



Vanderbilt Health

at Metro Nashville Public Schools
Employee & Family Health Care Centers

Weight Management Program

Overweight and obesity are both labels for weight ranges greater than what's generally considered healthy for a given height. The terms also identify ranges shown to increase the likelihood of certain diseases and other health problems. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

Through this program, we encourage you to look at both DIET and EXERCISE routines. Research has shown that one without the other is often unsuccessful when it comes to achieving healthy weight goals.

Eligibility

To participate in the Weight Management Program, you must have:

- MNPS Cigna insurance for certificated teachers
- A body mass index (BMI) of at least 25

Benefits

Through the program, we will reimburse 50% of the cost of:

- **Membership fees** at an approved weight management program/organization (see list below)
 - Maximum of \$1,650 lifetime reimbursement per person
 - Retrospective reimbursement limited to 3 months prior to follow-up visit
- **One-on-one nutritional counseling** by a registered dietician/nutritionist who participates in the MNPS Cigna network

The following nutritional counseling/health coaching options are no cost under your MNPS Cigna plan:

- Vanderbilt at MNPS Health Coach Bobbi Nickel (call 615-259-8755 for an appointment)
- Onsite Cigna Health Coach Samantha Simpson (call 703-718-1576 or email Samantha.Simpson@evernorth.com for an in-person or telephonic appointment)
- Cigna Health Coach (call 1-877-459-9896 for a telephonic appointment)

Requirements

Participants must attend a follow-up visit at the MNPS Health Care Centers every 3 months and bring approved weight management program receipts (required for reimbursement).

Reimbursement

Reimbursement requests are submitted to Cigna quarterly (in March, June, September and December) on the last business day of the quarter. You should receive reimbursement in the mail within 4 weeks of this request.

For more information

To learn more about the Weight Management Program, contact Laura Vanderpool at 615-875-1966 or laura.e.vanderpool@vumc.org.

*Thank you for your interest in this exceptional program.
We are confident that together we will be able to reach our goal of a healthier, happier you!*

Approved Weight Management Programs/Organizations*

12 South Yoga	Just Be Fit
Anytime Fitness	Fitness Center
Barre3	Koko Fit Club
BeatboxFIT	LA Fitness
Camp Gladiator	LT360
Centennial SportsPlex	Metro Parks & Recreation
Curves	M Power Performance Institute
Clarksville Athletic Club	Nashville Athletic Club
Dickson Athletic Club	New Beginnings
D1 Nashville Bootcamp	Nexslim of Franklin
Family Ministry Center	Orange Theory Fitness
Fitness Plus	Planet Fitness
Fit Body Boot Camp	Relache at Gaylord Opryland
FLOW-Aquatic Wellness Therapy	St. Thomas Wellness Center
Gallatin Civic Center	STEPS
Golds Gym	TITLE Boxing Club – East Nashville
Gordon Jewish Community Center	Vanderbilt Dayani
Hermitage Nautilus Fitness Center	Vanderbilt Nutrition Clinic
Hot Yoga	Vanderbilt Weight Management Program
Inferno Fitness	WeightWatchers
Iron House & Conditioning	West Side Athletic Club
Jazzercise	Workout Anytime
Jenny Craig	YMCA
Jimmy Floyd Gym	Zumba

* We are not accepting requests to add gyms, personal trainers, etc. to the approved organization list at this time.