

## Quick-Reference Guide

Visit the Teamsters Local 14 benefits website at [teamsters14benefits.com](https://teamsters14benefits.com).

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



P.O. Box 27287  
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## Questions About Your Benefits?

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TEAMSTERS SECURITY FUND FOR SOUTHERN NEVADA – LOCAL 14 BENEFITS BASICS: SUMMER 2024

# YOUR WELLNESS, YOUR WAY

## Calling all members!

If you need medical care this summer, visit one of the Teamsters Local 14 Family Wellness Centers! Receiving care at a wellness center is completely free for you and your covered family members. And you'll get the same care you'd typically receive from a primary care physician (PCP), including high-quality, confidential medical and preventive care, access to prescription drugs, and lab work. You can even make one of the centers your official PCP!

Same-day appointments are generally available. To schedule an appointment and begin getting cost-efficient care near you, visit [eversidehealth.com/teamsters14](https://eversidehealth.com/teamsters14) or contact your local wellness center:

- ➔ **Henderson:** Call **702-728-5806** to set up an appointment.
- ➔ **Northwest Las Vegas:** Call **702-844-8143** to set up an appointment.

# When Your Health Can't Wait



Dealing with a health issue can be tricky sometimes, so knowing where to go for care can take away the hassle of stressing over your options. When you need medical attention for non-life-threatening but urgent needs and your primary care physician (PCP) isn't available, here are some urgent care options for both PPO and HMO plan members:

## PPO Plan Members

If you are enrolled in the PPO medical plan, you can receive urgent care services for as little as \$15 as long as you stay in-network. Simply visit [anthem.com](https://www.anthem.com) to find an urgent care center near you, which includes 24-hour locations and specialty care. Select **Find Care** in the top right-hand corner, scroll down to **Use Member ID for Basic Search** and enter the prefix **JTF**. Once the new screen loads, simply enter your zip code and select **Urgent Care** under **More Options** to find the nearest facility.

You can also receive on-demand urgent care through DispatchHealth or Doctoroo. This way you can receive on-demand urgent care and on-location services from a board-certified physician, nurse practitioner, or physician assistant. To connect with on-demand urgent care, visit [dispatchhealth.com](https://www.dispatchhealth.com) or call **702-848-4443**, or visit [doctoroo.com](https://www.doctoroo.com) or call **888-888-9930**.

## HMO Plan Members

If you are enrolled in the HMO medical plan, urgent care services will cost you \$40 as long as you stay in-network. To find urgent care near you, visit [healthplanofnevada.com](https://www.healthplanofnevada.com) and select **Care Options**.

You can also call the 24/7 nurse advice line at **800-288-2264** for on-demand urgent care. A nurse will review your current symptoms and, if necessary, schedule an urgent care visit at your home to provide you with advanced medical care. If you need a prescription after the visit, most can be sent to your chosen pharmacy.

**IMPORTANT! IF YOU ARE EXPERIENCING A LIFE-THREATENING MEDICAL ISSUE, PLEASE CALL 911 OR GO TO THE CLOSEST EMERGENCY ROOM.**

## Bettering Your Behavior

Determining what is behavioral health can be confusing, but it essentially covers your overall health, including your mental, physical, and emotional well-being and how they interact with each other. When you learn the connections between them, you will see how your habits and behaviors affect your wellness, for better and for worse. With your employee assistance program (EAP), provided through Harmony Healthcare, you and your covered family members can better maintain and manage your behavioral health by taking advantage of its services.

- **Mental Health and Substance Abuse Treatment.** If you or a loved one is struggling with mental health or substance abuse and needs treatment, Harmony Healthcare is there for you. With a network of over 280 providers you can see in person or via telehealth, and a clinic with their own providers, you will receive the necessary care you need in no time. To take advantage of this benefit, you must first contact Harmony Healthcare for an authorization and a referral for an in-network provider. If you go out-of-network, you will pay a much higher share of the cost.
- **Confidential Counseling.** You can receive up to eight (8) free visits for professional and confidential counseling to help you manage emotional and mental stressors, including depression/suicidal thoughts, grief and loss, financial and legal issues, work pressures, and more.

To obtain an authorization and a referral, or to schedule a counseling appointment, call Harmony Healthcare at **800-363-4874** or **702-251-8000**, available 24/7. For more resources, including webinars, health videos, and other behavioral health tools, visit [harmonyhc.com/eap/accounts/teamsters-14](https://www.harmonyhc.com/eap/accounts/teamsters-14).