

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 Local 986 health and welfare benefits website at teamstershcvbenefits.com.

Meet Pat Escamis

We're delighted to announce that, effective October 20, a new Marathon Health provider is working out of our South Jones Boulevard location! Pat Escamis, APRN, is a graduate of Southern Illinois University – Edwardsville and obtained his MSN-Family Nurse Practitioner degree at Chamberlain College of Nursing in Chicago, Illinois. Board-certified by the American Academy of Nurse Practitioners Certification Board, Pat has nine years of family nurse practitioner clinical experience and has worked in many settings, including family practice, urgent care, and occupational health.

Pat is skilled at chronic disease management and has expertise in treating acute medical conditions, such as:

- Hypertension
 - Asthma
 - Chronic obstructive pulmonary disease (COPD)
- Sinus/respiratory infections
 - Musculoskeletal injuries
 - And more!

To schedule an appointment with Pat or any of our other Marathon Health providers, visit marathon.health, sign in to your patient account, and book your visit.



Take Preventive Measures

As we approach the end of the year, it's still important to remain focused on your health and to invest in preventive care measures. Using the available care services at one of the wellness clinics, operated by Marathon Health, is an effective and cost-friendly approach on the journey of prioritizing your health. During the cooler months, when viral illnesses are most prevalent and our immune defenses are at their weakest, taking preventive measures can significantly enhance and protect your personal wellness.

The Marathon Health clinics offer a comprehensive range of preventive care services for an enhanced care experience at both locations, each dedicated to supporting your overall well-being. Services provided include:

- Primary and preventive care (annual physicals, immunizations, and more)
- Chronic condition management
- Women's and men's health services
- Health screenings
- School and sports physicals

Engaging in preventive care at one of the wellness clinics allows for an early assessment of your current health status, reduces the risk of the development of a disease, and facilitates the timely detection of emerging health concerns. As an added bonus, all preventive care services are covered 100%, so you pay nothing out-of-pocket when receiving care at one of the Marathon Health clinics.

It's time to put your health first. Visit marathon.health or call **702-757-1781** to schedule an appointment at one of the wellness clinics. For a seamless care experience, you can also download the Marathon Health app from the [App Store](#) or [Google Play](#).

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

Don't Forget Your Flu Shot!

Flu season is officially here, and the best way to stay protected against viral illnesses is to get vaccinated. To stay proactive with your health, schedule an appointment at one of our Marathon Health clinic locations and get annual flu shots for you and your family — at no additional cost! Visit marathon.health or call **702-757-1781** to get started.

Supportive Care Remotely

With the changing of the seasons, many individuals experience the impact of seasonal affective disorder (SAD), a form of depression linked to reduced daylight and colder weather. Symptoms can include:

- Persistent low mood
- Challenges in completing daily activities
- Fatigue
- And more
- Changes in sleep or appetite

The good news is that telehealth is available at both Marathon Health wellness clinic locations as a way to provide convenient access to help for SAD as well as other mental health struggles. Through virtual appointments, you can connect with a mental health professional from the comfort of your own home, receive counseling, manage medications, and access wellness resources tailored to your needs. To take advantage of this remote care approach and make proactive steps toward improved mental health throughout the year, visit marathon.health to set up an appointment, or scan the QR code to download the Marathon Health app.



Teamsters 986 Benefit Update – DispatchHealth

On-demand urgent care provided by DispatchHealth is no longer an in-network benefit and does not offer services to Anthem Blue Cross Blue Shield patients. For future urgent care needs, Teamsters Local 986 members should turn to Doctoroo to request on-demand and on-location care services provided by a board-certified physician, nurse practitioner, and/or physician assistant. To get started, visit doctoroo.com, call **888-888-9930**, or download the Doctoroo app via the [App Store](#) or [Google Play](#).

