

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.

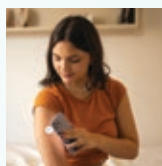


Cylinder

Digestive health program

Cylinder 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 go.cylinderhealth.com/mnps.



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.



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 phone or video, with a registered dietitian, who will provide you with 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 and save money on eating well. Participants age 13-18 must have a parent enroll with them.

Visit foodsmart.com/members/mnps, call **1-888-837-5325** or email telenutrition@foodsmart.com.

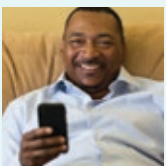


Cigna Healthy Pregnancies Healthy Babies®

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**.

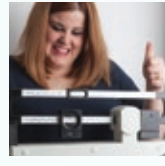


Virta

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.

Visit virtahealth.com/join/mnps.



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**.



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 heal90.com/mnps-90-day-challenge.

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 and some Cigna coaching programs.

More support

Your Cigna medical plan includes personalized coaching (online and telephonic) for health concerns such as diabetes, weight management, tobacco cessation, anxiety and stress, low back pain and more.

Visit myCigna.com or call **1-877-459-9896**