

Quick Reference Guide

Visit the Teamsters Local 14 benefits website at teamsters14benefits.com.

Benefit	Website	Phone Number
Family Wellness Centers	eversidehealth.com/teamsters14	Henderson: 702-728-5806 Las Vegas: 702-844-8143 After hours: 877-239-9372
PPO Plan		
Anthem	anthem.com	702-851-8286
Behavioral Health	harmonyhc.com/eap/accounts/teamsters-14	702-251-8000 800-363-4874
Coalition Hospitals	vhsc.org/coalition	702-474-4418
Elixir	elixirsolutions.com	800-361-4542
Telemedicine	livehealthonline.com	888-548-3432
HMO Plan		
Health Plan of Nevada	myhpnonline.com	702-242-7300 800-777-1840
Telemedicine	nowclinic.com	877-550-1515 Behavioral Health: 800-873-2246
Dental Plans		
Dental PPO Plan	deltadentalins.com	702-851-8286
Dental DHMO-EPO Plan (Benefit Plan NV-400)	libertydentalplan.com	888-401-1128
Vision Plan		
VSP	vsp.com	800-877-7195
Life and Accident Insurance Plans		
Zenith American Solutions	teamsters14healthfund.com	702-851-8286



P.O. Box 27287
Las Vegas, NV 89126-1287



Questions About Your Benefits?

Visit the Teamsters Local 14 benefits website at teamsters14benefits.com.

Put Your Mental Health First

As a nation, we have experienced a greater need for behavioral health care. Teamsters Local 14 has provided a substantial behavioral health resource through Harmony Healthcare for you and your covered dependents.

You have two options for care:

- Up to **eight free visits** for professional, confidential counseling for you and your immediate family.
- An **in-person network** with one main clinic and over 280 individual providers throughout the Las Vegas area. Download the online provider directory at harmonyhc.com/eap/accounts/teamsters-14 > **Provider List**.

Please do not hesitate to use this resource if you have a need. Visit the Employee Assistance Program page at teamsters14benefits.com for more information.



Your Healthiest Summer Yet!

Summer is here!
Read on to see how you can prepare.



Reprioritize Preventive Care

Many people put off preventive and maintenance care during the pandemic, but now it's time to get caught up! There's a reason they're called annual physicals—getting them on a yearly basis is the best way to keep tabs on your health and take preventive action if early detection shows you're at risk.

Teamsters Local 14 Family Wellness Centers make it easy and affordable to stay on top of your health. Just call the center closest to you for an appointment. If you're a PPO plan member, you'll pay nothing for annual physicals for yourself and your covered dependents; if you're an HMO plan member, you too can visit the centers for care.

Keep Your Skin Safe

Protect yourself from the sun this summer. Make sure you're wearing sunscreen while outside, and don't forget to reapply every two hours.

Skin cancer is highly treatable if you catch it early, so see a dermatologist once a year to make sure your skin is healthy. PPO participants only have to pay a \$15 copay for an in-network dermatologist, and HMO participants only pay a \$70 copay.

Easy Lifestyle Changes

Did you know your employee assistance program (EAP) provided through Harmony Healthcare is available to assist with healthy lifestyle changes? Check out their website ([harmonyhc.com/eap/accounts/teamsters-14](https://www.harmonyhc.com/eap/accounts/teamsters-14)) for a variety of no-cost resources, including:

- **Recipes:** 200+ dietician-reviewed recipes that are easy, nutritious and delicious!
- **Webinars:** Live and recorded webinars on topics like “Eat Your Way to Better Health” and “What Stress and Diet Have in Common.”
- **Health videos:** Learn how your lifestyle affects your health—watch videos on topics like “Maximizing Your Weight Training” and “Keeping Beautiful in the Sun.”

If you need extra support, contact Harmony Healthcare at **702-251-8000** or **800-363-4874** for professional, confidential counseling for you and your covered family members. Each year, you can receive up to eight FREE visits per person, per issue.



Amanda Gracia, MD

Family Wellness Center Provider Spotlight

It's important to develop a trusting relationship with your health care providers. In this issue of *Benefits Basics*, get to know **Amanda Gracia, MD, a doctor at the Teamsters Local 14 Wellness Centers.**

Dr. Gracia earned a Bachelor of Science degree in biology and her medical degree at the University of Nevada in Reno. She then completed her residency in family medicine at UNLV's program in Las Vegas. She has served the Las Vegas community for the entirety of her health care career.

When not working, Dr. Gracia enjoys exploring the Las Vegas outdoors with her dog Kobe, everywhere from hiking Red Rock to strolling the downtown street fairs. She loves traveling, listening to and playing music, and reading.

Dr. Gracia looks forward to establishing a connection with her patients and working as a team to improve their physical and mental well-being.

Schedule an appointment with Dr. Gracia at [eversidehealth.com/provider/amanda-gracia](https://www.eversidehealth.com/provider/amanda-gracia). Watch for another provider spotlight in an upcoming issue of *Benefits Basics*.