

PLAN AND BENEFITS CONTACT INFORMATION

BENEFIT	PROVIDER	PHONE AND WEBSITE
Administrator Customer Service Line, Fund's Nurse Advocate, Life and Accident Insurance Plans, Disability Benefits	Zenith American Solutions	702-734-8601 zenith-american.com
Wellness Clinics	Marathon Health 6275 Centennial Center Blvd. Suite 150 Las Vegas, NV 89149 7399 South Jones Blvd. Suite 3 Las Vegas, NV 89139	702-757-1781 marathon.health
PPO Plan	Anthem Blue Cross Blue Shield	702-734-8601 anthem.com
Pharmacy Benefits	Elixir	800-361-4542 elixirsolutions.com
Prequalification of Admissions and Certain PPO Services	Innovative Care Management	800-862-3338 innovativecare.com
HMO Plan	Health Plan of Nevada	702-242-7300 or 800-777-1840 myhponline.com
Telemedicine	PPO Plan: LiveHealth Online HMO Plan: NowClinic	888-548-3432 livehealthonline.com 877-550-1515 Behavioral Health: 800-873-2246 nowclinic.com
Dental PPO Plan	Diversified Dental Services	702-734-8601 diversifieddental.com
Dental DHMO-EPO Plan (Benefit Plan NV-400)	LIBERTY Dental Plan	888-401-1128 libertydentalplan.com
Vision Plan	VSP	800-877-7195 vsp.com
On-Demand and On-Location Urgent Care Services	Doctoroo	888-888-9930 doctoroo.com
Employee Assistance Program	Harmony Healthcare	702-251-8000 or 800-363-4874 harmonyhc.com

teamstershchwbenefits.com



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 teamstershchwbenefits.com.

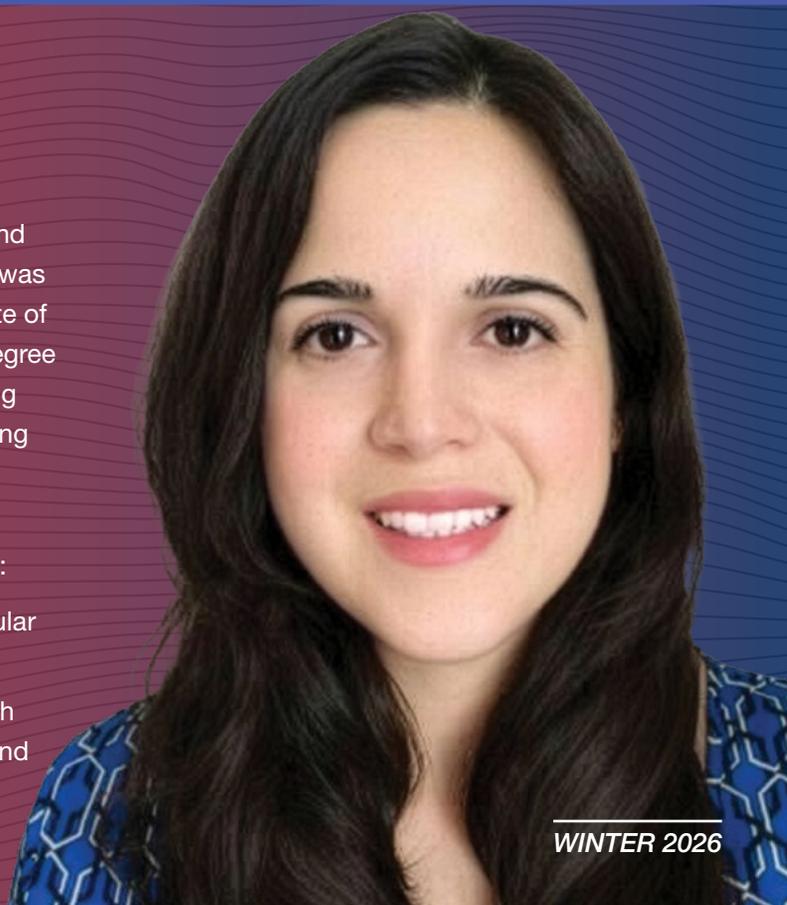
Meet Andrea Price

We're excited to announce a new addition to our staff at the Marathon Health wellness clinics! Introducing Andrea Price, a Registered Dietitian Nutritionist (RDN), Licensed Dietitian (LD), and Certified Diabetes Care and Education Specialist (CDCES). She was born in Bogotá, Columbia, and is fluent in Spanish. As a graduate of the University of Nevada, Las Vegas (UNLV), Andrea earned a degree in Nutrition Sciences and has over 10 years of experience helping patients build practical skills while gaining confidence in managing their chronic conditions.

