



Urgent Care Comes to You!

If you are a PPO plan member, you can request urgent care services where you need them—at your office, home, or anywhere else—through DispatchHealth. You'll see board-certified physicians, nurse practitioners, or physician assistants with experience in acute injuries and illnesses. You'll pay only a \$15 copay for this service, after you meet the plan's deductible; the Fund pays the rest. The average wait time is 75% less than at an emergency room.

Visit dispatchhealth.com or call **702-848-4443** if you need urgent medical care. You can also download the DispatchHealth app from the App Store (Apple) or Google Play (Android). You'll need to register, so it's a good idea to sign up now.

Preventive Care Can Save Your Life

Getting regular checkups and exams can help you and your family stay well and detect any problems early. This saves you time and money in the future. For many diseases and conditions that cause serious illness, or even death, early detection is important to getting the most effective treatment and the best outcome.

Preventive care is covered at 100% if you visit an in-network provider.

Consider a visit to a Family Wellness Center for your preventive care. The centers provide physicals and annual wellness checkups, flu shots, health coaching, health profiles, and personal health goal development.



Sorry, but No Walk-Ins at the Fund Office for Now

Because of COVID-19, we are not accepting walk-ins at this time. To visit the Fund Office, you'll need to make an appointment by calling us at **702-851-8286**.

Protect Yourself and Your Family—Get a Flu Shot Today!

Flu season starts in September and goes through May each year. Children, adults 65 and older, and pregnant women are among the groups at highest risk for complications from the flu, but **everyone** should get vaccinated as early in the flu season as possible.

If you're a PPO or an HMO plan member, your plan covers the full cost of an annual flu shot for you and your eligible family members when you see in-network providers. You can also visit a Teamsters Local 14 Family Wellness Center for a flu shot at no cost to you! To make an appointment, call **702-728-5806** (Henderson) or **702-844-8143** (Northwest Las Vegas).

Where to Go for Care

Where do you go for preventive care or a life-threatening emergency? Knowing before you go can save you time and money.

Where	When	How
For preventive or non-life-threatening medical care:		
Visit your in-network primary care physician .	Preventive care services are covered by the PPO and HMO plans at 100%—no copay! For all other services, you will pay a copay.	<p>PPO Plan Visit anthem.com and click Find a Doctor/Find Care at the top right of the screen.</p> <p>HMO Plan Visit myhponline.com for a provider directory.</p>
Visit an urgent care center or retail clinic .	<p>If you need medical care quickly but can't get in to see your doctor, urgent care centers are often open for extended hours, including nights and weekends.</p> <p>If you're a PPO plan member, you'll pay just \$15 after your deductible if you visit an in-network urgent care center. If you're an HMO plan member, you'll pay \$40 if you use an HMO-contracted urgent care center. No matter which plan you're in, you'll pay much less than for an emergency room visit.</p>	
Visit a Teamsters Local 14 Family Wellness Center .	<p>You can visit a wellness center for preventive care or anything you would visit your primary care physician for. If you're a PPO plan member, you and your covered dependents can use wellness center services for free! If you're an HMO plan member, you can also use the centers. The wellness centers offer you FREE:</p> <ul style="list-style-type: none"> ➤ Virtual care visits ➤ High-quality, confidential medical care and preventive care ➤ Access to certain prescription drugs ➤ Lab work <p>You must make an appointment before visiting the wellness centers. Same-day appointments are generally available.</p>	<p>wp.activatehealthcare.com/teamsters14</p> <p>Henderson Family Wellness Center 1505 Wigwam Parkway Suite 241 Henderson, NV 89074 702-728-5806</p> <p>Northwest Las Vegas Family Wellness Center 2831 Business Park Court Las Vegas, NV 89128 702-844-8143</p>
Visit a doctor online using telehealth .	<p>You can visit a doctor for common health concerns like allergies, colds, the flu, rashes, infections, suspected COVID-19 symptoms, and more without leaving your home. Connect with a doctor 24/7 from the comfort of your home on your smartphone, tablet, or computer.</p> <p>LiveHealth Online telehealth visits cost just a \$10 copay. NowClinic telehealth services are always available at no cost to you.</p> <p>You will need to register the first time you use telehealth services. We encourage you to register today so that you're ready for a visit when you need one.</p>	<p>PPO Plan Visit livehealthonline.com or download the LiveHealth Online mobile app.</p> <p>HMO Plan Visit nowclinic.com or download the NowClinic mobile app.</p>
For life-threatening emergency medical care:		
Visit an emergency room (ER) .	The ER can be the most expensive place to receive care. But, if you need immediate treatment for a critical, life-threatening injury or illness, call 911 or go to the nearest emergency room. If your emergency isn't life-threatening, the PPO plan only pays \$75 of ER charges and you pay the balance (which could be as much as \$3,000 per visit!); the HMO pays nothing .	<p>PPO Plan Hospitals: Choose Health Services Coalition (HSC) providers from the list at lhsc.org/coalition.</p> <p>HMO Plan Visit myhponline.com for a provider directory.</p>



Keep Your Information Up to Date!

If you need to update your personal or dependent information, call the Teamsters 14 Customer Service Line at **702-851-8286** or visit the Zenith American Solutions website at teamsters14healthfund.com.