Mental health/substance abuse office visit	\$0	40% after deductible
Specialist visits	\$40	40% after deductible
Lab/x-ray in physician's office	\$0	40% after deductible
Urgent care facility	\$30	\$30
Chiropractic (up to 24 visits/year)	\$40	Not covered
Physical, occupational and speech therapy	10% after deductible	40% after deductible
Durable medical equipment	10% after deductible	40% after deductible
<b>Maternity</b>		
Prenatal care	You pay \$30 copay for initial visit	40% after deductible
Delivery	10% after deductible	40% after deductible
<b>Hospital care/outpatient facility</b>		
Inpatient hospitalization	10% after deductible	40% after deductible
Outpatient surgery	10% after deductible	40% after deductible
Outpatient/diagnostic facility	10% after deductible	40% after deductible
Emergency (copay waived if admitted)	\$150, then 10% after deductible	
Ambulance	10% after deductible	
Skilled nursing facility	10% after deductible	40% after deductible
Home health care	10% after deductible	40% after deductible
<b>Mental health and substance abuse treatment</b>		
Inpatient treatment	\$0	40% after deductible
Outpatient visit (individual and group)	\$0	40% after deductible

<sup>1</sup> Copays do not count toward the deductible, but copays and deductible do count toward your out-of-pocket maximum. Office visits are covered with a copay and not subject to the deductible.

<sup>2</sup> Includes care provided at the Employee Wellness Center at Berry Hill



# Medical

## Prescription drug benefits ... at a glance

PRESCRIPTION DRUGS <sup>3</sup>	In-network	Out-of-network
Annual pharmacy out-of-pocket maximum	\$1,500/person • \$3,000/family	
<b>Certain preventive drugs</b>		
Generic and brand	\$0	\$0
<b>Network retail (30-day supply)</b>		
Generic	\$5	\$5
Preferred brand	\$25	\$25
Non-preferred brand	\$80	\$80
<b>Network retail (90-day supply)</b>		
Generic	\$10	Not covered
Preferred brand	\$50	Not covered
Non-preferred brand	\$160	Not covered
<b>Mail order (90-day supply)</b>	<b>Cigna home delivery</b>	<b>Other pharmacies</b>
Generic	\$10	Not covered
Preferred brand	\$50	Not covered
Non-preferred brand	\$160	Not covered

<sup>3</sup> If you choose a brand name drug when a generic is available, you will pay the brand name copay, plus the cost difference between the brand name and the generic. There is one exception: If your doctor specifies that the brand name drug is medically necessary and gets required authorization from Cigna, you will pay only the brand name copay.



# Extras that come with your retiree medical coverage

These program are available to retirees and their covered dependents under age 65 without Medicare. Eligibility for some of these programs ends when you become eligible for Medicare; see pages 14-15 for programs available to Medicare-eligible retirees and dependents.



## Health 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](mailto:Barbara.reeves@evernorth.com).



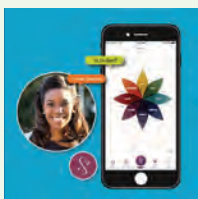
## Vanderbilt Total Health (VTH)

A VTH nurse navigator (dedicated solely to MNPS) is your “front door” to all the physical, mental/emotional

and spiritual care that Vanderbilt offers. Your nurse navigator:

- Helps you find the right care option for your needs
- Can book appointments for you (your nurse navigator will let you know in advance if there is a cost for your care)
- Can connect you with a licensed clinical social worker or a chaplain

Visit [MNPS.MyVanderbiltHealthBenefits.com](https://www.mnpsmyvanderbilthealthbenefits.com) to learn more.



## Synchronous Health virtual counseling

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

Visit [sync.health/mnps](https://sync.health/mnps) or call 615-258-6654 to get started.



## Brightline counseling for kids

Brightline offers mental health support for your children and teens featuring:

- Fast access (no long waitlists)
- Video visits with therapists and coaches
- One-stop digital platform to manage care
- Help with sleep, tantrums, ADHD, anxiety, depression and more
- Coaching and guidance for parents

Visit [hellobrightline.com/benefits](https://www.hellobrightline.com/benefits) to get started.

Services are offered as an in-network benefit with no copay under the Certificated Retiree Health Plan. Your covered children ages 18 months-18 years are eligible to participate.



