



SAVE  
MONEY

STAY  
HEALTHY

LIVE  
WELL



**2026 BENEFITS**  
FOR CHARTER SCHOOL EMPLOYEES



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This guide provides an overview of your benefits. If you need more detail than this guide provides, contact Metro Human Resources at (615) 862-6700 or visit [nashville.gov/hr](https://nashville.gov/hr).

# 2026 Benefit Plan Rates

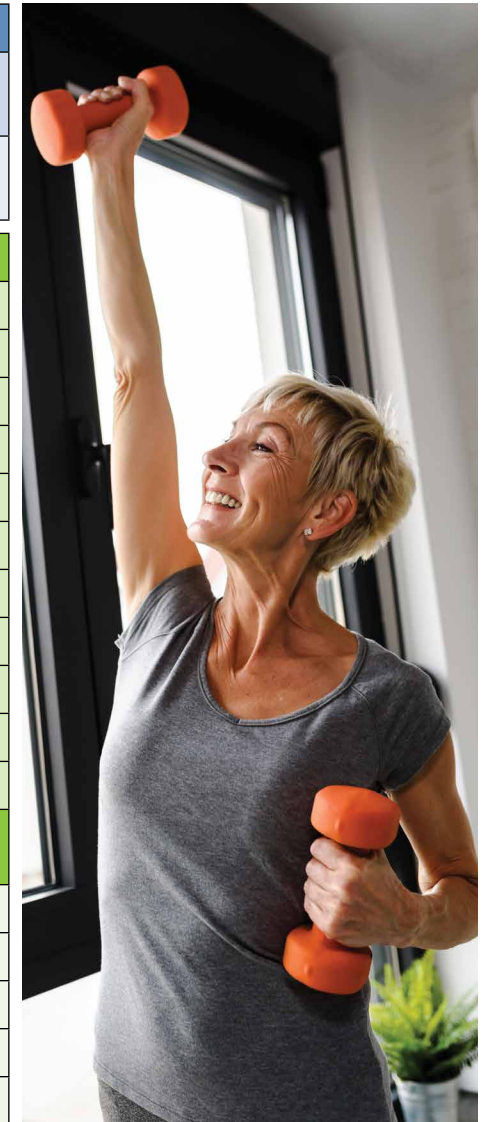
Per Pay Period		GENERAL GOVERNMENT			MNPS EMPLOYEES	
	Coverage Level	12-month Bi-Weekly	12-month Semi-Monthly	9-month Semi-Monthly	12-month Bi-Weekly	10-month Bi-Weekly
<b>MEDICAL</b>						
<b>PPO Plan</b>	Employee only	\$110.77	\$120.00	\$160.00	\$110.77	\$144.00
	Employee + child(ren)	\$158.31	\$171.50	\$228.67	\$158.31	\$205.80
	Employee + family	\$289.85	\$314.00	\$418.67	\$289.85	\$376.80
<b>HRA Plan</b>	Employee only	\$108.46	\$117.50	\$156.67	\$108.46	\$141.00
	Employee + child(ren)	\$155.08	\$168.00	\$224.00	\$155.08	\$201.60
	Employee + family	\$284.31	\$308.00	\$410.67	\$284.31	\$369.60
<b>DENTAL</b>						
<b>Flexible Plan</b>	Employee only	Metro provides employee only dental coverage at no cost to you				
	Employee + family	\$18.84	\$20.42	\$27.22	\$18.84	\$24.50
<b>Limited Plan</b>	Employee only	Metro provides employee only dental coverage at no cost to you				
	Employee + family	\$23.99	\$25.99	\$34.65	\$23.99	\$31.19
<b>VISION</b>						
<b>Basic Plan</b>	Employee only	\$1.28	\$1.39	\$1.85	\$1.28	\$1.67
	Employee + family	\$3.93	\$4.26	\$5.68	\$3.93	\$5.11
<b>Enhanced Plan</b>	Employee only	\$2.03	\$2.20	\$2.93	\$2.03	\$2.64
	Employee + family	\$6.48	\$7.02	\$9.36	\$6.48	\$8.42



# 2026 Benefit Plan Rates

## Per Pay Period

DISABILITY INSURANCE		
Short-Term Disability	Monthly premium is .0261 times your <b>weekly</b> pay Example: \$750 weekly earnings x .0261 = \$19.58 per month	
Long-Term Disability	Monthly premium is .00264 times your <b>monthly</b> pay Example: \$3,000 monthly earnings x .00264 = \$7.92 per month	
LIFE INSURANCE	Age	Monthly Rate Per \$10,000 in Coverage
Supplemental Life	Less than 25	\$0.50
	25 to 29	\$0.60
	30 to 34	\$0.80
	35 to 39	\$0.90
	40 to 44	\$1.10
	45 to 49	\$1.60
	50 to 54	\$2.40
	55 to 59	\$4.30
	60 to 64	\$6.60
	65 to 69	\$12.70
	70 and over	\$20.60
Dependent Life	\$5,000 per Child Plus Spouse/Domestic Partner Coverage Amount of:	Monthly Rate <sup>1</sup>
	\$10,000	\$3.76
	\$20,000	\$7.12
	\$30,000	\$10.48
	\$40,000	\$13.84
	\$50,000	\$17.20



<sup>1</sup> Monthly rates cover all children, regardless of how many; if you are electing dependent life for children only (no spouse/domestic partner coverage), the monthly rate is \$3.76.

# Benefit Basics

## Eligibility

### Employee

Metro employees who are regularly and consistently working 20 or more hours per week are eligible to enroll in benefits.

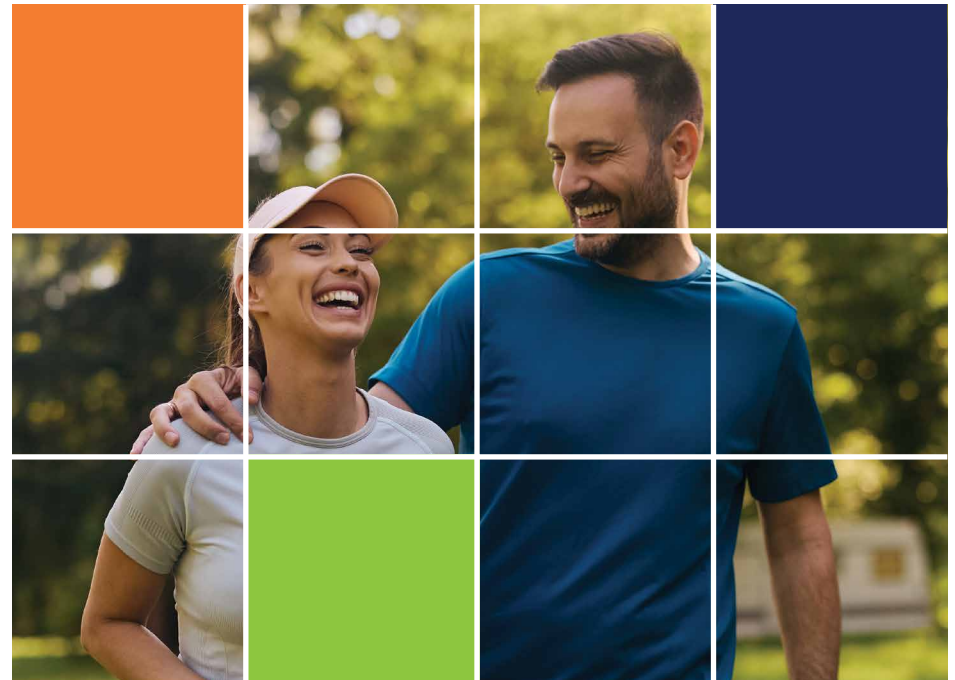
### Dependents

You may enroll your eligible dependents in medical, dental, vision and dependent life. Eligible dependents include your:

- » Legally recognized spouse, while not divorced or legally separated
- » Domestic partner (documentation will be required proving you've shared a primary residence for the last 365 days and you are financially interdependent upon one another)
- » Dependent child(ren) from birth up to age 26 if he/she is:
  - Your or your domestic partner's child by birth, legal adoption, legal guardianship or court order who may or may not reside in your home the majority of the time on an annual basis
  - Your stepchild
  - A foster child living in your residence in accordance with a "Foster Care Placement" which means and is defined as the supervised adoption period prior to final adoption, as approved by a court of competent jurisdiction
- » Dependent child(ren) over age 26, provided coverage under Metro benefits has been continuous and he/she is incapable of self-sustaining employment by reason of intellectual or physical disability (contact Human Resources for details)

### The following are not eligible for Metro benefits:

- » Foster children (placed in the home for care, but not adoption)
- » Ex-spouses or ex-domestic partners, except as allowed under COBRA
- » Parents of the employee or spouse/domestic partner



# Benefit Basics

## Opting Out of Benefits

### If you are under age 65

You may opt out of Metro's medical and/or dental coverage if you provide proof of other coverage. You must provide Metro Human Resources with either an insurance card in the employee's name or a letter from the other insurance company. If you opt out and later lose your other coverage or have an eligible change in status, you have 60 calendar days to re-enroll in Metro's medical and/or dental plan.

