


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	lhsc.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.

DON'T FORGET TO TAKE YOUR MEDS!

Daily medications might slip your mind, but it's important to take your medicine as prescribed by your doctor. Medication adherence *and* compliance are important in controlling and managing your conditions. If you have any concerns, reach out to your doctor for assistance.





With long sunny days and endless activities to look forward to, make sure your health isn't slipping your mind. Annual physicals and preventive measures are a great way to detect health issues before they become major problems—keeping you stress free this summer!

Generally, annual physicals require some lab tests, which are used to determine your current health and any changes over time. These tests are an important way to catch certain illnesses such as diabetes, heart disease, and some cancers.

The Family Wellness Center offers high-quality, convenient health and preventive care. For PPO plan members and your covered dependents, you can visit the center to get care at no cost! HMO plan members can also take advantage of the center's preventive care services at no cost.

Note: You must make an appointment before visiting the Family Wellness Center. Generally, same-day appointments are available. Visit eversidehealth.com/teamsters14 to find the Wellness Center closest to you and to schedule an appointment.



We Moved!

The Henderson Family Wellness Center moved on April 5, 2023.

Our new address is:

**2739 Sunridge Heights Parkway
Henderson, NV 89052**

More information will be sent to you in the coming months.

Visit your local Family Wellness Center for quick, easy, and FREE medical care:

**Henderson
Family Wellness Center**
2739 Sunridge Heights Parkway
Henderson, NV 89052

**Northwest Las Vegas
Family Wellness Center**
2831 Business Park Court
Las Vegas, NV 89128

Call to schedule an appointment:

702-728-5806
(Henderson)

702-844-8143
(Northwest Las Vegas)



Knowing where to go for care can save you time and money! Try our *Where to Go for Care Quiz*, available at bit.ly/3XE11RH, to see what care option is best for your situation.



But That's Not All...

While keeping your health in mind this summer is great, looking and feeling good may also be top of mind. The employee assistance program (EAP), provided by Harmony Healthcare, offers an abundance of no-cost resources on how to have fun in the sun, while also staying safe and avoiding unhealthy habits.

- **Skin health:** Did you know the skin is the largest organ? While it protects you from bacteria and other exposures, you can help keep it protected from the sun. For example, it's a skin-smart idea to reapply sunscreen (SPF 15+) every 2 hours and wear clothing that covers the skin. Visit harmonyhc.com/eap/accounts/teamsters-14 for resources, including videos with topics like Keeping Beautiful in the Sun, Sunscreen 101, and Suncare for Children.
- **Diet and weight management:** Harmony Healthcare offers 200+ easy and delicious dietitian-approved recipes, including low cholesterol, vegetarian, and diabetic options. Along with nutrition, there are health assessments you can take to better understand your personal fitness level and health risks, articles about weight loss strategies, and more. Visit harmonyhc.com/eap/accounts/teamsters-14 for access to diet, fitness, and nutrition resources.