## Fern chronic pain program\*

Living with pain can impact every aspect of your life. Through education, recommended daily activities and one-on-one support from a board-certified health

**Fern** 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. Together, you and your coach will set goals and schedule regular progress checks along the way, all at no cost to you.

Learn more at [fernhealth.com/mnps](https://fernhealth.com/mnps).



## 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

**foodsmart** eating tools will help you stick to your plan.

Visit [foodsmart.com/members/mnps](https://foodsmart.com/members/mnps) to get started or learn more. Or call **1-888-837-5325** or email [telenutrition@foodsmart.com](mailto:telenutrition@foodsmart.com) with questions.



## 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

**GIThrive** 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 — privately and at no cost to you.

Get started at [GIThrive.com/mnps](https://GIThrive.com/mnps).



## MyHealth Bundles

MyHealth Bundles by Vanderbilt Health are an innovative approach that bundles all the services required to manage and treat certain costly health conditions, with no out-of-

pocket costs for you. A patient navigator will guide you through the process from start to finish. Available bundles include: maternity, cochlear implants, musculoskeletal pain solutions, medical and surgical weight loss, kidney stone treatment and substance use disorder treatment. New for 2024: cancer care and cardiac arrhythmia care.

Visit [MNPS.MyVanderbiltHealthBenefits.com](https://MNPS.MyVanderbiltHealthBenefits.com) to learn more.



## Omada® lifestyle program\*

Omada® is a personalized program designed to help you reach your health goals — whether that's losing weight, lowering your blood pressure or staying on top of diabetes. Participants receive free



wi-fi-connected devices to track progress, along with sessions with a professional health coach.

Enroll or learn more at [omadahealth.com/mnps](https://omadahealth.com/mnps).



## Virta for diabetes management\*

Better manage your diabetes or reverse it! Virta provides everything you need to track and understand your numbers, including a 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 at [virtahealth.com/join/mnps](https://virtahealth.com/join/mnps).

\* For these programs, dependent participation is limited to those age 18+.

# Cigna True Choice Medicare Advantage PPO

## with Medicare Part D Prescription Drug Coverage

The Cigna True Choice Medicare Advantage PPO (MAPD-PPO) covers everything Original Medicare (Parts A and B) covers, plus many extras, including Part D prescription drugs and other value-added benefits.\*

### **How the plan works**

With the MAPD-PPO, you can visit any provider who accepts Medicare and this plan. Accepting the plan means the doctor is willing to treat you and bill Cigna, even if they are not contracted with Cigna as an in-network MAPD provider. You pay the same cost share whether you see a network or out-of-network provider. You don't need to select a primary care physician, and you don't need a referral to see a specialist.

Under the plan, there are no deductibles. You simply pay a copay for most covered services. See the chart on page 12.

### **Choosing a provider**

To find in-network providers, visit [CignaMedicare.com/group/MAresources](https://www.CignaMedicare.com/group/MAresources). If your doctor is not in the Cigna MAPD-PPO network and will not accept the plan, call Cigna Customer Service at **1-888-281-7867 (TTY 711)**. They will reach out on your behalf.

### **Prescription drugs**

The MAPD-PPO includes Medicare Part D prescription drug coverage. Therefore, MNPS retirees in this plan 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 drug list and see how your current medications are classified by logging onto [myCigna.com](https://www.myCigna.com) (see next column). See page 13 for prescription drug copay amounts.

### **Finding network pharmacies**

To locate network pharmacies, visit [CignaMedicare.com/group/MAresources](https://www.CignaMedicare.com/group/MAresources).

### **ID cards**

The Cigna MAPD-PPO has only one ID card for both medical and prescription coverage. All enrollees will receive a new ID card in the mail to use in 2024.

\* Medicare Advantage plans are health plans approved by Medicare and provided by private companies like Cigna. Medicare sets the rules for these plans and regulates the private companies that operate them.



### Questions?

Call Cigna Customer Service at **1-888-281-7867 (TTY 711)**. Hours are 8 a.m.-8 p.m., 7 days a week. Or visit **CignaMedicare.com/group/MAresources**.