### If you continue working for Metro past age 65

When you turn age 65, you are eligible for Medicare Parts A & B, regardless of your employment status. If you start working or are still working for Metro as a benefits-eligible active employee and you are age 65 or older, you may now opt out of Metro's medical insurance if you prefer to have Original Medicare Parts A & B, a Medicare Supplement or a Medicare Advantage plan rather than Metro's medical insurance.

This option is now available at the request of many older Metro employees who would rather have Medicare coverage than Metro's medical insurance since, in most cases, the monthly premium for Medicare is less expensive than Metro's premium.

Things to note:

- » If you choose to opt out of Metro's medical insurance, your dependents will no longer have medical insurance coverage with Metro.

- » You may only opt out of Metro's medical insurance within 60 days of enrolling in a Medicare plan, during Metro's Annual Enrollment while you are a benefits-eligible active employee or within 60 days of an eligible change in status.
- » You can re-enroll in Metro's medical insurance within 60 days of an eligible change in status.



# Benefit Basics

## When Coverage Begins and Ends

Insurance and benefit coverage is effective the first of the month after you have worked 30 days. Your coverage will end when your employment ends or when you change to a part-time status working less than 20 hours per week.

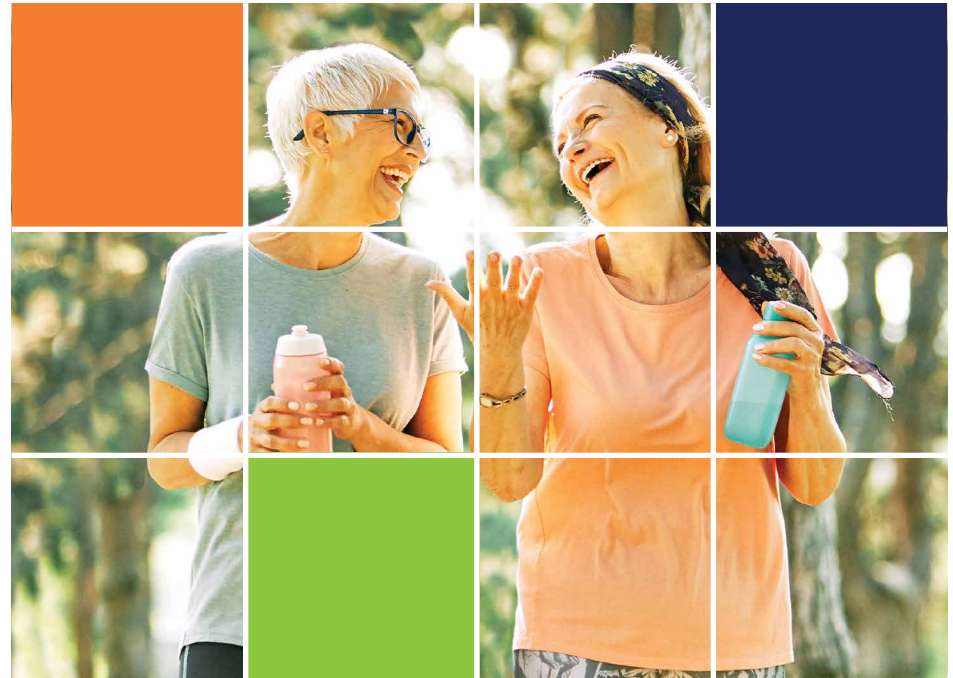
## Changing Your Benefits

The benefits you choose when you first become eligible or during Annual Enrollment remain in effect for the entire plan year, unless you have an eligible change in status, such as:

- » Marriage or divorce
- » Birth or adoption of a child
- » Change in job status for you or your dependent
- » Loss of coverage for you or your dependent
- » Death of a covered eligible dependent

You must notify Metro Human Resources and provide documentation within 60 calendar days of an eligible change in status to make a change in your benefit elections. Not notifying Metro Human Resources timely may prevent you from adding a dependent until the next Annual Enrollment or may require you to pay family premiums for the remainder of the plan year when a dependent is no longer eligible.

For a complete list of eligible changes in status and instructions on changing your benefit elections, contact your departmental HR Representative or Metro Human Resources.





# Medical

Metro offers you two medical options, both administered by Cigna:

- » PPO Plan
- » HRA Plan

## How the PPO and HRA plans are ALIKE

Both plans:

- » Have the same network of providers and facilities
- » Use the same drug formulary, meaning they cover the same medications
- » Offer the same behavioral health services (see [page 18](#))
- » Offer these programs (see [page 19](#)):
  - Diabetes and hypertension prevention and management (Omada)
  - Bone and joint health benefit
  - Hearing aids
  - Virtual women's health clinic (Visana)
  - Virtual physical therapy (Airrosti)
- » Have similar premiums (paycheck deductions)

## How the PPO and HRA plans DIFFER

- » How medical services and prescription drugs are covered
- » Benefit levels
- » The HRA Plan has a Metro-funded Health Reimbursement Account (HRA) Fund to help you pay eligible medical and prescription drug expenses; the PPO Plan does not.
- » The HRA Plan lets you earn additional HRA dollars when you participate in certain wellness programs; PPO Plan enrollees can participate in these programs but do not earn incentives.



## Learn More

- » About the PPO Plan on [pages 9-10](#)
- » About the HRA Plan on [pages 11-13](#)



# Medical

## How the PPO Plan Works

The PPO Plan is an 80/20 coinsurance plan. This means that for many medical services, the plan pays 80% and you pay 20% of the cost of care when you use network providers.

Below are some terms that can help you better understand how the PPO Plan works.

### Deductible

A deductible is the amount you must pay out of pocket for covered health care services before your insurance plan starts to pay benefits. Under the PPO Plan, there is no deductible if you use network providers. However, if you use a provider or facility that is not in the network, the deductible applies, and you will pay more out of pocket.

### Copay

A copayment (or copay for short) is a dollar amount you pay for a given service (like an office visit) or prescription drug at the time you receive it.

### Coinsurance

Coinsurance is your share of the cost for a covered service. It's calculated as a percentage of the cost, rather than a fixed amount, and generally applies after you've met the deductible if applicable.

### Out-of-Pocket Maximum

An out-of-pocket (OOP) maximum helps to limit how much you pay out of pocket for covered services each year.

Under the PPO Plan, if the amount of coinsurance you pay during the year reaches the OOP maximum, you will pay no more coinsurance for the rest of that year. However, copays for medical services and prescription drugs DO NOT count toward the plan's OOP maximum, AND copays DO NOT stop when you do meet your OOP maximum.

In other words, the following counts toward the OOP maximum:

- » Amounts paid toward the out-of-network deductible
- » Coinsurance

These do NOT count toward the OOP maximum:

- » Contributions (per-paycheck deductions)
- » Copays
- » Services not covered by the plan

## Find Network Providers

For a list of network providers and other plan details, contact Cigna at the websites or phone number listed on the Important Contacts page. To view a complete copy of the plan documents and provisions, go to [nashville.gov/hr](https://www.nashville.gov/hr).

# Medical

## How the PPO Plan Works ... continued

### Preventive Care

Under the PPO Plan, in-network preventive care is covered as follows:

Service	Covered at:
Annual preventive health exam	Ages 7+: 100% up to \$750/year, then 80%  Under age 7: 80%
X-rays and labs associated with preventive care	
Childhood immunizations	
Flu and pneumonia shots	
Tetanus-diphtheria (Td) booster	
Other recommended adult immunizations and immunizations not completed in childhood	
Vision and hearing screenings performed by the physician during the preventive health exam	
Blood pressure screening	
Mammograms (preventive and diagnostic)	80%*
Prostate screening	
Routine Pap smear	
Well-woman exam	
Colorectal cancer screening	

\* These services are not covered as preventive care services but instead at the normal benefit level of 80% in-network.

