



Benefits Basics #17:



Visits to Teamsters Family Wellness Centers Continue to Grow!

On May 8, Teamsters Security Fund for Southern Nevada—Local 14 held a grand opening celebration in Northwest Las Vegas for its second Wellness Center. Leaders from the International Brotherhood of Teamsters, Joint Council 42 President Randy Cammack and Las Vegas mayor Carolyn Goodman joined clinic staff for a well-attended ribbon cutting ceremony.

The first Wellness Center opened in Henderson this past February. Since then, both locations have accommodated nearly 1,000 appointments—all at no out-of-pocket cost.

Wellness Centers offer affordable, confidential, convenient health care to all Teamsters Security Fund for Southern Nevada—Local 14 members and their families.

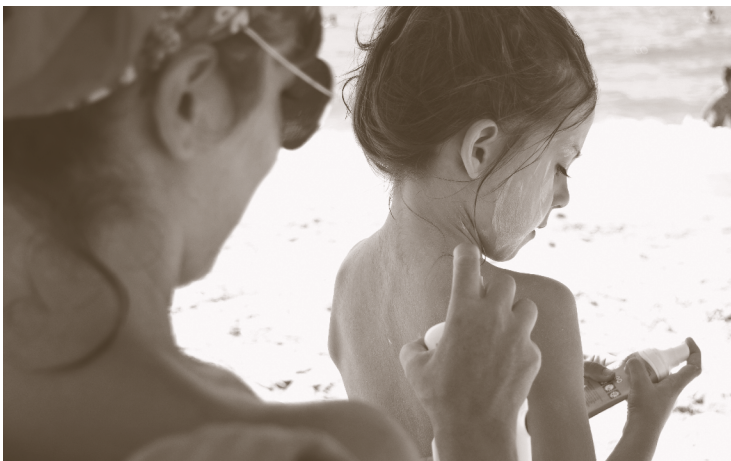
This month, the Henderson Wellness Center will begin dispensing free prescription medication, and the Northwest Las Vegas location will soon follow. To see a list of available medications, visit wp.activatehealthcare.com/teamsters14/drugs.

Wellness Centers are an ideal solution for your routine medical needs. You can even use a Wellness Center physician as your Primary Care Provider (PCP). See the chart below for contact information.

Where to Go for Care

	Service or Facility	What Can Be Treated	Features and Benefits	Your Cost	Contact Information
Option 1 Routine and Preventive Care	Teamsters Local 14 Family Wellness Centers	Non-emergency preventive care and some chronic conditions (i.e., high blood pressure and arthritis)	Visits by appointment only (same-day may be available but not guaranteed; call first rather than walk-in) Doctor can act as your primary care physician (PCP)	PPO: free HMO: free	Northwest Las Vegas: 702-844-8143 Henderson: 702-728-5806 teamsters14benefits.com/benefits/medical
Option 2 Routine Care	Telemedicine <ul style="list-style-type: none"> ➤ PPO participants: LiveHealth Online ➤ HMO participants: NowClinic 	Common health concerns, such as allergies, colds, headaches, and fevers	See a board-certified doctor using your tablet, computer or smartphone Prescriptions can be sent to your network pharmacy	PPO: \$10 copay HMO: \$10 or less copay	PPO: livehealthonline.com HMO: myhpnonline.com
Option 3 Routine, Preventive and Diagnostic Care	Convenient Care/Minute Clinics	Sports physicals, health screenings, vaccinations, some lab tests, and minor health issues like colds and headaches	Open evenings and weekends Walk-in appointments available	PPO: \$10 copay HMO: \$25 copay	PPO: CVS Minute Clinic or Walgreen's Take Care Clinic HMO: Southwest Medical Associates (SMA) Convenient Care Clinic listed at smalv.com/en/OurCenters/ConvenientCares

	Service or Facility	What Can Be Treated	Features and Benefits	Your Cost	Contact Information
Option 4 Urgent Care after-hours	Urgent Care Facilities	Serious, but non-life threatening illnesses (i.e., infection or the flu)	Open evenings and weekends Walk-in appointments available	PPO: \$15 copay (Dispatch Health will come to home/office) HMO: \$40 copay	PPO: dispatchhealth.com HMO: teamsters14benefits.com/benefits/medical
Option 5 Life-threatening Care	Emergency Room	Life-threatening conditions (i.e., serious bleeding, head trauma, and major chest pains) Avoid when possible, but go when necessary	Treats the most serious conditions Expensive last resort	PPO: \$50 copay + professional fees; Plan pays maximum of \$75 for non-emergencies HMO: \$400 copay (waived if admitted); Plan pays nothing for non-emergencies	Local in-network hospital



Love Your Skin!

Protect yourself from the sun this summer. 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.



No Flu for You!

Flu season starts in September, and Teamsters Local 14's Wellness Centers are already preparing. 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. Call **702-728-5806** (Henderson) or **702-844-8143** (Northwest Las Vegas) to make an appointment.

Save the Date



Open Enrollment for 2020 health coverage will run from October 15 - November 15, 2019. This is your annual opportunity to enroll in or change your medical and/or dental plan, add or drop eligible dependents, and update your beneficiary information. Any changes will take effect on January 1, 2020.

Reminder: If your spouse has the option to enroll in another group medical plan, but instead chooses the Fund's medical plan as primary coverage, you will be required to complete an online Spousal Affidavit during Open Enrollment. Keep an eye out for more information in the next few months.

Questions about Your Benefits?

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