After you enroll in the MAPD-PPO, visit **myCigna.com**. Once you create a user ID and password, you can access a secure members-only website and:

- » View your Cigna MAPD-PPO benefits
- » View your drug list
- » Find a doctor, including telehealth
- » Find a network pharmacy
- » Review claim history and Explanation of Benefits (EOBs)
- » Manage your prescriptions
- » Access your Healthy Rewards® discount programs
- » View and print your ID card
- » Enroll in the Cigna incentive program and earn up to \$200/year in incentives

# Medical

## Medical benefits ... at a glance

MEDICAL	Cigna True Choice Medicare Advantage PPO
<b>Lifetime maximum benefit</b>	None
Annual deductible	\$0
Annual out-of-pocket maximum	\$1,500
	<b>You pay</b>
<b>Wellness</b>	
Preventive care/immunizations	\$0
<b>Office/routine care</b>	
MNPS Employee & Family Health Care Center visits	Primary: \$0 Specialist: \$20
Primary care services	Office visit: \$0 In-office lab services: \$0
Specialist services	Office visit: \$20 In-office lab services: \$0
Telehealth services via MDLIVE	\$0
Urgent care	\$20
Lab services (diagnostic)	\$0
Lab/x-ray, dialysis, chemo, radiation therapy	Lab/x-ray: \$0 All other: \$20
Short-term rehabilitation (physical, occupational, speech)	\$0
Cardiac and pulmonary rehabilitation	\$20
Durable medical equipment	\$20
Part B drugs <sup>1</sup>	\$20
<b>Hospital care</b>	
Inpatient - facility services	\$0
Inpatient - professional services	\$0
Emergency (waived if admitted)	\$100
Ambulance	\$0
Outpatient - facility services	\$100
Advanced imaging/radiation therapy	\$20
Skilled nursing facility (see benefit summary for days 101+)	Day 1-20: \$0 Day 21-100: \$92/day
Home health care	\$0
<b>Mental health and substance abuse</b>	
Inpatient	\$0
Outpatient visits	\$0

<sup>1</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

# Medical

## Prescription drug benefits ... at a glance

PRESCRIPTION DRUGS	Cigna True Choice Medicare Advantage PPO with Part D Prescription Drug Coverage	
	During Initial Coverage and Coverage Gap <sup>1</sup> (until you have spent \$5,030-\$8,000 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	N/A	\$25
Tier 3: non-preferred brand	N/A	\$80
Tier 4: high-cost specialty <sup>2</sup>	N/A	\$80
Out-of-network	N/A	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	N/A	\$50
Tier 3: non-preferred brand	N/A	\$160
Tier 4: high-cost specialty <sup>2</sup>	N/A	N/A
Out-of-network	Same as in-network for 30-day supply	
<b>PRESCRIPTION DRUGS</b> (retail and mail order)	<b>Catastrophic Coverage</b> (once you have paid \$8,000 in true out-of-pocket Rx costs)	
	\$0 copay for generic and brand name drugs	

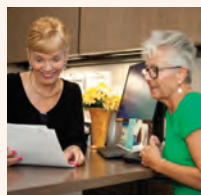
<sup>1</sup> Although some Medicare prescription drug plans do not provide coverage during the coverage gap, also known as the donut hole, the Cigna True Choice Medicare Advantage PPO does, so there is no gap in coverage.

<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.

# Extras that come with your retiree

These programs are available to retirees and their covered dependents enrolled in the Cigna True Choice Medicare PPO.



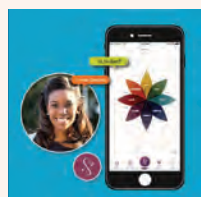
## Health coaching

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](mailto:Barbara.reeves@evernorth.com).



## Synchronous Health virtual counseling

Feeling stressed or overwhelmed is shaping up to be the new normal. It doesn't have to be! Synchronous

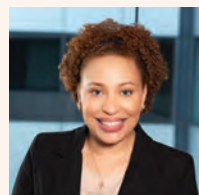
Health offers support for stress, anxiety, fatigue, depression, boundaries, relationships,

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

Visit [sync.health/mnps](https://sync.health/mnps) or call 615-258-6654 to get started.

CONNECT  
with  
*Karla*



## Vanderbilt Total Health (VTH)

A VTH nurse navigator (dedicated solely to MNPS) is your “front door” to all the physical, mental/emotional

and spiritual care that Vanderbilt offers. Your nurse navigator:

- Helps you find the right care option for your needs
- Can book appointments for you (your nurse navigator will let you know in advance if there is a cost for your care)
- Can connect you with a licensed clinical social worker or a chaplain

Visit [MNPS.MyVanderbiltHealthBenefits.com](https://MNPS.MyVanderbiltHealthBenefits.com) to learn more.