### Prescription Drugs

Under the PPO Plan, you may purchase a one-month supply at any network pharmacy (Kroger is not a network pharmacy).

If you take medication for an ongoing condition, you can save money by asking your provider to write your prescription for a three-month (90-day) supply. To fill 90-day prescriptions, you must use either an approved retail pharmacy (Kroger and CVS are not approved) or Cigna's mail order program. The good news is you will only pay two copays (instead of three).

Cigna's maintenance medication program includes most retail chain, big box and grocery store pharmacies, but does NOT include Kroger or CVS. View a list of Cigna network pharmacies at [nashville.gov/hr](https://www.nashville.gov/hr) (click 2026 Annual Enrollment).

### Telehealth

Cigna offers a variety of ways to connect with a doctor through your phone or computer. See [page 17](#) for details.

### Behavioral Health

Challenges to mental well-being come in many forms, and so do the ways you can get help. See [page 18](#) for details.

# Medical

## How the HRA Plan Works

The HRA Plan combines traditional medical coverage with a Metro-funded Health Reimbursement Account (HRA) Fund. Under the plan, most preventive care is covered at 100% with no benefit limit, regardless of age, when you use network providers.

**HRA Fund:** Each year you are enrolled in the plan, Metro puts money in a Health Reimbursement Account (HRA) Fund to help you pay eligible medical and prescription drug expenses: \$1,100/employee only, \$2,200/employee + child(ren) or \$2,200/employee + family. You use your HRA Fund first during the year to pay for medical and prescription drugs costs. There are no copays; you pay the full discounted cost of the product or service using your HRA Fund.



**Deductible:** If you use all your HRA Fund during the year, you are responsible for paying the full discounted costs of your medical and prescription drug claims until you have met your share of the deductible (\$450/employee only, \$900/employee + child(ren) or \$900/employee + family).



**Coinsurance:** Once you have met your share of the deductible, the plan begins to pay a percentage of the cost, as shown in the chart on [page 14](#).



**Out-of-Pocket Maximum:** If you reach the annual out-of-pocket maximum, which includes amounts paid toward the deductible and coinsurance, the plan pays 100% — and you pay nothing — for covered services for the rest of 2026.



If you don't use all your HRA Fund during the year, remaining funds will roll over to your 2027 HRA Fund and reduce your share of your 2027 deductible. This money is yours to spend on future eligible expenses as long as you remain enrolled in the HRA Plan.



# Medical

## How the HRA Plan Works ... continued

### Preventive Care

Under the HRA Plan, the following preventive care services are covered in-network at 100%, with no copay, coinsurance or benefit limit:

- » Annual preventive health exam
- » X-rays and labs associated with preventive care
- » Childhood immunizations
- » Flu and pneumonia shots
- » Tetanus-diphtheria (Td) booster
- » Other recommended adult immunizations and immunizations not completed in childhood
- » Vision and hearing screenings performed by the physician during the preventive health exam
- » Blood pressure screening
- » Mammograms (preventive and diagnostic)
- » Prostate screening
- » Routine Pap smear
- » Well-woman exam
- » Colorectal cancer screening

### Prescription Drugs

Under the HRA Plan, there are no copays. You will use your HRA Fund to pay the full discounted cost of your prescriptions. If you use all your HRA Fund, you are responsible for paying the full cost of your prescriptions until you meet the plan's deductible, as shown on **page 14**.

You may fill prescriptions for a one-month supply at any network pharmacy (Kroger is not a network pharmacy). You can only purchase a three-month supply at pharmacies in Cigna's maintenance medication program, which includes most retail chain, big box and grocery store pharmacies, but does NOT include Kroger or CVS.

Your cost is always based on a discounted (or prenegotiated) amount, saving you money. However, Cigna's maintenance medication and mail order programs offer greater discounts. Visit **myCigna.com** to see a list of participating pharmacies. You are encouraged to shop pharmacies to find the lowest cost on prescriptions.

### Telehealth

Cigna offers a variety of ways to connect with a doctor through your phone or computer. See **page 17** for details.

### Behavioral Health

Challenges to mental well-being come in many forms, and so do the ways you can get help. See **page 18** for details.

# Medical

## Attention HRA Plan Members:

### Earn Additional HRA Dollars!

Want to reduce your share of the deductible and total out-of-pocket expenses? Participate in any of these programs each year and earn dollars to be added to your HRA Fund.\* Only employees, pensioners and their spouses/domestic partners who are covered under the HRA Plan are eligible to earn incentive dollars. Contact **Cigna** for details.

*PPO Plan enrollees can participate in all of these programs, but incentives don't apply.*



#### **Take a Health Risk Assessment** **earn \$100/person**

This online questionnaire is short, confidential and provides you with a personalized health profile to help you take steps toward better health. Your individual answers will not be shared with anyone at Metro.



#### **Complete One of Omada's 16-week Programs** **earn \$100/person**

If you live with prediabetes, type 1 or type 2 diabetes, or hypertension, Omada's digital lifestyle change program can help you develop long-term healthy habits. See **page 19**.



#### **Participate in a Chronic Health Condition Support Program** **earn \$100/person**

If you live with a chronic condition, such as heart disease, diabetes, COPD, asthma, depression, low back pain, osteoarthritis or weight complications, Cigna health coaches help you better manage your condition.



#### **Participate in a Lifestyle Management Program** **earn \$50/program up to \$100/person**

Cigna health coaches provide personalized support for lifestyle behaviors such as tobacco cessation, stress management and weight loss.



#### **Participate in the Healthy Pregnancies, Healthy Babies<sup>SM</sup> Program** **earn up to \$150**

This program helps you and your baby stay healthy during your pregnancy. Earn \$150 if you enroll by the end of your first trimester (\$75 by the end of your second trimester).

\* Incentive dollars are limited to \$300/per person per calendar year.

# Medical

## Medical Benefits ... at a Glance

	PPO PLAN		HRA PLAN	
	In-Network OPEN ACCESS PLUS NETWORK	Out-of-Network	In-Network OPEN ACCESS PLUS NETWORK	Out-of-Network
<b>Health Reimbursement Account Fund</b> (Metro funded) <sup>1, 2</sup>	N/A	N/A	\$1,100/employee only \$2,200/family	
<b>Your Share of the Deductible<sup>2</sup></b>	\$0	\$200/employee only \$600/family	\$450/employee only \$900/family	
<b>Coinsurance Maximum<sup>2</sup></b>	\$1,000/employee only \$2,000/family	\$5,000/employee only \$10,000/family	\$700/employee only \$1,400/family	\$4,550/employee only \$9,100/family
<b>Annual Out-of-Pocket Maximum<sup>2</sup></b>	\$1,000/employee only \$2,000/family (includes deduct. & coins. but not copays)	\$5,000/employee only \$10,000/family (includes deduct. & coins. but not copays)	\$1,150/employee only \$2,300/family	\$5,000/employee only \$10,000/family
<b>MEDICAL SERVICES</b>				
<b>Once you meet the deductible, you pay...</b>				
<b>Well Care/Preventive Care</b>				
» Age 7 and older	\$0 until charges reach \$750, then 20% <sup>3</sup>	40% <sup>3</sup>	\$0	30%
» Under age 7	20%	40%	\$0	30%
<b>Office Visits</b>				
» Primary Care Physician <sup>4</sup>	\$20 copay plus 20%	\$20 copay plus 40%	10%	30%
» Specialist	\$30 copay plus 20%	\$30 copay plus 40%	10%	30%
<b>In-office Procedures</b> (surgery, consultation, allergy injections)	20% after office visit copay	40% after office visit copay	10%	30%
<b>Maternity</b>				
» Prenatal Care	You pay \$20 copay for initial visit		10%	30%
» Delivery	20%	40%	10%	30%
<b>Hospital</b>	20%	40%	10%	30%
<b>Emergency Room</b>	\$100 copay plus 20% (copay waived if admitted)	\$100 copay plus 40% (copay waived if admitted)	10%	10%
<b>Mental Health/Substance Abuse</b>				
» Outpatient	\$20 copay plus 20%	\$20 copay plus 40%	10%	30%
» Inpatient (pre-authorization required)	20%	40%	10%	30%



# Medical

## Medical Benefits ... at a Glance ... continued

	PPO PLAN	HRA PLAN
Prescription Drugs		
<b>You pay...</b>		
<b>1-month supply</b>		After deductible:
» Generic	\$10 copay	10% of discounted cost
» Brand	\$30 copay	30% of discounted cost
<b>3-month supply</b> (maintenance drugs)	2 times above copays through certain retail pharmacies and mail order; see <a href="#">page 10</a>	Same as above through certain retail pharmacies and mail order; see <a href="#">page 12</a>

<sup>1</sup> Pensioners with Medicare A & B are not eligible to receive the Health Reimbursement Account Fund.

