


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 Northwest 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	healthplanofnevada.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?
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Start the
Year With
Preventive
Care

Kick off 2024 by doing
what’s best for your and
your family’s well-being.

Preventive medical care and dental care are integral to your health. They help you:

- Detect serious illness early on
- Save time and energy
- Lower your health care costs in the long run

Getting preventive care is FREE for both health plans as long as you stay in-network or visit one of our Family Wellness Centers.

Medical: Schedule an appointment with your in-network primary care physician or visit clients.eversidehealth.com/teamsters14 to schedule an appointment at the wellness center closest to you.

Dental: If you’re enrolled in the Delta Dental PPO plan, schedule an appointment with an in-network provider by visiting deltadentalins.com or by calling 702-851-8286. If you’re enrolled in the LIBERTY Dental Plan DHMO-EPO (Benefit Plan NV-400), visit libertydentalplan.com or call 888-401-1128 to schedule an in-network appointment.

PRESCRIPTION DRUGS 101



There are many tips and tricks on how to manage and save money on your prescriptions. By following the guidelines below, you'll feel less stress when it comes to taking care of your health.

Use Generic Drugs

Prescription drugs are typically sorted into tiers such as generic, preferred brand-name, non-preferred brand-name, and specialty. By opting for the generic tier, you select the lowest-cost option:

- **PPO plan generic drugs:** \$5 per prescription
- **HMO plan low-cost drugs:** \$25 per prescription

The good news is that generic drugs are FDA approved and have the same active ingredients as their brand-name counterparts, meaning they work the same. Doctors don't always prescribe the generic option, so be sure to ask whether a generic version of a prescription is available.

Use the Mail-Order Option

If you take medication on a regular basis for chronic conditions such as high blood pressure or diabetes (maintenance), consider the mail-order option. Mail order will help you save money, depending on the type of drug and your medical plan, by delivering a 90-day supply of your prescription.

To get started with the mail-order option:

- **PPO plan:** Visit elixirsolutions.com or call **800-361-4542**.
- **HMO plan:** Visit healthplanofnevada.com or call **800-777-1840**.

Stick to Your Meds

(Medication Adherence)

Medication adherence means taking your medication as prescribed at the right time, with the right dosage, and the right frequency. Straying from this pattern cannot only mess with your health care provider's treatment plan, but can also put your health at risk by making your disease worse and leading to further complications. Here are some tips that can help you stay on track:

- Schedule taking your medication with another daily activity, such as brushing your teeth before bed. **Note:** Ask your doctor or the pharmacist whether your medication should be taken on a full or empty stomach.
- Take your medication at the same time every day.
- Use a pill container and refill it at the same time each week.
- When traveling, take a few days of extra medication in case your trip is extended.
- When flying, keep your medication in your carry-on bag in case your checked luggage gets lost.
- Develop a connection with your health care provider or pharmacist so you can feel comfortable asking questions and expressing concerns.

Use an In-Network Pharmacy

Visit in-network pharmacies to avoid higher out-of-pocket costs. To find an in-network pharmacy:

- **PPO plan:** Visit elixirsolutions.com to use the Elixir Pharmacy Locator or call **800-361-4542**.
- **HMO plan:** Visit healthplanofnevada.com to use the online provider directory.

Note: If you visit one of our wellness center locations, you may be able to fill your prescription with a generic brand for FREE. For more information, call **702-728-5806** for the Henderson location or **702-844-8143** for the Northwest Las Vegas location.