



Vaccines: What You Need to Know

The Centers for Disease Control and Prevention (CDC) has declared August to be National Immunization Awareness Month. Are you up to date on your vaccine knowledge?

Vaccines are an important tool in preventing the spread of certain types of diseases. Most vaccines work by exposing your body to a small part of the virus that has been weakened or killed. This limited exposure activates your immune system to produce antibodies—without making you sick. After being vaccinated, your body develops immunity, or resistance, to the disease.



**Need more information
on COVID-19 vaccines?**

Visit [cdc.gov](https://www.cdc.gov) or coronavirus.illinois.gov.

Getting Vaccinated

Visit www2.cdc.gov/nip/adultimmsched to use the CDC's adult vaccine assessment tool. Complete the questions and find out which vaccines are recommended based on your age, health conditions, job, and other factors. Once you have your list, contact the Family Wellness Center and schedule an appointment.

Vaccines 101

- **Vaccines are not just for kids.** Adults need vaccines too—they are at risk for different diseases than children. For example, vaccines for the flu, shingles, and pneumonia are often recommended for adults.
- **Safety is the priority.** The Food and Drug Administration (FDA) requires strict guidelines for vaccine development, production, and testing.
- **Vaccination is the best protection.** While many serious diseases are no longer common in the United States thanks to vaccines, these diseases still exist and can spread when people are not vaccinated. By getting vaccinated, you can help protect yourself, your family, and your community from serious, sometimes deadly, diseases.
- **They're covered!** Preventive vaccines are covered 100% by your Fund benefits when you visit a Family Wellness Center or an in-network provider for your care.

Call Us!

Henderson Family Wellness Center

Day: **702-728-5806**

After hours: **877-239-9372**

Northwest Las Vegas Family Wellness Center

Day: **702-844-8143**

After hours: **877-239-9372**



Questions about your benefits? Visit the Teamsters Local 14 benefits website at teamsters14benefits.com.

Start Your Happy, Healthy Summer by Caring for You

It's been a long, hard year and a half for everyone. Now that we're returning to life as we knew it before, it's time to make the most of these summer months. And that starts with making sure you're taking care of yourself—and your family too.

Get summer off to a great start by scheduling those routine checkups and screenings you've been putting off. 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.

5 Tips for Staying Safe This Summer

It may take more than sunscreen and a bottle of water for you to feel comfortable venturing out into the world. That's perfectly normal. To put you at ease, here are five ways you can minimize the risk of getting sick:

1. **Wash your hands often** (and keep them away from your face). Germs spread through touch. Think: public door handles.
2. **Use hand sanitizer.** A great alternative to running water while shopping, before getting into your car, at outside venues, etc.
3. **Don't go out if you're sick.** Not only are you more prone to getting sick on top of what you already have, but you'll also spread your illness to others.
4. **Get enough sleep.** It boosts your immune system and helps you stay healthy.
5. **Talk to someone if you're stressed, anxious, or depressed.** Your emotional health is tied to your physical health, so when it's not in top form, neither are you. Our **employee assistance program** is there for you 24/7/365!

An Ounce of Prevention...

Preventive health screenings are part of your annual physical. Some of these tests help determine if you're at risk for certain diseases; others help detect disease early, when it can be treated more successfully.

While your doctor will likely order bloodwork and check your weight, eyesight, skin markings, and blood pressure at every checkup, other preventive screenings and tests are age- or pregnancy-related.

Essential Preventive Health Screenings for Men

Screening	Purpose	Age
Cholesterol	Identify heart disease risk	35 and older
Colorectal	Prevent/detect colorectal cancer	45–75
Prostate	Detect prostate cancer	40–54 if at risk; otherwise, beginning at 55
Abdominal aortic aneurysm	Detect aortic bulging	Smokers/former smokers ages 65–75

Essential Preventive Health Screenings for Women

Screening	Purpose	Age
Breast exam	Detect breast cancer	20s–30s, every one to three years
Mammogram	Detect breast cancer	Once a year in 40s; every other year in 50s–70s
Cervical (Pap smear or HPV testing)	Prevent/detect cervical cancer	Age 21 and above, every three years
Osteoporosis (bone density test)	Measure bone strength and predict risk of breaks	65 and above
Colorectal	Prevent/detect colorectal cancer	Age 50 and above

Vision Benefit Improvements

Vision care is an essential part of a healthy lifestyle. As of June 1, 2021, your vision benefits are expanding to include some exciting enhancements for when you use VSP providers:

- **Frame allowance.** The frame allowance—how much the Fund will cover for glasses frames—is increasing to \$200 (from \$150). If you choose a featured frame, the allowance is increasing to \$220!
- **Covered lenses.** Standard progressive lenses are covered in full with a \$0 copay.
- **Lens enhancements.** Anti-reflective (anti-glare) coatings are covered in full with a \$30 copay.
- **Contacts and glasses.** Lenses for glasses or contact lenses are covered each year for members who wear both glasses and contacts. Note: You cannot get contacts **and** glasses every year.

Find more information about your vision benefits at teamsters14benefits.com/benefits/vision.

¹ Frames purchased at Costco are subject to a \$110 frame allowance.