<sup>2</sup> If you enroll in the employee + child(ren) coverage tier, Metro's HRA Fund contribution (HRA Plan), your share of the deductible, coinsurance maximum and annual out-of-pocket maximum are the same as the family coverage tier.

<sup>3</sup> Screening colonoscopies, PSA tests, well-woman exams and Pap exams are covered with an office visit copay plus 20% (in-network) and an office visit copay plus 40% (out-of-network), but are not included in the \$750 well-care benefit limit.

<sup>4</sup> Primary Care Physicians include pediatricians, family and general practitioners, internists and OB/GYNs. Specialists include physicians highly trained in specific areas such as cardiology, dermatology, neurology, podiatry, oncology and specialized OB/GYNs.

**Note:** To view a complete copy of the plan documents and provisions, go to [nashville.gov/hr](http://nashville.gov/hr).

### Do you use insulin?

The PPO and HRA plans cover up to two temperature-controlled storage devices per calendar year to keep your insulin at the optimal temperature when you leave home. Simply purchase the device(s) and then submit a **claim form to Cigna**.

### Need care while outside the U.S.?

If you're traveling outside the U.S. and need emergency or urgent care, Cigna provides emergency worldwide coverage. You must contact Cigna at **(866) 763-8442** within 24 hours of receiving care, pay for your care up front and submit a claim for reimbursement once you return home.

# Medical

## HELP ME CHOOSE

Need help choosing your medical plan? Here's how the PPO Plan and HRA Plan compare.

	PPO PLAN	HRA PLAN
Free preventive care (age 7+)?*	<b>Yes, but limited</b> In-network, you pay \$0 until charges reach \$750/year; then you pay 20%	<b>Yes</b> In-network, you pay \$0
Free preventive care (under age 7)?*	<b>No</b> You pay 20% in-network	<b>Yes</b> In-network, you pay \$0
Health Reimbursement Account (HRA) Fund?	<b>No</b>	<b>Yes</b> Each year, Metro puts \$1,100/employee only, \$2,200/employee + child(ren) or \$2,200/employee + family in an HRA Fund for you to spend on eligible medical and pharmacy expenses and help you meet your deductible**
Deductible?	<b>Out-of-network only:</b> \$200/employee only, \$600/employee + child(ren) or \$600/employee + family	<b>Your share after HRA Fund pays:</b> \$450/employee only, \$900/employee + child(ren) or \$900/employee + family
Office visit copays?	<b>Yes</b> You pay copay + coinsurance	<b>No</b> HRA Fund pays first; then you pay full discounted cost until deductible is met, then you pay 10% in-network
Prescription drug copays?	<b>Yes</b> You pay flat copay per prescription	<b>No</b> HRA Fund pays first; then you pay full discounted cost until deductible is met, then you pay 10% (generic) or 30% (brand)
Coinsurance (in-network)?	You pay 20%; plan pays 80%	You pay 10%; plan pays 90%
Coinsurance (out-of-network)?	You pay 40%; plan pays 60%	You pay 30%; plan pays 70%
Pre-negotiated discounted rates?	<b>Yes</b>	<b>Yes</b>
Annual out-of-pocket maximum?	Once your coinsurance reaches \$1,000/employee only or \$2,000/employee + dependents, you pay \$0 coinsurance for the remainder of the year, but you continue to pay copays	Once you spend \$1,150/employee only, \$2,300/employee + child(ren) or \$2,300/employee + family (deductible + coinsurance), you pay \$0 for the remainder of the year
Incentives for healthy behaviors?	<b>No</b>	<b>Yes</b> See <a href="#">page 13</a>

\* See pages **10** (PPO) and **12** (HRA) for a list of covered preventive services; coverage differs by plan.

\*\* If you don't spend all your HRA Fund during the year, remaining funds roll over to the next year and are yours to use toward eligible expenses, as long as you remain enrolled in the HRA Plan.

# Medical

## Telehealth

Both the PPO Plan and HRA Plan offer a variety of ways to connect with a doctor through your phone or computer.

### Your Own Provider

If your provider is in Cigna's network and offers telehealth through their office, Cigna will cover these visits at the same cost as an in-person visit.

### Cigna's Behavioral Health Network

You have access to a giant network of behavioral health providers. Simply visit [myCigna.com](https://mycigna.com) to search for a provider. If you need care immediately, Cigna's network includes some providers who guarantee an initial appointment within five business days and a callback within one business day. Search results will say "Available within 5 days" if the provider offers that. For more behavioral health resources, see [page 18](#).

### MDLIVE

Cigna has partnered with MDLIVE to give you access to even more board-certified doctors for the following needs:

- » Primary care – routine and preventive care, receive orders for blood work and screenings at local facilities
- » Urgent care – a convenient alternative to urgent care centers and the emergency room **(This is the only MDLIVE service with \$0 cost.)**
- » Behavioral health – talk therapy for issues such as anxiety, stress, depression and grief (see [page 18](#) for more details)
- » Dermatology – care for common skin, hair and nail concerns



Log onto [myCigna.com](https://mycigna.com) and click "Talk to a Doctor." Select the type of care you need, and your cost will be displayed.

Or call MDLIVE at **(888) 726-3171**.



# Medical

## Behavioral Health

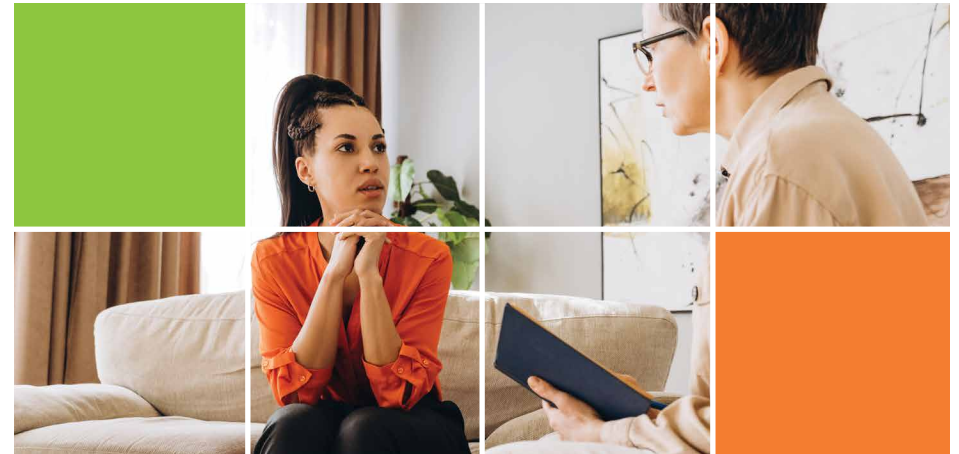
The PPO Plan and HRA Plan offer the same support tools and services that range from mindfulness apps to text-based therapy to in-person and virtual counseling. Below is an overview of some of those services; more details and access are available by logging onto [myCigna.com](https://myCigna.com).

### Counseling for all ages (adults and children)

Cigna offers in-person and virtual mental health support for you and your covered dependents featuring:

- » A broad network of board-certified licensed counselors and psychiatrists
- » A partnership with MDLIVE to give you access to even more providers (telehealth only)
- » 24/7/365 access to confidential care, even on weekends and holidays
- » Help for stress, anxiety, depression, grief, relationship conflict and more
- » Help with sleep, tantrums, ADHD, anxiety and other concerns faced by children and adolescents
- » Fast access (no long waitlists; some providers can guarantee an initial appointment within 5 business days)
- » Providers who can prescribe medication when appropriate
- » Video visits with therapists and coaches

To get started, log onto [myCigna.com](https://myCigna.com) and click “Talk to a Doctor.” Select the type of care you need, and your cost will be displayed. Or call MDLIVE at **(888) 726-3171** or download the MDLIVE app.