## Wellness incentives

Earn up to \$200 annually when you participate in Cigna's incentive program. Complete your Yearly Health Check-up with your doctor to become eligible to earn rewards.

Then get doctor-recommended screenings, tests and preventive care as you normally would. You can also earn incentives for completing activities in your community. The funds you earn are loaded on your Cigna Healthy Today<sup>SM</sup> card, which you can use to buy certain health and wellness products.

Enroll in the program at [myCigna.com](https://myCigna.com) or over the phone by calling Customer Service at the number on your Cigna ID card. Your enrollment carries over year-to-year.



# medical coverage ... continued

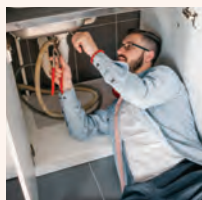


## Silver&Fit® Healthy Aging and Exercise program

Get healthier with Cigna's fitness benefit provided by Silver&Fit. Enjoy one, some or all of the following at no cost to you:

- Membership at one of 16,000+ fitness centers (change fitness centers at any time)
- Workout resources including online video classes plus a library of 1,500+ on-demand workout videos
- Home-based fitness kit options including wearable fitness tracker, yoga and strength kits
- One-on-one healthy aging coaching and resources

Call **1-888-886-1992 (TTY 711)** or visit [silverandfit.com](http://silverandfit.com) to learn more or enroll.



## Home life resources and referral services

Get help with everyday needs, including aging, fraud and theft, healthy eating, home repair and improvements, pet care, and more.

Visit [CignaMA.helpwhereyouare.com](http://CignaMA.helpwhereyouare.com) and type CignaMA in the Company Code field to get started or call **1-888-281-7867 (TTY 711)**.



## Discounts on health-related items and services

Cigna's Healthy Rewards® program provides discounts on a range of health and wellness programs and

services, including vision exams and eyewear, hearing aids and exams, alternative medicine and therapies, and more.

Visit [myCigna.com](http://myCigna.com) to view and access your Healthy Rewards or call **1-800-292-0013 (TTY 711)**.



## Meal delivery after a hospital stay

This benefit provides 14 nutritious meals delivered to your home after an eligible hospital or skilled nursing facility stay, up to three times a year.

After you're discharged, Cigna's meal provider will contact you to schedule delivery.

To learn more, call **1-888-281-7867 (TTY 711)**.



## Free transportation

Need a ride to the pharmacy or doctor's office? Your Medicare Advantage PPO covers 50 one-way trips per year to approved locations at no cost to you.

Call **1-888-281-7867 (TTY 711)** or log in to [myCigna.com](http://myCigna.com).



## Caregiver support

Retirees are at a unique stage where they may be the caregiver or the recipient of care. For this reason, Cigna provides caregiver support to retirees as well as their

family members to help care for an aging loved one, adult or child living with acute or chronic conditions such as dementia, cancer, kidney disease, stroke, and congestive heart failure — at no cost to you. Services include one-on-one coaching with a caregiving expert, personalized resources through a secure mobile app, and help managing stress, anxiety and loneliness.

Call **1-888-281-7867 (TTY 711)** for details.

## Dental

The dental plan, offered through Cigna, provides 100% coverage for preventive care when you use Cigna network providers. It covers restorative services after you meet an annual deductible, as well as orthodontia for both children and adults.

### How the plan works

You can see any dentist you choose, but dental benefits are highest when you choose a provider in the Cigna Total DPPO Network.

### Finding network providers and more

For a list of providers or for more information about the plan, call **1-800-Cigna24 (800-244-6224)**, or visit **myCigna.com**. MyCigna is a tool that stores all your dental information in one secure place. Your login connects you to:

- » Dental provider directories
- » Provider comparison tools
- » Quotes on common dental care services
- » Forms
- » Information on health conditions
- » Discounts on other services and more

If you choose to go to a non-Cigna provider and charges exceed the contracted amount (called the Maximum Allowable Charge, or MAC), you must pay your coinsurance plus the amount exceeding the MAC.

### Pre-treatment estimate

If your dentist recommends a course of treatment that is expected to cost \$200 or more, you should ask your dentist to file for a pre-treatment estimate of benefits. This helps you avoid surprises by letting you know how much is payable for the proposed treatment before it begins. A pre-treatment estimate is not a guarantee of payment. Actual benefit payments will be based on procedures completed and subject to plan limits and maximums.



