


Quick-Reference Guide


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

| Benefit | Website | Phone Number |
|--|---|--|
| Family Wellness Centers | clients.marathon.health/teamsters14 | 702-553-3635 Henderson: Press 1 Northwest Las Vegas: Press 2 |
| 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 | edge.zenith-american.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.

SUMMER
OF SELF-LOVE

There are many things to love about the summertime: relaxation, sunny weather, and fun outdoor activities. It’s also the perfect opportunity to focus on something else you love—yourself. Prioritizing your mental health and well-being this summer is a great way to ensure that you make the most of the season.

Members and their families can invest in self-care and self-love by taking advantage of the Teamsters 14 employee assistance program (EAP). Visit harmonyhc.com/eap/accounts/teamsters-14 for more information about your online EAP resources, or keep reading to learn more about your mental health benefits.

Self-Reflect With the EAP

Did you know that weather can influence your mood? Exposure to sunlight helps your body produce serotonin, a naturally occurring chemical that plays a major role in several bodily functions—including mood regulation. By getting out and enjoying the long warm days and brightness of summer, you can boost your own mood and maintain a positive mindset.

You can also lean on your EAP for free mental and emotional support. Provided through Harmony Healthcare, the EAP can assist you on your self-reflection journey by offering a range of essential mental health services, including:

- Up to eight free confidential counseling sessions with a licensed professional.
- Mental health and substance abuse treatment authorization.
- In partnership with MindBeacon, 12 weeks of secure, internet-based cognitive behavioral therapy (iCBT) via your smartphone, tablet, or computer. **Note:** This benefit is only available to individuals age 18 and older.

Start your summer off right and embrace self-love by using your EAP. With over 280 providers, Harmony Healthcare offers both in-person and telehealth options so you can get mental health care in the way that best fits your lifestyle. Harmony Healthcare even has an outpatient clinic you can visit and receive care services from qualified providers.

To get started and schedule a counseling session, contact Harmony Healthcare at **800-363-4874** or **702-251-8000**, available 24/7.

For text-based therapy through MindBeacon, create an account by visiting their website, available in both **English** and **Spanish**.

STAY CONNECTED WITH THE TEAMSTERS LOCAL 14 MOBILE APP!

Engage in all things Teamsters Local 14 and get to know your benefits on a new level by downloading the FREE app that's available only to Teamsters 14 members. Visit the **App Store** or **Google Play**, or scan the QR code to download the app today!



SAVE MONEY AND FEEL BETTER!

Make sure to stop by one of the Teamsters Local 14 Family Wellness Centers this summer for free, high-quality medical and preventive care. With two locations to choose from, you and your family can receive the same confidential care and services you'd receive from a board-certified primary care physician (PCP). You can even get referred to cost-effective specialists and outside services when needed!

Appointments are required before visiting one of our wellness centers, but same-day and next-day appointments are generally available. To schedule an appointment, call **702-553-3635** and select your desired location:

- For the Henderson Family Wellness Center: **Press 1**
- For the Northwest Las Vegas Family Wellness Center: **Press 2**