## Not sure which behavioral health service you need?

Here are two ways to find out:

1. Visit [CignaBehavioralPrograms.com/ctbh](https://CignaBehavioralPrograms.com/ctbh) to view an interactive digital guide.
2. Log onto [myCigna.com](https://myCigna.com). Under the Wellness dropdown, choose “Mental Health Support” and follow the prompts to take a brief quiz. Your answers will help identify the most appropriate care for your specific needs.

# Medical

## Other Cigna Programs

Enrollees in both the PPO Plan and HRA Plan have access to these program and services:

- » Diabetes and hypertension preventive and management (Omada)
- » Bone and joint health benefit
- » Hearing aids
- » Virtual women's health clinic (Visana)
- » Virtual physical therapy (Airrosti)

### **Omada (diabetes and hypertension prevention and 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.

You can join Omada if you:

- » Are at risk for diabetes or heart disease and want to avoid developing it
- » Live with type 1 or type 2 diabetes and want a new way to get and stay healthy
- » Have high blood pressure and want help managing it

It only takes a few minutes to get started. Join at [omadahealth.com/metronash](https://omadahealth.com/metronash).

### **Bone and Joint Health Benefit**

If you suffer from back, knee, hip or shoulder pain, Cigna's Bone and Joint Health benefit can help you find relief. The program gives you:

- » Personalized support to help you find the best solution for your pain
- » 100% coverage for surgery, if required
- » High quality care through a select network of providers

The benefit covers low back disk surgery, hip replacement, knee replacement, laminectomy, spinal fusion and shoulder replacement.

To learn more, call **(855) 678-0042** or visit [nashville.gov/hr](https://nashville.gov/hr) and click Employee Benefit Plans > Medical Plan Benefits.

### **Hearing Aids**

Both the PPO and HRA plans offer an allowance of up to \$2,000 toward the purchase of hearing aids every 36 months. The benefit also includes one hearing exam per year. This means there is no cost to you, up to plan limits, when you use Cigna network providers. There are no out-of-network benefits. Visit [myCigna.com](https://myCigna.com) or call the number on the back of your ID card for more details.

# Medical

## Other Cigna Programs ... continued

### Visana (virtual women's clinic)

Visana provides whole-person support for:

- » **Menopause and perimenopause** - Understand your symptoms, explore hormonal and non-hormonal treatment options
- » **Gynecological, sexual/reproductive health** - Heavy bleeding, painful periods, vaginal infections, fibroids, endometriosis
- » **Hormone and metabolic health** - Irregular periods, sudden weight gain or loss, polycystic ovary syndrome (PCOS), thyroid issues
- » **Preventive care** - Well-woman visits, fertility assessments, mental health assessments, preventive screenings, health coaching

Visana connects you with doctors, nurses and coaches, all highly trained in women's health. They'll listen to you, explain what's going on in your body and help you find relief from all your symptoms.

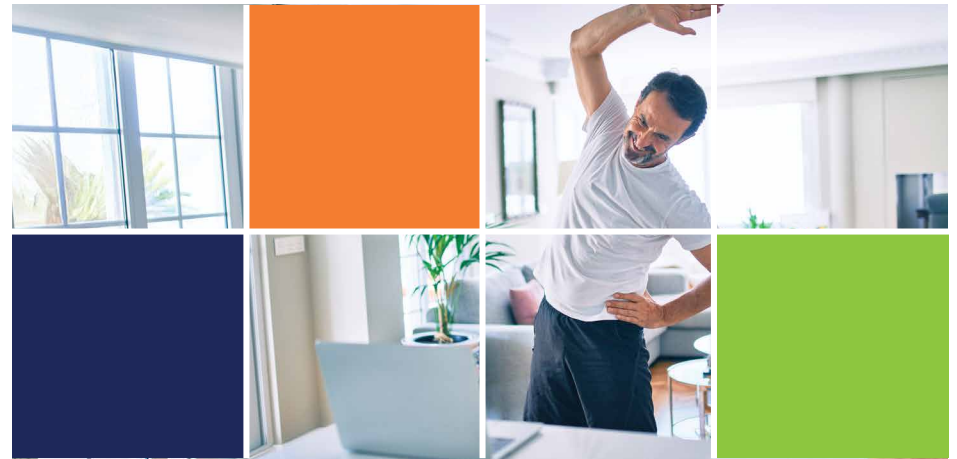
Schedule your first virtual visit at [visanahealth.com/cigna](https://visanahealth.com/cigna) and pay your in-network office visit cost-share. Most needs can be handled virtually, but Visana can refer you for in-person care if needed.

### Airrosti (virtual recovery clinic for muscle and joint pain)

Airrosti Remove Recovery provides:

- » **Comprehensive muscle and joint care** – For knee, shoulder, foot/ankle, wrist and more
- » **Virtual care** - Orthopedic evaluation, accurate diagnosis, injury education
- » **Custom program** - Personalized recovery plan, app-based exercises, recovery kit
- » **Ongoing clinic support** - For 12 months per injury, including unlimited virtual visits, texting and app access

Visit [airrosti.com/remoterecovery](https://airrosti.com/remoterecovery) or call **(800) 404-6050** to get started. Pay your in-network office visit cost-share. You're only billed for the first four visits per injury.





# Dental

Dental coverage, offered through BlueCross BlueShield of Tennessee (BCBS), covers a wide range of preventive and restorative services. You have two choices for coverage: the Flexible Plan or the Limited Plan.

## How the Dental Plans Work

Under the Flexible Plan, you can see any dentist you choose, but benefits are highest when you use providers in the BCBS DentalBlue network. Network providers have agreed not to exceed reasonable and customary (R&C) limits, which are based on the usual fees charged by providers in your geographic area. You have the flexibility to see an out-of-network provider, but if the provider's charges exceed R&C limits, you will be responsible for paying the difference.

Under the Limited Plan, benefits are paid according to a schedule of benefits, which shows your cost per service when you see a network provider. If you use an out-of-network provider, no benefits are paid.

For a list of providers and other important plan details, including the Limited Plan schedule of benefits, visit [bcbst.com/members/metro-gov](https://bcbst.com/members/metro-gov), or call **(800) 367-7790**.

### Pre-determination of Benefits

If your dentist recommends treatment that is expected to cost \$200 or more, your dentist can request a predetermination of benefits. This helps you avoid surprises by letting you know how much will be covered before you receive treatment.



## HELP ME CHOOSE

Both plans use the same provider network, DentalBlue. Here's how the plans differ:

	FLEXIBLE PLAN	LIMITED PLAN
Family premiums: (Metro pays for single coverage)	Lower than Limited Plan	Higher than Flexible Plan
Limit on benefits paid in a year:	Pays up to \$1,000/year <sup>1</sup>	Unlimited
Coverage for implants:	Yes	No
Coverage for TMJ treatment:	Yes	No
Coverage out-of-network:	Yes	No

<sup>1</sup> Not including orthodontia, TMJ care

# Dental

## Dental Benefits ... at a Glance

	FLEXIBLE PLAN	LIMITED PLAN
	In-Network <sup>1</sup> (out-of-network coverage available)	In-Network Only <sup>1</sup> (no out-of-network coverage)
<b>Annual Deductible</b>	\$75/person, \$225/family	\$0
<b>Plan pays...</b>		See schedule of benefits for cost by service <sup>2</sup>
<b>Preventive/Diagnostic</b> (2 exams/cleanings every 12 months, x-rays, sealants, fluoride)	100%; no deductible	100% for most services
<b>Basic Restorative</b> (fillings, extractions, oral surgery, root canals, periodontics)	80%; no deductible	100% for some services; you pay flat fee for other services
<b>Major Restorative</b> (crowns, bridges, dentures, implants)	50% after deductible	You pay flat fee for most services; implants not covered
<b>Orthodontia</b> (child and adult)	50% after annual deductible <u>and</u> one-time \$100 orthodontia deductible	You pay flat fee for most services
<b>Lifetime Orthodontia Maximum</b>	\$1,000/person	See schedule of benefits <sup>2</sup>
<b>TMJ</b> (temporomandibular joint) <b>Treatment</b>	50% after annual deductible <u>and</u> \$100 annual TMJ deductible	Not covered
<b>Lifetime TMJ Maximum</b>	\$750/person	N/A
<b>Annual Benefit Maximum</b>	\$1,000/person (excludes orthodontia, TMJ)	N/A

<sup>1</sup> If there is no network provider within a 30-mile radius of your home, you may use an out-of-network provider and receive in-network benefits. Contact BCBS for instructions.