## Dental benefits ... at a glance

Below is a summary of your dental plan benefits. Additional benefit and frequency limits may apply; see the official plan document for more details.

DENTAL	In-network (Cigna Total DPPO Network dentists)	Out-of-network <sup>1</sup> (Non-participating dentists)
<b>Annual deductible</b> (does not apply to preventive/diagnostic services)	\$50/person \$150/family	\$50/person \$150/family
<b>Plan pays...</b>		
<b>Preventive/diagnostic<sup>2</sup></b> Exams/cleanings/standard x-rays up to 2x/year, fluoride treatments, sealants, space maintainers (frequency limits apply)	100%; no deductible	100%; no deductible
<b>Basic restorative</b> (fillings, bridge repair, denture repair, extractions, oral surgery, root canals, periodontics)	80% after deductible	80% after deductible
<b>Major restorative</b> (inlays/onlays, crowns/crown repair, bridges, dentures/denture adjustment/reline, implants)	50% after deductible	50% after deductible
<b>Orthodontia</b> (children and adults)	50%; no deductible	50%; no deductible
<b>Annual benefit maximum</b> (not including preventive/diagnostic care or orthodontia)	\$1,000/person	\$1,000/person
<b>Lifetime orthodontia maximum</b>	\$1,000/person	\$1,000/person

<sup>1</sup> Cigna Total DPPO Network dentists have agreed to lower contracted fee for services; if you use an out-of-network provider, you'll be responsible for charges exceeding the Maximum Allowable Charge (MAC).

<sup>2</sup> Preventive/diagnostic benefits do not count toward your annual benefit maximum.

## Vision

Vision coverage, offered through EyeMed, covers eye exams, frames, lenses and contacts, and provides discounts on many other products and services.

### How the plan works

You can see any eye care professional you choose, but you receive the highest benefits when you use EyeMed network providers. For a list of providers, visit [eyemed.com](http://eyemed.com) (select Find an eye doctor, then select the Insight network from the dropdown menu).

If you choose to receive services from an out-of-network (non-EyeMed) provider, your benefits will be based on the out-of-network allowances shown in the chart below.

You must pay the provider in full at the time of service and submit a claim for reimbursement.

If you have questions prior to enrolling, call EyeMed customer service at **1-866-800-5457**. Once enrolled, call the number listed on your ID card. Or visit [eyemed.com](http://eyemed.com) anytime.

### Vision benefits ... at a glance

VISION	In-network (EyeMed provider)	Out-of-network (Non-EyeMed provider)
Annual deductible	\$0	\$0
Eye exams (every 12 months)	You pay \$10 copay	Plan pays up to \$45
Frames (every 24 months)	You pay \$0 copay (up to \$120 retail, then 20% off)	Plan pays up to \$50
Lenses (every 12 months) - Single vision - Bifocals - Trifocals - Standard progressive	You pay \$10 copay You pay \$10 copay You pay \$10 copay You pay \$65 copay	Plan pays up to \$40 Plan pays up to \$55 Plan pays up to \$70 Plan pays up to \$55
Contact lenses (materials only) - Conventional - Disposable - Medically necessary	Plan pays up to \$120 (15% off balance over \$120) Plan pays up to \$120 Plan pays 100%	Plan pays up to \$120 Plan pays up to \$120 Plan pays up to \$210
Additional pairs	Once above benefits used, receive 40% off eyeglasses and 15% off conventional contacts	N/A

\* If your eye exam shows new lenses, frames or both are necessary, such materials and the following services will be covered: prescribing and ordering lenses, assisting with frame selection, verifying accuracy of finished lenses, and fitting and adjustments.



Call Employee Benefit Services at **615-259-8464** for an out-of-network claim form.

### Additional discounts

In addition to great coverage, EyeMed also gives you 40% off additional pairs of glasses, 20% off non-prescription sunglasses and 15% off Lasik. And you can order contact lenses from [ContactsDirect.com](http://ContactsDirect.com), our online network provider. Shipping is free once your prescription is verified. Visit [eyemed.com](http://eyemed.com) or download the EyeMed Members app.



# Hearing

The Certificated Retiree Health Plan includes a benefit toward the purchase of hearing aids.

