

## 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://clients.marathon.health/teamsters14">clients.marathon.health/teamsters14</a>	702-553-3635 Henderson: Press 1 Northwest Las Vegas: Press 2
<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 NW-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://edge.zenith-american.com">edge.zenith-american.com</a>	702-851-8286



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



## Questions About Your Benefits?

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TEAMSTERS SECURITY FUND FOR SOUTHERN NEVADA – LOCAL 14 BENEFITS BASICS: WINTER 2025

THE YEAR OF YOU

# You matter

Scan the QR code or visit [harmonyhc.com/eap/accounts/teamsters-14](https://harmonyhc.com/eap/accounts/teamsters-14) to learn more about the benefits your EAP offers.



There's no better way to set the tone for 2025 than to focus your energy on bettering yourself. With the Teamsters 14 employee assistance program (EAP) provided through Harmony Healthcare, all members and their families have access to a wide range of wellness tools, resources, and services that promote balanced living and help with improving your overall mental and emotional health.

It costs nothing—really, nothing—to take advantage of this benefit, so don't wait a second longer to make your mental well-being a priority.

# CARE AND COUNSELING FOR YOU

You know you better than anyone, so if you notice changes in your everyday behavior, chances are that you may need someone to turn to. Signs of a mental health crisis can range from intense emotional struggles to sudden mood swings to withdrawing from social activities and even to changes in your appetite or sleeping pattern. The facts show that mental and emotional issues can invade every aspect of your life and lead to building dangerous habits dependent on harmful substances and behaviors.

If you find yourself or someone close to you exhibiting any of these signs, trust your EAP for help. Harmony Healthcare can provide you with the following mental health services for support:

- **Counseling:** Up to eight free sessions with a professional for confidential mental health counseling. You can continue your counseling after you complete the eight free EAP sessions; however, regular benefit copayments will apply.
- **Mental health and substance abuse treatment:** Authorization for mental health or substance abuse treatment with a Harmony Healthcare network provider. **Note:** If you use a non-network provider, you will pay a much larger share of the cost.
- **Internet-based cognitive behavioral therapy (iCBT):** In partnership with Harmony Healthcare, MindBeacon offers easy-to-access personalized therapy with a licensed mental health professional for up to 12 weeks. Receive support through secure text-based messaging for mild to severe mental health struggles, accessible via your smartphone, tablet, or computer. **Note:** Must be age 18 or older to take advantage of this benefit.

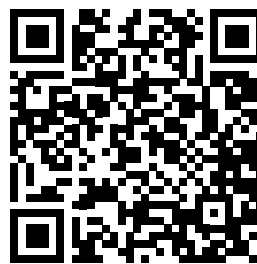
Harmony Healthcare has a network of over 280 providers to choose from for both in-person and telehealth options. They even have their own outpatient clinic with their own providers you can seek treatment from.

To set up an appointment for a counseling session or to obtain authorization and receive a referral for mental health or substance abuse treatment, call Harmony Healthcare at **800-363-4874** or **702-251-8000**, available 24/7.

**IF YOU OR SOMEONE YOU LOVE IS EXPERIENCING A MENTAL HEALTH CRISIS, DO NOT WAIT. SEEK HELP IMMEDIATELY BY CALLING 911.**

## Sign up for MindBeacon's text-based therapy.

Visit their multilingual website to create your account and get started.



Scan this QR code to visit the English site.



Escanea este código QR para visitar el sitio en español.

## Resources for a Better You

Harmony Healthcare also offers online resources to help you work on and manage your mental health, engage in self-guided treatment, and gain access to beneficial tools, including:

- A provider directory to find care near you (go to [harmonyhc.com/provider-directory](https://harmonyhc.com/provider-directory) to browse the list)
- Expert-led webinars geared toward your personal and professional growth
- Physical and emotional health assessments and articles
- 200+ dietician-reviewed recipes and instructions
- Financial literacy tools
- Legal forms, videos, FAQs, and even a lawyer locator

To take advantage of your EAP's online resources, visit [harmonyhc.com/eap/accounts/teamsters-14](https://harmonyhc.com/eap/accounts/teamsters-14).