<sup>2</sup> View the Limited Plan schedule of benefits at [bcbst.com/members/metro-gov](http://bcbst.com/members/metro-gov).

# Vision

Vision coverage, offered through National Vision Administrators (NVA), covers eye exams, frames, lenses and contacts. You have two choices for vision coverage: the Basic Plan or the Enhanced Plan.

## How the Vision Plans Work

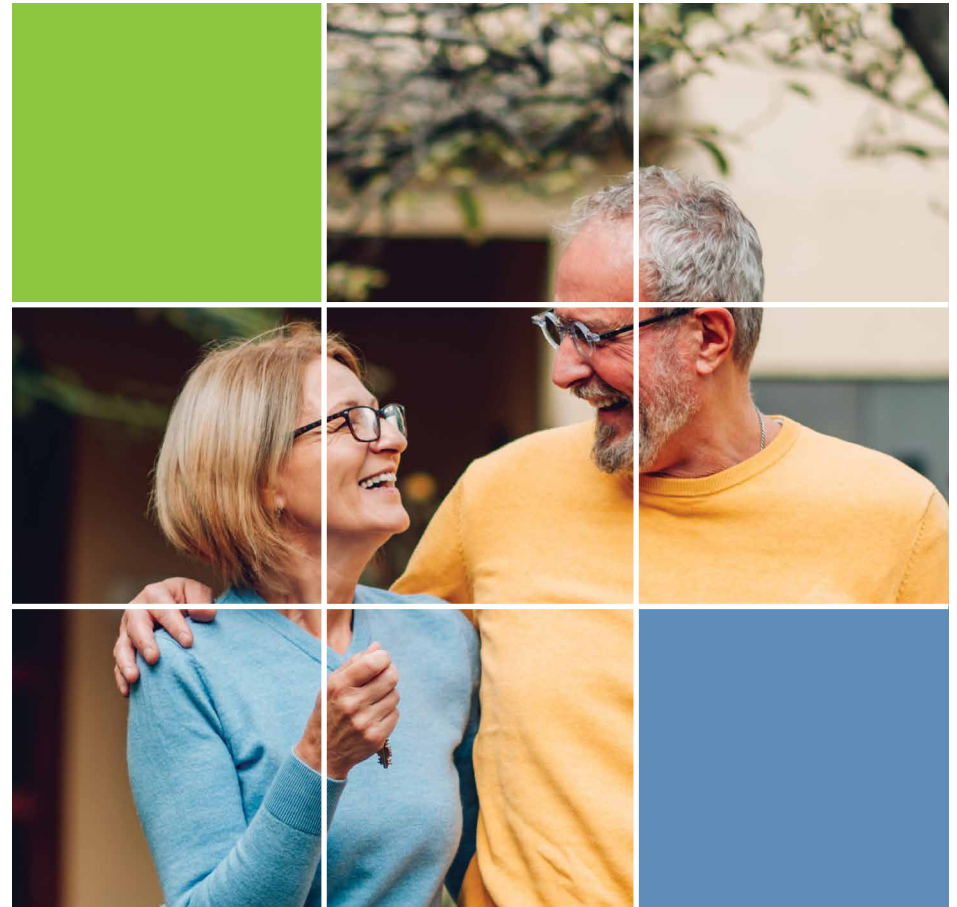
You receive the highest benefits when you use NVA's network of providers. The network includes many independent optometrists, ophthalmologists and opticians, as well as national retail optical providers, such as Costco, Walmart and Visionworks. For a list of network providers, visit [e-nva.com](https://e-nva.com) (user name: metro; password: vision1). You are responsible for any costs over the reimbursed or allowed amount shown in the chart on the [next page](#).

**New for 2026!** You can now use your NVA benefits with UVP, an in-network vision provider, and purchase premium eyewear from the comfort of home. UVP offers enhanced coverage you don't get with other providers; log onto [e-nva.com](https://e-nva.com) for details.

### HELP ME CHOOSE

The Enhanced Plan has higher employee premiums but offers higher benefits for:

- » Standard progressive and polycarbonate lenses – covered at 100% (Basic Plan does not cover)
- » Contact lenses – pays up to \$140 with no copay (Basic Plan pays up to \$125 after a \$10 copay)



# Vision

## Vision Benefits ... at a Glance

	BASIC PLAN		ENHANCED PLAN	
	In-Network	Out-of-Network	In-Network	Out-of-Network
<b>Deductible</b>	\$0		\$0	
<b>Exams</b>	You pay \$10 copay	Plan pays up to \$45	You pay \$10 copay	Plan pays up to \$45
<b>Lenses</b>	<b>You pay:</b>	<b>Plan pays:</b>	<b>You pay:</b>	<b>Plan pays:</b>
» Single Vision	\$10 copay	Up to \$40	\$25 copay	Up to \$40
» Bifocals	\$10 copay	Up to \$60	\$25 copay	Up to \$60
» Trifocal	\$10 copay	Up to \$80	\$25 copay	Up to \$80
» Lenticular	\$10 copay	Up to \$80	\$25 copay	Up to \$80
<b>Lens Options</b>	<b>Plan pays:</b>		<b>Plan pays:</b>	
» Scratch-resistant Coating	100%	Up to \$5	100%	Up to \$5
» Standard Progressives	Not covered	Not covered	100%	Up to \$35
» Polycarbonate	Not covered	Not covered	100%	Up to \$10
<b>Frames</b>	Up to \$130 <sup>1</sup>	Up to \$50	Up to \$150 <sup>1</sup>	Up to \$50
<b>Contacts (in lieu of frames/lenses)</b>	<b>Plan pays:</b>		<b>Plan pays:</b>	
» Elective	Up to \$125 after \$10 copay <sup>1</sup>	Up to \$125	Up to \$140 <sup>1</sup>	Up to \$140
» Medically Necessary	100%	Up to \$210	100%	Up to \$210
<b>Fit/Follow-up</b>	<b>You pay:</b>	<b>Plan pays:</b>	<b>You pay:</b>	<b>Plan pays:</b>
» Standard Daily Wear	\$20 copay	Up to \$20	\$20 copay	Up to \$20
» Extended Daily Wear	\$30 copay	Up to \$30	\$30 copay	Up to \$30
<b>Covers...</b>	Exams, contact fit every 12 months; lenses, frames and contacts every 24 months		Exams, contact fit, lenses, frames and contacts every 12 months	

<sup>1</sup> In many cases, NVA offers a discount on amounts exceeding the retail allowance; ask your network provider.

# Disability

Disability coverage replaces a portion of your paycheck if a serious illness (including mental illness), injury or pregnancy keeps you from working. Short-term (STD) and long-term disability (LTD) coverage is administered by MetLife.

