

February 2025



CLEVELAND
METROPOLITAN
SCHOOL DISTRICT



Did You Know...

You can download the MetLife mobile app to access your plan benefits and ID card.

**You will not receive a dental card in the mail. Instead, either access your card online/through the app, or simply tell your dentist office your employer and group number.*

Group Number: 105465

Online and through the app, you can

- Find a dentist
- Get estimates for most procedures to display personalized, plan specific costs and information such as percent covered, applicable deductible, Plan Maximum and Frequency Limits
- Both in-network and out-of-network estimates available
- View your plan summary with quick links to important information on deductibles and Plan Maximums as well as Covered Services
- View detailed coverage information such as benefit sharing percentage and Frequency Limits
- View your claims
- Track your brushing and flossing
- Access and save ID card to photo library or mobile app

If you're enrolled in an Aetna medical plan, you have free resources at your fingertips

Aetna Enhanced Maternity Program

- The Enhanced Maternity Program is a robust resource available to you to use as necessary. Please note that is program is completely separate from infertility coverage. Please check your benefits for more information.
 - A fertility advocate to help navigate your fertility journey
 - Phone-based genetic counseling and screening, as well as convenient, confidential and cost-effective genetic testing
 - A personal nurse, if you have health conditions that may affect your pregnancy
 - Guidance and support to help you stop smoking
 - Helpful information on prenatal care, labor and delivery, and more





Hinge Health

Hinge Health is a digital exercise therapy program that can help relieve joint and muscle pain. Members receive real-time exercise therapy guidance virtually. No commutes. No waiting rooms. No office visits. Just pain relief. So, you can take the stairs, go hiking, run errands – and everything in between. Reduce your back and joint pain in just 15 minutes a day from the convenience of your own home. Completely paid for by CMUSD.

- A personalized approach for your unique needs
- A dedicated physical therapist, coach and more
- Convenient exercise sessions
- Sign up by visiting: <http://hinge.health/clevelandmetroschools>

	Hinge Health	In-Person PT
Costs		
PT evaluation and subsequent sessions**	\$0	> \$75
Exercise kit: yoga mat, resistance bands, and more	\$0	> \$30
Hinge Health Program		
Licensed physical therapist	✓	✗
Unlimited access to health coach & care team***	✓	✗
No doctor's referral required	✓	✗
Same/next-day new patient appts available	✓	> 7 days
On-demand care via mobile app***	✓	✗

*Disclaimer **Eligibility is based on application and acceptance into the program.*

****24/7 access to care team messaging, education, and exercise therapy*



Your EAP, formally known as Ease@Work has rebranded and is now operating under the name AllOne Health.

Don't worry, you'll continue to receive this free and confidential benefit at the same level of service you had previously—just with a refreshed name and logo.

If you don't yet have an account, sign up following the steps below:

- Visit <https://ease.mylifeexpert.com/signup>
- Select 'Sign Up' in the top-right corner
- Enter Company Code: cmsdist
- Provide your District Email Address
- Create your username and follow any final prompts for finalizing your account