## *Medicare Advantage enrollees*

If you're enrolled in the Cigna Medicare Advantage PPO or HMO, your hearing benefit is provided through Hearing Care Solutions. It covers:

- » One routine hearing exam per year for \$0 copay
- » A hearing aid benefit of up to \$1,400 every three years (\$0 copay for fitting)

You can choose from nine major manufacturers and multiple levels of technology.

To learn more or get started, visit [hearingcaresolutions.com/cigna-healthspring-health-plan](https://hearingcaresolutions.com/cigna-healthspring-health-plan) or call **1-866-872-1001**.

## *Surround plan enrollees*

If you're enrolled in the Cigna Medicare Surround Plan, your hearing coverage is provided through Amplifon. It covers:

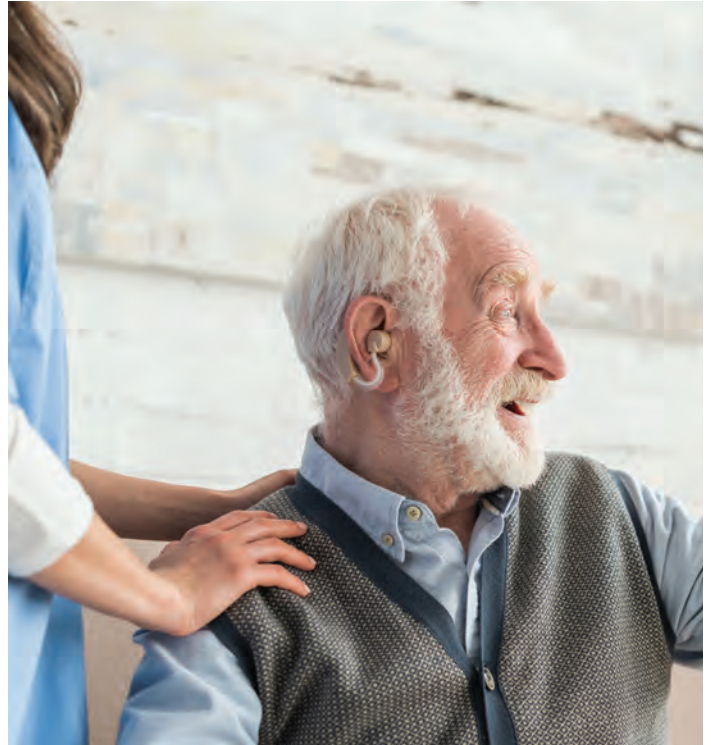
- » A hearing aid benefit of up to \$1,400 every five years when you use Amplifon network providers (there are no out-of-network benefits)
- » Associated hearing exams at no cost (and not subject to above limit)

Plan features include:

- » Brand name hearing aids with a low-price guarantee
- » Large network of audiologists and ENTs
- » Extended product warranty
- » Money-back guarantee trial period

When you're ready to get started, follow these steps:

1. Call Amplifon at **1-888-901-0811** or visit [amplifonusa.com/cigna](https://amplifonusa.com/cigna) to select your nearest hearing specialist.
2. A Patient Care Advocate will help you make your hearing appointment.
3. Amplifon will send information to you and the hearing specialist before your appointment to ensure your Cigna benefit is activated.



## Your cost

The following per-member monthly premium are effective July 1, 2024 – June 30, 2025. All plans include dental coverage through Cigna, vision coverage through EyeMed and hearing coverage through Hearing Care Solutions or Amplifon.

### Medical/dental/vision/hearing

Plan	With or without Medicare	Monthly cost
Cigna Medical Plan	Retiree and/or spouse without Medicare	\$279.21/member
	Dependent child without Medicare	\$117.02/dependent child
Cigna Medicare Advantage PPO with Part D drug coverage	Retiree and/or spouse with Medicare	\$50/member
<b>Closed plan:</b> Cigna Medicare Surround Plan with Cigna Rx (PDP)	Retiree and/or spouse with Medicare	\$174.44/member
<b>Closed plan:</b> Cigna Medicare Advantage HMO with Part D drug coverage	Retiree and/or spouse with Medicare	\$51/member

### Have questions about your premiums?

Contact Employee Benefit Services at **615-259-8464** or **615-259-8648**.