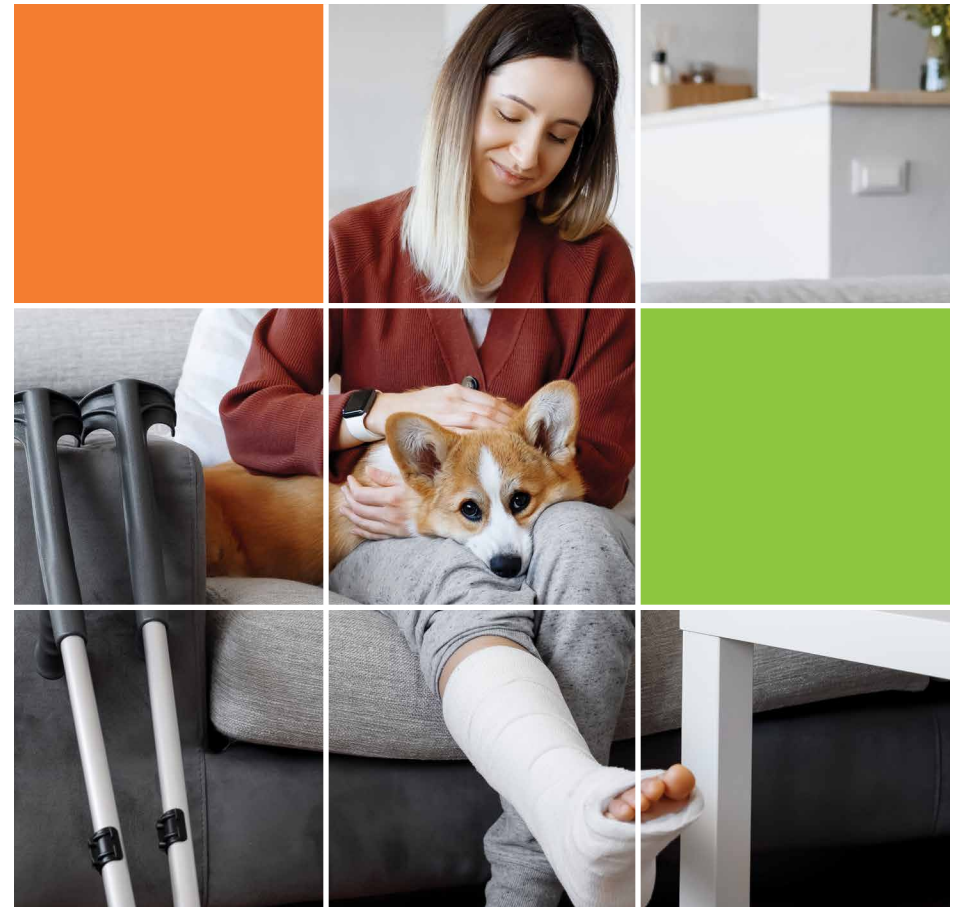
## Short-Term Disability

<b>Benefits begin...</b>	After 7 days of disability (waiting period)
<b>Plan pays...</b>	60% of your eligible weekly pay, up to \$1,250/week; limits may apply
<b>Benefits generally continue...</b>	For up to 180 days of disability

- » STD benefits are payable for up to 180 consecutive days from the date your disability begins. Actual payments will begin at the end of a seven-day waiting period. During this waiting period, you may use sick or vacation leave. The STD benefits you receive are not taxable but are coordinated with other Metro benefits you may receive. While you receive STD benefits, you will be eligible to continue your medical and dental insurance and must make an election as to how to pay your premiums.
- » If you are also eligible for Family Medical Leave (FMLA), your STD and FMLA time will run concurrently. If pregnancy and childbirth is your disabling condition, you will only receive STD benefits for the period of time your doctor and the insurance carrier deem you disabled, typically six weeks after a normal delivery.

## Late Enrollment Penalty

If you do not elect STD within 60 days of becoming eligible, you will be subject to the following late enrollment penalty: If you file a claim for anything other than an accidental injury in the first 12 months of coverage, benefits become payable after you have been continuously disabled for 60 consecutive days and remain disabled.





# Disability

## Long-Term Disability

<b>Benefits begin...</b>	After 180 days of disability (waiting period)
<b>Plan pays...</b>	50% of your monthly earnings, up to \$7,500/month; limits may apply
<b>Benefits generally continue...</b>	Until your disability ends or you reach age 65 <sup>1</sup>

<sup>1</sup> If you are age 62 or older when your covered disability occurs, maximum benefit duration is based on a sliding scale. Contact **MetLife** for details.

- » LTD benefits are payable monthly after you have been disabled for 180 consecutive days. During this waiting period, you may use sick or vacation leave in addition to any STD or FMLA for which you may be eligible. The LTD benefits you receive are not taxable but are coordinated with other benefits you may receive. If you become disabled before age 62, benefits may continue during disability until you reach age 65. If you become disabled after age 62 or older, the length of your payments vary based upon when your disability begins. Contact the insurance carrier for more information.
- » Once you begin receiving LTD benefits, you will no longer be a Metro employee and will need to resign from employment. You will be eligible to continue your medical, dental and vision insurance through COBRA if you elected these benefits as an active employee. Any vacation pay you receive at the end of your employment will not affect your LTD benefits.
- » If you die while receiving LTD benefits, your eligible survivor may be entitled to a benefit based on your earnings while working.

### Proof of Good Health

If you do not elect LTD benefits within 60 days of becoming eligible, you will be subject to proof of good health (also called evidence of insurability, or EOI) to enroll.

### Pre-Existing Conditions

If you have a pre-existing condition in the 90 days before your LTD coverage becomes effective, you may not be eligible for benefits for that condition for 12 months after the effective date of your coverage. View the disability plan documents at [nashville.gov/hr](http://nashville.gov/hr).

## HELP ME CHOOSE

- » Imagine being sidelined from work for several months with no paycheck because of an illness or injury.
- » If you do not have 10 years of credited service with Metro, consider enrolling in both disability plans to protect your income and preserve your sick days.
- » If you are a Health Department or Hospital Authority employee, check your department's rules on sick leave and STD benefits.
- » You are not required to enroll in STD to enroll in LTD — you may enroll in one or the other, or both.

# Life Insurance

Metro provides basic life/AD&D insurance through The Hartford at no cost to you. You may add to this coverage by purchasing supplemental employee and dependent life.

## Basic Employee AD&D Insurance

Metro provides you with basic life and AD&D coverage equal to \$50,000 (\$32,500 if you are age 65 or older), at no cost to you.

## What is AD&D?

AD&D insurance pays a benefit above any other insurance benefits in the event of accidental death or dismemberment. If you die as a result of an accident, the full AD&D benefit plus the basic life insurance benefit will be paid. If you suffer a dismemberment accident (such as the loss of an eye or limb), the plan pays a percentage of the full benefit amount.

## Supplemental Life

You may purchase supplemental life for yourself up to \$500,000, in increments of \$10,000. In certain cases, proof of good health may be required; see the next column.

## Dependent Life

If you are enrolled in supplemental life, you may also enroll in dependent life, which provides up to \$50,000 (in increments of \$10,000) in coverage for your spouse/domestic partner and \$5,000 for each dependent child (up to age 26). If you are enrolling for the first time or increasing spouse/

domestic partner coverage, proof of good health is required; see the next column. Proof of good health is not required for child coverage.

Note: If you are married to another Metro employee, only one of you may enroll a dependent child in this insurance.

## Your Beneficiary

It is important to designate a beneficiary for your coverage. **It is also a good idea to review your beneficiary every year** and update as you experience status changes (such as marriage, divorce or death). You may designate or update your beneficiary at any time by completing a form available online at [nashville.gov/hr](http://nashville.gov/hr), or from Metro Human Resources.

## Proof of Good Health

In certain cases, you (and/or your spouse/domestic partner) may be required to submit proof of good health (also called evidence of insurability, or EOI) to The Hartford and be approved before coverage becomes effective. Proof of good health is required if:

- » You declined supplemental life or dependent life for your spouse/domestic partner when first eligible but wish to elect it at a later date
- » You wish to increase your current supplemental life coverage by more than \$10,000 or your total coverage exceeds \$400,000
- » You wish to increase dependent life for your spouse/domestic partner by any amount

# Life Insurance

## Additional Benefits

Additional benefits may be available if a covered individual becomes disabled (waiver of premium), becomes terminally ill or dies in the line of duty.

### Waiver of Premium

If you are under the age of 60 and you become totally disabled according to the life insurance carrier's standards (not Metro's), you may apply for the waiver of premium for basic life, supplemental life and dependent life benefits and have your premiums waived as long as you continue to be disabled. You must apply within 12 months of the date you became disabled. If approved, your pre-retirement level of benefits may remain in effect until age 70 as long as you continue to meet the life insurance carrier's criteria.



If you qualify for the waiver of premium, this is a free benefit to you. If you are denied for the waiver of premium benefit, you have 30 days from the date of the denial to appeal the insurance company's decision. If your appeal is denied, or you elect not to appeal the denial, you may convert to an individual policy; however, you must make written application and payment of premium within 31 days from the time the insurance company denies your waiver of premium application. To appeal or convert, you must contact the life insurance company directly.

### Accelerated Death Benefit

If, as an active employee, you become terminally ill and are not expected to live more than twelve months, you may request 80% of your life insurance benefits not to exceed \$500,000 (for both basic and supplemental life) payable to you in one lump sum or equal monthly installments. A doctor must certify your condition in order to qualify for this benefit. Upon your death, the remaining benefit will be paid to your designated beneficiary.

### In-Line-of-Duty Death Benefit

Employees who lose their life in the line of duty may be eligible for an additional \$100,000 death benefit payable to the employee's estate. This benefit is subject to approval by the Metropolitan Employee Benefit Board.

