

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 doctoroo.com	702-848-4443 702-919-7718
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



Teamsters Security Fund for Southern Nevada – Hotel and Casino Workers
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Welcome Back!

Welcome back to your quarterly newsletter, where we update you throughout the year on your health and welfare benefits. In this issue, we'll be focusing on all the ways to prioritize your health, both mental and physical, during the holidays.

Remember, any benefits mentioned in this newsletter can be found in further detail in your Summary Plan Description (SPD) or on our benefits website at teamstershwcwbenefits.com.

Take Advantage of Your Benefits

Before the year is up, make sure you're taking full advantage of your benefits by getting dental and vision checkups. Practicing routine preventive care is key to not only managing your health, but also detecting any health problems before they develop any further. This will help save you a lot of time, money, and stress in the long run. Be proactive and support your overall wellbeing by getting the most out of all your benefits.

Keep Your Smile Bright

With our two dental plans—the Diversified Dental Services PPO and the LIBERTY DHMO-EPO (Benefit Plan NV-400)—you can receive preventive care services at little to no cost, as long as you visit an in-network provider. Preventive care services include routine annual exams, cleanings and X-rays, which can help keep your teeth and gums healthy. Unhealthy teeth and gums can lead to risk of heart disease, vascular disease, and diabetes, so getting routine dental care can help alert you to these and other developing health conditions.

To find an in-network provider:

- **Diversified Dental Services:** Visit ddsppo.com and select the **Find a Dentist** tab.
- **LIBERTY Dental Plan:** Visit libertydentalplan.com and select the **Find a Dentist** tab.

Maintain Focus on Your Sight

Even if you think your vision is perfect, it is still important to get vision checkups. As you age, your eyes begin to change, and regular exams can help in the early detection of glaucoma, cataracts, or age-related macular degeneration.

Our vision care benefits through VSP allow you to choose from an extensive list of providers and include coverage for frames, lenses, and a WellVision Exam—a comprehensive exam designed to detect eye and health conditions for as little as a \$5 copay once every 12 months.

As a VSP member, you also have access to the Premier Edge benefit at no extra cost. VSP Premier Edge helps you maximize your vision benefits by offering exclusive discounts, advanced exam technology, a wide selection of frame brands, and more when you visit one of the Premier Edge locations. With thousands of participating locations, including nationwide private-practice doctors and Visionworks retail locations that provide flexible appointment hours and easy scheduling, you'll be sure to get the most out of your benefits when it best fits your schedule.

To find a VSP provider at a Premier Edge location, visit vsp.com and select the **Find a Doctor** tab or call **800-877-7195**.



Virtual Care From Home

To get instant care without having to break the bank or brave the cold winter weather, consider your telemedicine options! Connect with a board-certified physician from the comfort of your own home in a matter of minutes, with services available 24/7 via two-way video using your smartphone, tablet, or computer. Telemedicine can be used for common, non-life-threatening health concerns like allergies, cold symptoms, infections, and even preventive care.

PPO plan: Visit livehealthonline.com, download the LiveHealth Online app, or call **888-548-3432**. Telemedicine visits cost you only \$10.

HMO plan: Visit nowclinic.com, download the NowClinic app, or call **877-550-1515**. Telemedicine visits are covered by the plan. Behavioral health visits are also available at NowClinic. To see a behavioral health provider, you must make an appointment by calling **800-873-2246**.

Give Back to Yourself

This holiday season, give yourself the gift of prioritizing your mental health. Whether you're feeling the holiday blues, dealing with daily stressors, or need mental health and substance misuse support, turn to your employee assistance program (EAP). Provided through Harmony Healthcare, your EAP offers you and your covered family members up to eight FREE visits for professional, confidential counseling to help you with a variety of concerns, including:

- Marital and family concerns
- Emotional stress
- Depression/suicidal thoughts
- Grief and loss
- Anger management
- Work pressures
- And more

For more hands-on treatment for mental health or substance misuse, you must contact Harmony Healthcare directly for authorization and referral to one of Harmony Healthcare's providers. **Note:** If you use a non-network provider, you will pay a larger share of the cost.

Contact Harmony Healthcare at **800-363-4874** to schedule an appointment with a counselor or to obtain authorization and receive a referral to a network provider. Services are available 24/7. You can also visit harmonyhc.com/eap/accounts/teamsters-986 for additional resources.