



Family Wellness Center Provider Spotlight

What is a nurse practitioner?

A nurse practitioner is a licensed health care professional who offers a wide range of care services, either alone or alongside a doctor.

There's a lot of overlap in the roles of nurse practitioners and physicians, but nurse practitioners focus on preventing diseases and promoting the health and well-being of the whole person.

Source: [webmd.com/a-to-z-guides/what-is-a-nurse-practitioner](https://www.webmd.com/a-to-z-guides/what-is-a-nurse-practitioner)

It's important to develop a trusting relationship with your health care providers. In this edition of *Benefits Basics*, get to know Brandon Baker, the Teamsters Local 14 Wellness Centers' nurse practitioner.

Brandon received his Master of Science in Nursing and Family Nurse Practitioner degree from Loyola University-New Orleans. He has also served as an advanced practice registered nurse (APRN) and worked in various urgent care clinics and ICUs. He holds a bachelor's degree in criminal justice.

Brandon was born and raised in Louisiana and recently moved to Las Vegas. When he's not working, he enjoys hiking, working out, and traveling. As a family nurse practitioner, Brandon is looking forward to improving his patients' health outcomes.

Schedule an appointment with Brandon at eversidehealth.com/provider/brandon-baker. Watch for another provider spotlight in an upcoming issue of *Benefits Basics*.



Schedule Annual Exams—Today!

The beginning of the year is a good time to make preventive care a priority. For many diseases and conditions, early detection is important for treatment. When you get preventive care services at the Family Wellness Center or an in-network provider, you pay \$0!

Make a point to schedule your annual medical, dental, and vision screenings ASAP.

SARS-CoV-2 Antigen Rapid Test (Self-Testing)



FREE COVID-19 At-Home Tests

Receive up to **four free at-home COVID-19 tests** from the federal government by visiting [covidtests.gov](https://www.covidtests.gov).

The U.S. Food and Drug Administration recommends getting tested if:

- You have symptoms of COVID-19, even after vaccination.
- You've been in close contact with someone who tested positive for COVID-19, even after vaccination.
- You took part in a high-risk activity that made social distancing more difficult, such as traveling or attending a large gathering.
- You've been asked or instructed by your doctor or local health department to get tested.

Please see the FDA website ([fda.gov](https://www.fda.gov)) or consult with your physician concerning when you should take a COVID-19 test.

Protect Yourself and Others From COVID-19

According to the Centers for Disease Control and Prevention (CDC), take these steps to avoid getting COVID-19:

- Get vaccinated and stay up to date with your COVID-19 vaccines.
- Wear a mask and stay at least 6 feet away from others.
- Avoid poorly ventilated spaces and crowds.
- Test to prevent the spread to others.
- Wash your hands often and cover coughs and sneezes.
- Follow quarantine and isolation recommendations.
- Take precautions when you travel.

For more information on any of these safety measures, visit [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html).

Did you know your EAP has COVID-19 resources?

We know things have been difficult the past two years, and you may be feeling more stressed than usual. If you need some extra support, the employee assistance program (EAP) provided through Harmony Healthcare offers professional, confidential counseling for you and your covered family members. Each year, you can receive up to eight FREE visits per person, per issue.

The Harmony Healthcare website ([harmonyhc.com/eap/accounts/teamsters-14](https://www.harmonyhc.com/eap/accounts/teamsters-14)) offers a variety of no-cost resources, including a COVID-19 resource center. There you can find information for distant learning, caregivers, supporting your children, financial stress, and addressing emotional well-being.

Contact Harmony Healthcare at **702-251-8000** or **800-363-4874**, or visit [harmonyhc.com/eap/accounts/teamsters-14](https://www.harmonyhc.com/eap/accounts/teamsters-14).



Know Where to Go for Care

The last edition of *Benefits Basics* spotlighted where to go for care. To make that decision even easier, we've developed a quick tool to help you find the best location based on your medical need.

Visit teamsters14benefits.com and check out our new *Where to Go for Care Quiz*. You can find it right on the homepage.

Do you have the website bookmarked?

The benefits website (teamsters14benefits.com) has a TON of useful information about your Fund benefits. Check back frequently for new videos, tools, and benefit spotlights. You earned these benefits—make the most of them.



Questions about your benefits?

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