

MENTAL HEALTH and TREATMENT



The employee assistance program (EAP) offers treatment for mental health disorders and substance abuse. If you or a covered family member is struggling with mental or emotional distress or is having problems controlling the use of substances (alcohol, illegal drugs, prescription drugs, or over-the-counter drugs), you can contact Harmony Healthcare for help.

When you call, you'll receive a referral to a Harmony Healthcare network provider.

If you use a non-network provider, you will pay a much larger share of the cost for treatment.

To begin your treatment journey, call Harmony Healthcare at **800-363-4874** or **702-251-8000**—specialists are available to assist you 24/7.

Visit harmonyhc.com/provider-directory to browse the in-network provider list.

Harmony Healthcare has a network of over 280 providers to see in person or online through telehealth options—whichever you prefer! They also have a clinic with their own providers.



Free and Confidential Counseling

If you and your family need to speak with someone, whether it be about everyday stress, suicidal thoughts, depression, or something else, the EAP offers up to **eight FREE visits*** per issue with a professional for confidential counseling sessions. These sessions will help you learn how to manage anything in a healthy and productive way. All you have to do is schedule an appointment by calling Harmony Healthcare at **800-363-4874** or **702-251-8000**.

*Once you exhaust your eight free EAP visits, you can continue to seek treatment; however, regular benefit copayments will apply.

Make Wellness Your 2023 Resolution

Harmony Healthcare provides many other resources to help keep your life active and balanced. Here are several to help you get started on those New Year's resolutions and work your way toward bettering yourself all year round:

- Articles, assessments, and FAQs to help you learn more about the signs of detrimental behaviors, including gambling addiction, substance use, and depression
- Webinars on financial topics, personal relationships, professional growth, and more
- Training courses to help with effective communication, leadership skills, work-life balance, and interpersonal skills
- Emotional well-being assessments to help enhance your sense of self
- Health assessments to help you prepare for and avoid potential health risks in the future
- Financial literacy tools and a legal resources library
- Recipes that are easy, delicious, and dietitian-approved

To take advantage of the resources offered through your EAP, visit harmonyhc.personaladvantage.com or call **800-363-4874** or **702-251-8000**.

Quick-Reference Guide

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

Benefit	Website	Phone Number
Family Wellness Centers	eversidehealth.com/teamsters14	Henderson: 702-728-5806 Las Vegas: 702-844-8143 After hours: 877-239-9372

PPO Plan		
Anthem	anthem.com	702-851-8286
Behavioral Health	harmonyhc.com/eap/accounts/teamsters-14	702-251-8000 800-363-4874
Coalition Hospitals	lvhsc.org/coalition	702-474-4418
Elixir Pharmacy Benefits	elixirsolutions.com	800-361-4542
Telemedicine	livehealthonline.com	888-548-3432

HMO Plan		
Health Plan of Nevada	myhpnonline.com	702-242-7300 800-777-1840
Telemedicine	nowclinic.com	877-550-1515 Behavioral Health: 800-873-2246

Dental Plans		
Dental PPO Plan	deltadentalins.com	702-851-8286
Dental DHMO - EPO Plan (Benefit Plan NV-400)	libertydentalplan.com	888-401-1128

Vision Plan		
VSP	vsp.com	800-877-7195

Life and Accident Insurance Plans		
Zenith American Solutions	teamsters14healthfund.com	702-851-8286



Teamsters Security Fund
for Southern Nevada
Local 14

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



Questions About Your Benefits?

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

Your EAP Benefits Are Waiting for You

Through Harmony Healthcare, Teamsters Local 14 offers an employee assistance program (EAP) designed to help all members and their families. The EAP offers services geared toward improving your mental and emotional well-being, along with other great tools to help with relationships, legal troubles, personal growth, and more.