### Conversion and Portability Rights

If you leave your job, your life insurance coverage will end. To convert and/or port all or part of your life insurance benefits to an individual policy, you must apply and pay for the first premium within 31 days after your coverage ends. For more information about your conversion and portability rights, contact the life insurance carrier.

# Important Contacts

PLAN	CARRIER	WEBSITE	PHONE
PPO Plan	Cigna	If currently enrolled, log onto <b>myCigna.com</b> If not yet enrolled, visit <b>Cigna.com</b>	Customer service: (800) 244-6224 Cigna One Guide: (888) 806-5042
HRA Plan			
Dental	BlueCross BlueShield of TN	<b>bcbst.com/members/metro-gov</b>	(800) 367-7790
Vision	NVA	<b>e-nva.com</b> (user name: metro; password: vision1)	(800) 672-7723
Disability	MetLife	<b>mybenefits.metlife.com</b>	(833) 622-0135
Life Insurance	The Hartford	<b>thehartford.com</b>	(888) 563-1124
COBRA	COBRAGuard, an iTedium solution	<b>mycobra.info</b>	(866) 442-6272
General	Metro Human Resources	<b>nashville.gov/hr</b>	(615) 862-6700

## Need More Help?

Cigna One Guide® gives you access to a real, live person who can help you understand your health plan, find the best provider for your needs, find ways to lower your costs, resolve problems and more.

Download the One Guide app at **myCigna.com** or call **(888) 806-5042**.

# What Happens to Your Benefits If...

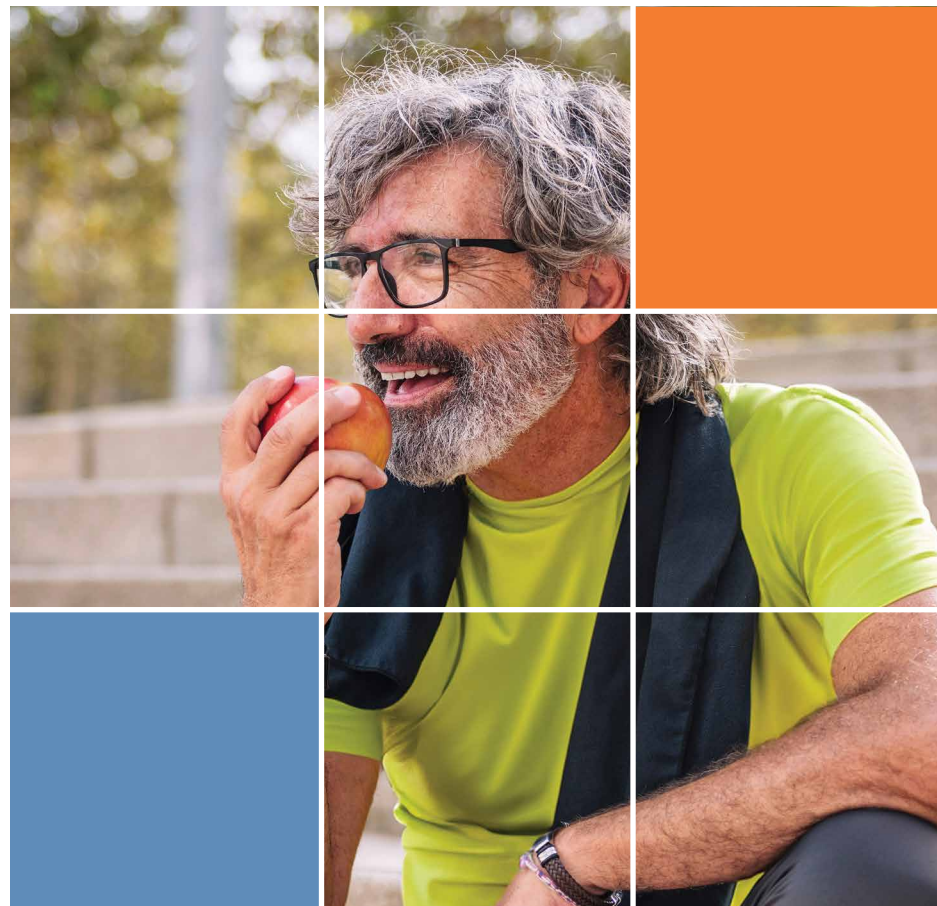
## ...You Turn Age 65 During the Year?

When you turn age 65, you are eligible for Medicare Parts A & B, regardless of your employment status. If you start working or are still working for Metro as a benefits-eligible active employee and you are age 65 or older, you may now opt out of Metro's medical insurance if you prefer to have Original Medicare Parts A & B, a Medicare Supplement or a Medicare Advantage plan rather than Metro's medical insurance.

This option is now available at the request of many older Metro employees who would rather have Medicare coverage than Metro's medical insurance since, in most cases, the monthly premium for Medicare is less expensive than Metro's premium.

Things to note:

- » If you choose to opt out of Metro's medical insurance, your dependents will no longer have medical insurance coverage with Metro.
- » You may only opt out of Metro's medical insurance within 60 days of enrolling in a Medicare plan, during Metro's Annual Enrollment while you are a benefits-eligible active employee or within 60 days of an eligible change in status.
- » You can re-enroll in Metro's medical insurance within 60 days of an eligible change in status.





# Notices

If the information in the guide differs from the official plan documents, the plan documents will govern. This guide does not constitute an offer of employment or a promise to provide any particular benefit. Metro Nashville reserves the right to change its employee benefits program at any time. For more information, call Metro Human Resources at (615) 862-6700.

## Summary of Benefits and Coverage

In accordance with the Affordable Care Act, you can find the Summaries of Benefits and Coverage (SBC) for both the PPO and HRA Plan on Human Resources' website at [nashville.gov/hr](http://nashville.gov/hr).

## HIPAA Notice of Privacy Practices

This notice governs Metro's privacy practices for Metro's medical plans and can be found at [nashville.gov/hr](http://nashville.gov/hr). For copies of the other carriers' privacy notices, contact the carrier directly.

## Grandfathered Plan Status

Metro's medical plans are considered "grandfathered health plans" under the Affordable Care Act. A grandfathered health plan can preserve certain basic health coverage that was already in effect when that law was enacted, and your plan may not include certain consumer protections of the Affordable Care Act that apply to other plans.

## COBRA Continuation Coverage

If you or your dependents lose your eligibility for health care coverage for certain reasons, you will be allowed to continue coverage for a certain period of time under COBRA. Your dependents have the right to continue coverage even if you do not elect to continue your own coverage. Metro does not pay for coverage under COBRA; you or your dependent will pay 100% of the cost plus a 2% administration fee.



You or your dependents are eligible for COBRA continuation if coverage ends because:

- » Your employment ends for reasons other than gross misconduct
- » Your work hours are reduced so that you no longer qualify for coverage
- » You die
- » You get divorced or legally separated
- » Your dependent child becomes ineligible for coverage

If you or your dependents qualify for COBRA, you will be mailed a packet with rate information and payment instructions from Metro's COBRA administrator.

# Notices

## Women's Health Provisions

No matter which medical plan option you choose, your hospital coverage for childbirth will be for the same minimum number of days, as required by federal law:

- » If your baby is delivered vaginally, you may stay in the hospital at least 48 hours (two days) after the birth
- » If you have a cesarean section, you may stay in the hospital at least 96 hours (four days) after the birth
- » If the attending physician believes you need a longer stay, you may receive benefits for additional days if your doctor obtains pre-authorization from the insurance company. On the other hand, if you and your doctor agree that, in your case, the minimum number of days is not necessary, you may be released from the hospital earlier.

Under the Women's Health and Cancer Rights Act of 1998, all health plans that provide mastectomy coverage are also required to provide coverage for:

- » Reconstruction of the breast on which the mastectomy has been performed
- » Surgery and reconstruction of the other breast to produce a symmetrical (balanced) appearance
- » Prostheses (artificial replacements) and physical complications at all stages of the mastectomy, including lymphedemas

## Coordination of Benefits

Regardless of which medical plan you elect, you must be sure to notify Cigna if your dependents receive health coverage outside of Metro's plan (for example, through your spouse/domestic partner's insurance plan at work or by qualifying for Medicare).

If your dependent has coverage elsewhere, a process called coordination of benefits (COB) comes into play. COB simply means that benefits are coordinated between your dependent's coverage under your Metro plan and another plan. This process ensures that benefit payments are not duplicated and helps hold down the rising cost of health insurance.