### Summary of Benefits and Coverage

In accordance with the Patient Protection and Affordable Care Act, MNPS and Cigna have created a Summary of Benefits and Coverage (SBC), which provides additional information about your MNPS medical plan. You can find the SBC online by logging onto Benefit Express (**MNPSBenefits.org**). Or request a free, printed copy by contacting Employee Benefit Services at **615-259-8464** or **benefits@mnps.org**.

This brochure provides highlights of Metro Nashville Public Schools' certificated 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.



# Steps to take

## *When you retire*

See your Retirement Planning Guide. It contains important details about what happens to your and your covered dependents' benefits when you retire, and the steps you need to take.

## *At Annual Transfer*

Generally, there is nothing you need to do other than learn about any plan/coverage changes for the upcoming year. Those changes are described in your Annual Transfer packet or *For Your Benefit* newsletter.

## *When you become eligible for Medicare*

Once you (or a covered dependent) become Medicare-eligible, you (or they) must enroll for Medicare Parts A & B and send a copy of your Medicare card to Employee Benefit Services.\* Your retiree medical coverage will then be provided through the Cigna True Choice Medicare Advantage PPO (see pages 10-15). You will be provided with more details about your coverage as a Medicare beneficiary at that time.

\* Provided you're not covered under any other active employee medical plan such as a spouse's employer plan

## *If you have a qualifying event*

If you need to change your coverage or add or drop dependents from your coverage due to a qualifying life event, you have 60 days from the date of the event to do so.



# Important contacts

Plan	Administrator	Website/Email	Phone
MNPS Employee & Family Health Care Centers	Vanderbilt Health	<a href="http://MNPSHealth.org">MNPSHealth.org</a>	615-259-8755
Medical	Cigna Medical Plan for retirees under 65 without Medicare (Open Access Plus)	If currently enrolled, log onto <a href="http://myCigna.com">myCigna.com</a> If not yet enrolled, visit <a href="http://Cigna.com">Cigna.com</a>	1-800-Cigna24 (1-800-244-6224) TTY/TDD: 1-800-987-8816 24-Hour Health Information Line: 1-800-244-6224
	Cigna True Choice Medicare Advantage PPO with Medicare Part D Prescription Drug Coverage	<a href="http://CignaMedicare.com/group/MAresources">CignaMedicare.com/group/MAresources</a> <a href="http://myCigna.com">myCigna.com</a> (if enrolled)	1-888-281-7867 TTY: 711
	<b>Closed plan:</b> Cigna Medicare Surround Plan with Cigna Rx Medicare (PDP)	If currently enrolled, log onto <a href="http://myCigna.com">myCigna.com</a> If not yet enrolled, visit <a href="http://Cigna.com">Cigna.com</a> For prescription drugs: <a href="http://CignaMedicare.com/group/PDPresources">CignaMedicare.com/group/PDPresources</a>	1-800-Cigna24 (1-800-244-6224) For prescription drugs: 1-800-558-9562 TTY: 711
	<b>Closed plan:</b> Cigna Medicare Advantage Plan (Preferred Medicare HMO) with Medicare Part D Prescription Drug Coverage	<a href="http://CignaMedicare.com/group/MAresources">CignaMedicare.com/group/MAresources</a> <a href="http://myCigna.com">myCigna.com</a> (if enrolled)	1-888-281-7867 TTY: 711
Dental	Cigna	<a href="http://myCigna.com">myCigna.com</a>	1-800-Cigna24 (1-800-244-6224)
Vision	EyeMed	<a href="http://eyemed.com">eyemed.com</a>	1-866-800-5457
Hearing	Hearing Care Solutions	<a href="http://hearingcaresolutions.com/cigna-healthspring-health-plan">hearingcaresolutions.com/cigna-healthspring-health-plan</a>	1-866-872-1001
	Cigna/Amplifon	<a href="http://amplifonusa.com/cigna">amplifonusa.com/cigna</a>	1-888-901-0811
Employee Assistance Program	ComPsych	<a href="http://guidanceresources.com">guidanceresources.com</a> username: MNPS password: EAP	1-888-297-9028

## Questions?

### Employee Benefit Services

**VISIT:** [MNPSBenefits.org](http://MNPSBenefits.org)  
**CALL:** 615-259-8464 or 615-259-8648  
**FAX:** 615-214-8665  
**WRITE:** MNPS, Attention: Employee Benefit Services  
 2601 Bransford Ave. Nashville, TN 37204  
**HOURS:** Monday-Friday, 8 a.m.-4:30 p.m.

