

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
	doctoroo.com	888-888-9930
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
Trust Administrative Office
2250 S. Rancho Drive, Suite 295
Las Vegas, Nevada 89102



Unlock a world of health and welfare benefits designed just for you. Scan the QR code to visit the Teamsters Health and Welfare Benefits Website at teamstershchwbenefits.com.

Taking Care of You

Mental health plays a huge part in your overall wellbeing. It affects how you think, your behavior, and how you handle daily stressors. It also plays a big role in how you relate to others and make decisions. That's why it's so important to take care of your mental health and make doing so a priority. With Mental Health Awareness Month just around the corner, now's a great time to take advantage of the mental health benefits we offer you and your family. Visit harmonyhc.com or call **702-251-8000** to set up an appointment through your employee assistance program (EAP), or keep reading to learn about the mental health support offered through our Marathon Health wellness clinics.



The Importance of Support

Mental Health Awareness Month is a great opportunity to reflect on the significance of your mental well-being. This month stands as a reminder that mental health is just as important as physical health and that seeking help is a sign of strength, not weakness. Reducing the stigma associated with mental health by receiving mental health support can further encourage others to recognize the signs of mental health struggles in themselves. It can also help foster an environment full of understanding and sympathy.

Getting mental health support can have a powerful effect on one's life. Here's how connecting with a licensed mental health provider can improve your overall wellbeing:

- **Feel better emotionally.** Learn how to manage emotions, handle anxiety, and boost your self-esteem.
- **Build stronger relationships.** Improve your communication skills and strengthen your relationships with friends and family.
- **Become more resilient.** Bounce back from tough situations quicker and stay focused and positive when things become difficult.
- **Improve physical health.** Sleep better, get more energy, and develop a stronger immune system.

Ready to embark on your mental health journey? Start by visiting one of our Marathon Health wellness clinic locations. They will provide you with a safe and private space where you can get the help you need from a licensed professional.

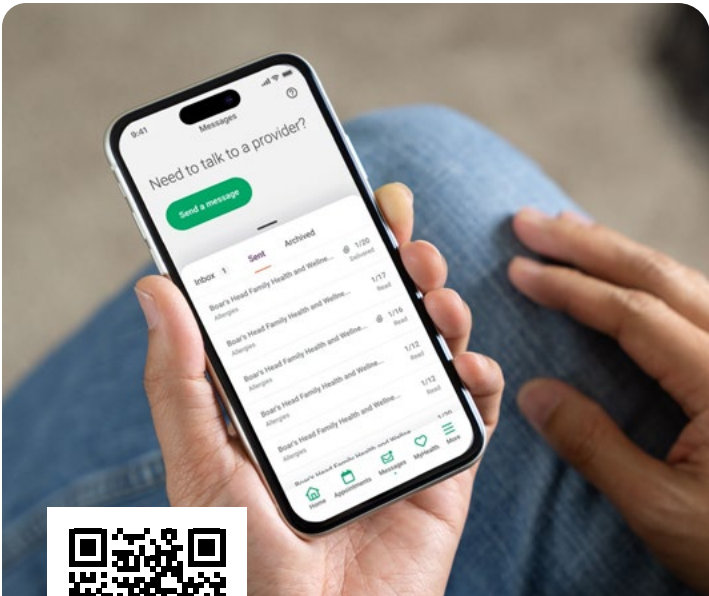


Meet Haley Meyer

Working out of our Centennial Hills location, Haley Meyer is one of many trained behavioral health therapists at the Marathon Health clinics. As a certified professional counselor and certified clinical trauma professional, she offers compassionate and supportive therapy for both adolescents and adults at your own pace, for your own unique journey. Whether you're struggling with anxiety or depression or just feeling stuck, Haley works as a guide by using a variety of evidence-based approaches, including:

- Eye movement desensitization reprocessing
- Dialectical behavioral therapy
- Cognitive processing therapy
- And more!

Haley offers both in-person and telehealth appointments for patients ages 12 and up. Visit marathon.health today to schedule your appointment with Haley. Note: In-person visits are preferred for first-time patients.



The Marathon Health clinics are dedicated to helping you on your journey to better overall health. Visit marathon.health to schedule an appointment at one of our clinic locations below, or scan the QR code to download the Marathon Health mobile app.



Choose from one of the locations below when booking your appointment:

- 6275 Centennial Center Blvd., Suite 150
Las Vegas, NV 89149
702-757-1781
- 7399 South Jones Blvd., Suite 3
Las Vegas, NV 89139
702-757-1781