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
  - Appointment must be scheduled by MNPS Health Care Center's referral department
  - Registered dietician/nutritionist must be in the MNPS Cigna network

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@vanderbilt.edu.

To schedule an appointment for weight management health coaching, contact Bobbi Nickel at 615-259-8755.

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

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