

MYHEALTH BUNDLES

Exceptional care. Better experience. Low to no costs.

Vanderbilt's MyHealth Bundles provides you and your dependents enrolled on one of our medical plans with an enhanced healthcare experience through Vanderbilt Health's world-class facilities in Nashville and throughout Middle Tennessee. From concierge-level service and streamlined care to low or no out-of-pocket costs, you will notice the difference from the very start of your journey. By completely reimagining your care experience and "bundling" all of the services you need to succeed with common or complex health conditions, this new approach provides additional support and improves convenience to ease many of the worries often associated with healthcare.

To access MyHealth Bundles, employees do not need to opt in during open enrollment but are required to enroll in the program with a patient navigator at (615) 936-BNDL before they make an appointment related to their care.

	MyMaternityHealth - <i>Pre-natal and Post-natal Care</i> Includes everything required to take care of women from the inception of their pregnancy through their delivery and the first three months as a new mom.
	MyHearingHealth - <i>Cochlear Implant Surgery (Severe Hearing Loss)</i> Provides patients with simplified access to cochlear implant surgery, streamlining the entire process to a single-day experience in many cases.
	MySpineHealth - <i>Select Spine Surgeries</i> Includes coverage of three common spine procedures: cervical fusion, lumbar fusion and lumbar laminectomy.
	MyOrthoHealth - <i>Orthopaedic Care</i> Includes coverage of osteoarthritis of the hip and knee, hip and knee replacement procedures, and shoulder pain not caused by accident or injury.
	MyWeightLossHealth - <i>Surgical Weight Loss</i> Provides patients with a streamlined and personalized approach to surgical weight loss.
	MyUrologyHealth - <i>Kidney Stone Treatment</i> Coordinates all the services needed to treat current kidney stones successfully and prevent them from returning.
	MyRecoveryHealth - <i>Substance Use Disorder Support</i> Includes support for substance use disorder that aims to provide the right level of care to each individual.
	MyHeartHealth - <i>Cardiac Arrhythmia</i> Addresses cardiac arrhythmia, including atrial fibrillation, atrial flutter and supraventricular tachycardia. This bundle includes two electrophysiology (EP) procedures—catheter ablation and left atrial appendage closure.
	MyOncologyHealth* - <i>Personalized Oncology Support</i> Relieves some of the burden and uncertainty of a cancer diagnosis by offering education and expert support from a registered nurse navigator. The navigator will provide education on topics such as diet and nutrition, chemotherapy, mental health, and disease-specific support for common cancers. * Traditional insurance coverage applies to MyOncologyHealth. Patients will be responsible for paying all out-of-pocket costs.

Visit [Ryman.myvanderbilthealthbenefits.com](https://ryman.myvanderbilthealthbenefits.com) or call **615.936.2635** to learn more.