

PLAN AND BENEFITS CONTACT INFORMATION

BENEFIT	WEBSITE	PHONE
Administrator Customer Service Line, Fund's Nurse Advocate, Life and Accident Insurance Plans, Disability Benefits	zenith-american.com	702-734-8601
PPO PLAN		
Anthem Blue Cross Blue Shield	anthem.com	702-734-8601
Pharmacy Benefits	elixirsolutions.com	800-361-4542
Precertification of Admissions and Certain PPO Services	innovativecare.com	800-862-3338
Telemedicine	livehealthonline.com	888-548-3432
On-Demand and On-Location Urgent Care Services	dispatchhealth.com	702-848-4443
HMO PLAN		
Health Plan of Nevada	myhpnonline.com	702-242-7300 or 800-777-1840
Telemedicine	nowclinic.com	877-550-1515
DENTAL PLANS		
Dental PPO Plan	diversifieddental.com	702-734-8601
Dental DHMO-EPO Plan (Benefit Plan NV-400)	libertydentalplan.com	888-401-1128
VISION PLAN		
VSP	vsp.com	800-877-7195
EMPLOYEE ASSISTANCE PROGRAM		
Harmony Healthcare	harmonyhc.com	702-251-8000 or 800-363-4874



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Welcome

Welcome to your first quarterly benefits newsletter! This newsletter series will provide you with updates on your health and welfare benefits, including plan changes and tips on how to take full advantage of your benefits. In this issue, we will cover all the ways you can keep yourself and your family healthy this fall season. Remember, you can find important benefits information, including your Summary Plan Description (SPD), on the Fund's website at teamstershcwbenefits.com.



Stay Healthy This Fall

As the temperature cools and kids head back to school, there's one thing that should be on your mind: staying healthy. Fall is the peak time for viral illnesses, and since cold weather can suppress your immune system, getting immunized is the safest way to stay protected.

Work with your doctor to determine what's best for your current health situation.

Many vaccines are covered under both the PPO and HMO plans, as long as you stay in-network. To find an in-network physician:

- **PPO plan:** Visit [anthem.com](https://www.anthem.com) and click "Find Care."
- **HMO plan:** Visit myhpnonline.com and click "Find a Doctor."

Reduce Your Risk: Get Vaccinated

Keep yourself and your loved ones protected against the flu, COVID, and respiratory syncytial virus (RSV) this coming winter by getting vaccinated. Flu shots are a \$0 copay, so you pay nothing to keep yourself healthy.

- **PPO plan members:** Get vaccinated at a participating Elixir network pharmacy, such as Walgreens, CVS, Smith's, Vons or Albertsons. Use the Elixir mobile app, call Elixir at **800-361-4542**, or visit elixirsolutions.com to access the pharmacy locator.
- **HMO plan members:** Visit myhpnonline.com to access the pharmacy locator, or call **800-777-1840**.



When Was Your Last Checkup?

If you have to think about it too long, chances are it's time for a checkup. Preventive care covers a range of services, including annual checkups and exams, screenings, and X-rays, and lab tests. The benefit of getting an annual checkup, along with other preventive services, is that it's a great way to detect health issues before they become major problems, which can save you money in the long run.

Generally, annual checkups require lab tests to determine your current health and any changes over time. These tests are important in detecting illnesses such as diabetes, heart disease, and certain cancers.

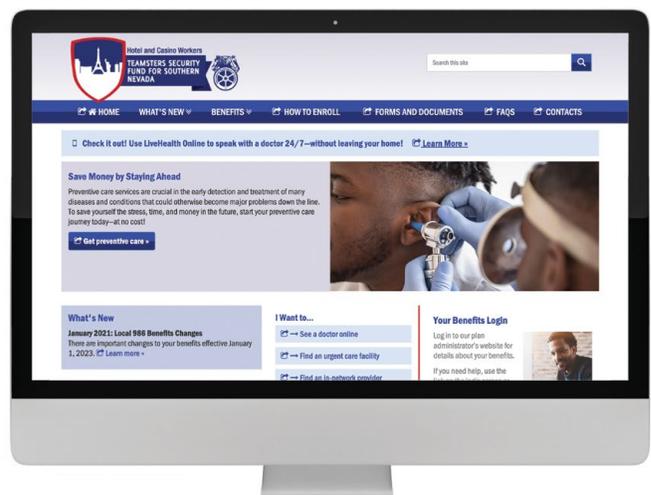
Be sure to get your annual checkup this fall; it's 100% covered if you use in-network physicians.

Need Care Urgently? Here's Where to Go

If you have an illness or injury that requires immediate attention and you can't wait for an appointment with your primary care physician, visit an in-network urgent care center or clinic. This way you can avoid long wait times and save money while doing so. To find an urgent care center near you:

- **PPO plan:** [anthem.com](https://www.anthem.com)
- **HMO plan:** myhpnonline.com

PPO plan members only: For urgent care that comes right to you when you need it most, contact DispatchHealth (dispatchhealth.com or **702-848-4443**) or Doctoroo (doctoroo.com or **702-919-7718**).



Don't Forget to Visit Your Benefits Website!



For the one place where you can find benefits details and updates, resources, and more, visit the Fund's benefits website at teamstershcnwbenefits.com.