


Quick-Reference Guide

Visit the Teamsters Local 14 benefits website at [teamsters14benefits.com](https://teamsters14benefits.com).

Benefit	Website	Phone Number
Family Wellness Centers	<a href="https://eversidehealth.com/teamsters14">eversidehealth.com/teamsters14</a>	Henderson: 702-728-5806 Northwest Las Vegas: 702-844-8143 After hours: 877-239-9372
PPO Plan		
Anthem	<a href="https://anthem.com">anthem.com</a>	702-851-8286
Behavioral Health	<a href="https://harmonyhc.com/eap/accounts/teamsters-14">harmonyhc.com/eap/accounts/teamsters-14</a>	702-251-8000 800-363-4874
Coalition Hospitals	<a href="https://lhsc.org/coalition">lhsc.org/coalition</a>	702-474-4418
Elixir Pharmacy Benefits	<a href="https://elixirsolutions.com">elixirsolutions.com</a>	800-361-4542
Telemedicine	<a href="https://livehealthonline.com">livehealthonline.com</a>	888-548-3432
HMO Plan		
Health Plan of Nevada	<a href="https://myhpnonline.com">myhpnonline.com</a>	702-242-7300 800-777-1840
Telemedicine	<a href="https://nowclinic.com">nowclinic.com</a>	877-550-1515 Behavioral Health: 800-873-2246
Dental Plans		
Dental PPO Plan	<a href="https://deltadentalins.com">deltadentalins.com</a>	702-851-8286
Dental DHMO-EPO Plan (Benefit Plan NV-400)	<a href="https://libertydentalplan.com">libertydentalplan.com</a>	888-401-1128
Vision Plan		
VSP	<a href="https://vsp.com">vsp.com</a>	800-877-7195
Life and Accident Insurance Plans		
Zenith American Solutions	<a href="https://teamsters14healthfund.com">teamsters14healthfund.com</a>	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](https://teamsters14benefits.com).

KNOW WHERE TO GO

Not sure where to go for care? Save yourself time and money by taking a short quiz to see what care option is best for you. Scan the QR code or visit [teamsters14benefits.com](https://teamsters14benefits.com).





# LOOK AFTER YOUR SMILE

No matter your age, caring for your mouth and looking after your oral health is important. To ensure you and your loved ones have a lifetime of happy smiles, it's crucial to follow and maintain a good oral hygiene routine. To avoid the burden caused by oral diseases, make sure to take proper action to control and even prevent them from ever developing by following some key oral health tips:

## ➤ For babies and toddlers:

- Wipe their gums with a clean, moist gauze pad or washcloth at least twice a day, typically after feedings and before bedtime.
  - Avoid letting babies fall asleep with a bottle in their mouth.
  - Begin regular visits to the dentist for checkups and cleanings as soon as their first tooth comes in.
  - Wean child off pacifier by the time they turn 2½.
- Use a fluoride toothpaste to brush your teeth twice daily for at least two minutes.
- Encourage healthy eating with a well-balanced diet that is low in sugar and high in fruits and vegetables.

- Avoid all forms of tobacco (including chewing areca nuts) and limit alcohol consumption.
- When playing contact sports, use protective equipment, such as a mouthguard.

Remember, a healthier mouth equals a happier you. A routine annual exam, cleanings twice a year, and X-rays are covered under preventive care services, so putting your oral health first adds no financial stress.

To find a dental care provider:

- **Dental PPO plan members:** Visit [deltadentalins.com](https://deltadentalins.com).
- **Dental DHMO-EPO plan members:** Visit [libertydentalplan.com](https://libertydentalplan.com) or call 888-401-1128.



## Stay Protected Against the Flu

As the days get shorter and the temperature gets colder, make sure you're staying protected against the flu this season. Teamsters Local 14 Wellness Centers offer free flu shots for you and your family.

To schedule an appointment, call:

- **Henderson:** 702-728-5806      ➤ **Northwest Las Vegas:** 702-844-8143

If you prefer to visit a different in-network provider, you'll pay \$0 for a flu shot.

## Don't Forget to Follow Up!

When you receive care, whether it be at one of our Wellness Centers or with your primary care physician, make sure to follow up after your appointment. This is the only way for caregivers to keep track of your progress, answer questions you may have, and adjust your treatment if needed based on their assessment. For more information on how to schedule a follow-up appointment, visit [teamsters14benefits.com](https://teamsters14benefits.com).



## Get Benefits on the Go

Need access to care, medical records, and benefits information—no matter where you are? Make sure to download these apps:

- **Delta Dental:** Find in-network dentists, view your ID card, and estimate dental care costs
- **LIBERTY Dental Plan:** Find in-network dentists, easily access your plan information, and see how you're using your dental benefits
- **VSP Vision Care:** Find an in-network doctor, access your member ID card, view your vision coverage, and shop for eyewear
- **LiveHealth Online (PPO plan members):** Get 24/7 access to schedule telehealth visits with board-certified providers; Spanish-speaking providers available through Cuidado Médico
- **NowClinic (HMO plan members):** Access simple and immediate connections with doctors, nurses, and other health care providers