Andrea collaborates with you online, emphasizing a holistic and patient-focused approach in her care. Her areas of expertise are:

- Weight management
- Diabetes education
- Cardiovascular disease

To begin your journey on improving your health and wellness with help from Andrea, call **702-757-1781** or visit **marathon.health** and log in to your patient account to book your virtual appointment.



Tips to Avoid Getting Sick

Winter often brings challenges, including drastic weather changes and an increase in the risk of contracting a viral infection. Multiple factors contribute to the rise in illnesses during this time:

- **Lower vitamin D levels.** Spending less time outdoors and getting less sunlight means you absorb less vitamin D, which is essential for a strong immune system.
- **Seasonal weather shifts.** Abrupt changes between seasons can affect immunity and may sometimes lead to sickness.
- **Greater exposure to germs.** Being indoors more frequently exposes you to germs lingering on surfaces and objects, partly because indoor spaces tend to have poor ventilation and airflow.

To reduce your chances of falling ill, try to keep your distance from sick individuals, wash your hands with soap and warm water for at least 20 seconds, disinfect your home regularly, and avoid crowded places.

Seasonal vaccinations can add another layer of protection during the winter season by helping your immune system defend against the latest virus strains, such as:

- **Influenza (flu).** A respiratory virus spread through tiny droplets—typically whenever someone with the flu talks, sneezes, or coughs—that causes mild to severe symptoms and can lead to severe conditions and ICU hospitalizations.
- **COVID-19.** A highly contagious virus that spreads easily and may cause symptoms similar to the common cold, flu, or pneumonia. In some cases, it can even become life-threatening, while in others, it may not produce any noticeable effects. For some, COVID-19 can develop into a prolonged illness called “long COVID,” where the virus remains in the body for at least three months after the initial infection. This can result in recurring symptoms or ongoing damage to one or more organ systems.
- **Respiratory syncytial virus (RSV).** A common virus that infects the lungs and respiratory tract. While symptoms can be mild and resemble those of other viral infections, the virus can cause severe infections in children and babies age 12 months old or younger.

Keeping you and your family protected is most important, so it's best to take preventive measures as soon as possible. The good news is that preventive care is covered 100% under your medical plan, so be sure to make an appointment for a free vaccination at one of our Marathon Health wellness clinics.



marathon.health

To book your appointment, log in to your Marathon Health account at marathon.health, call **702-757-1781**, or scan the QR code to download the Marathon Health app.

Winter Blues Got You Down?

Dark, short days and extreme temperature drops can definitely cause a dip in your motivation and mood. Taking care of your mental health during the winter months is just as important as prioritizing your physical health. To keep your spirits up, try some of the following tips:

- Get outside during daylight hours whenever possible.
- Stay physically active with indoor activities.
- Pick up a new hobby.
- Maintain connections with friends and family.

Prioritizing regular sleep, eating nutritious meals, and practicing mindfulness or relaxation techniques can also help combat feelings of sadness or fatigue. If you notice your symptoms becoming more severe—such as persistent unhappiness, changes in appetite, or difficulty concentrating—don't hesitate to reach out for mental health support by scheduling a visit at a Marathon Health clinic at marathon.health. There you can connect with a mental health professional for emotional guidance and receive wellness resources tailored to your needs.

Members also have access to an employee assistance program (EAP) through Harmony Healthcare, which provides up to eight free, confidential counseling sessions for you and your family to manage any of life's stressors.

To schedule an appointment, call **800-363-4874** or **702-251-8000**.



Remember that your Teamsters Local 986 benefits are here to help you feel your best. By making an effort and taking small steps each day to care for your mental wellbeing, you'll make a significant difference on your journey to better health during the winter season.