

# 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 <a href="http://zenith-american.com">zenith-american.com</a>
Wellness Clinics	Marathon Health Suite 150 6275 Centennial Center Blvd. Las Vegas, NV 89149 Suite 3 7399 South Jones Blvd. Las Vegas, NV 89139	702-757-1781 <a href="http://marathon.health">marathon.health</a>
PPO Plan	Anthem Blue Cross Blue Shield	702-734-8601 <a href="http://anthem.com">anthem.com</a>
Pharmacy Benefits	Elixir	800-361-4542 <a href="http://elixirsolutions.com">elixirsolutions.com</a>
Prequalification of Admissions and Certain PPO Services	Innovative Care Management	800-862-3338 <a href="http://innovativecare.com">innovativecare.com</a>
HMO Plan	Health Plan of Nevada	702-242-7300 or 800-777-1840 <a href="http://myhponline.com">myhponline.com</a>
Telemedicine	PPO Plan: LiveHealth Online HMO Plan: NowClinic	888-548-3432 <a href="http://livehealthonline.com">livehealthonline.com</a> 877-550-1515 Behavioral Health: 800-873-2246 <a href="http://nowclinic.com">nowclinic.com</a>
Dental PPO Plan	Diversified Dental Services	702-734-8601 <a href="http://diversifieddental.com">diversifieddental.com</a>
Dental DHMO-EPO Plan (Benefit Plan NV-400)	LIBERTY Dental Plan	888-401-1128 <a href="http://libertydentalplan.com">libertydentalplan.com</a>
Vision Plan	VSP	800-877-7195 <a href="http://vsp.com">vsp.com</a>
On-Demand and On-Location Urgent Care Services	Doctoroo	888-888-9930 <a href="http://doctoroo.com">doctoroo.com</a>
Employee Assistance Program	Harmony Healthcare	702-251-8000 or 800-363-4874 <a href="http://harmonyhc.com">harmonyhc.com</a>

[teamstershchwbenefits.com](http://teamstershchwbenefits.com)



Teamsters Security Fund for Southern Nevada – Hotel and Casino Workers  
Trust Administrative Office  
P.O. Box 27287  
Las Vegas, NV 89126-1287



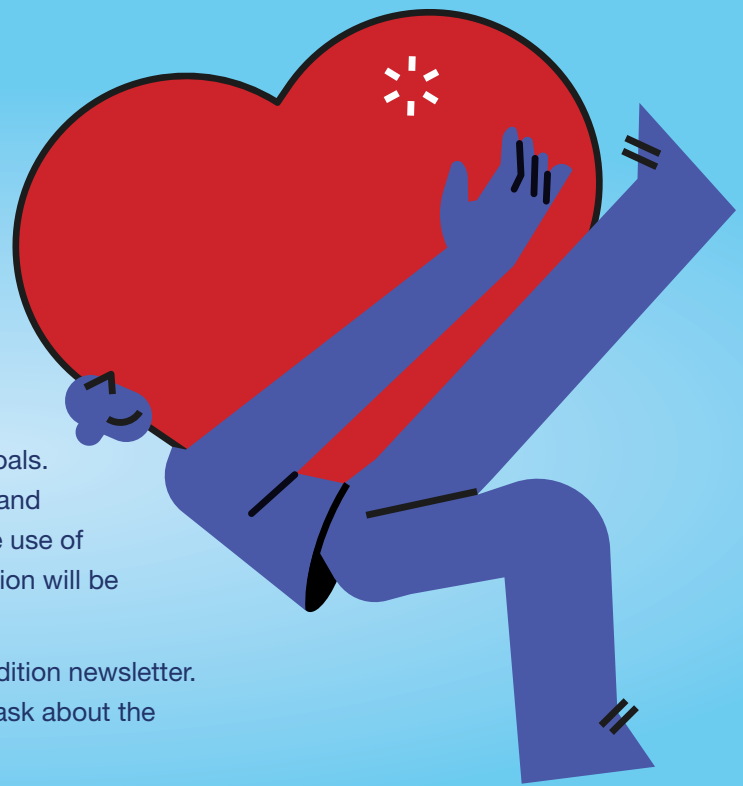
Unlock a world of health and welfare benefits designed just for you. Scan the QR code to visit the Teamsters Local 986 health and welfare benefits website at [teamstershchwbenefits.com](http://teamstershchwbenefits.com).

## NEW!

### Weight Management Program

Teamsters Local 986 members may now access a new Weight Management Program provided through the Marathon Health wellness clinics! This program includes access to a registered dietitian and offers a structured, provider-guided approach to weight management that emphasizes nutrition, lifestyle change, and access to GLP-1 medications to support your weight-loss goals. Use of GLP-1 medications for weight loss is subject to approval and ongoing clinical review. If your Marathon provider agrees with the use of GLP-1 medications as part of your treatment plan, your prescription will be filled through MedImpact at a \$200 copay.

For more details on this program, continue reading this special edition newsletter. To learn more, visit [marathon.health](http://marathon.health), or call **702-757-1781** and ask about the Weight Management Program.



# Program Overview

The Weight Management Program is open to all Teamsters Local 986 members and their eligible dependents who are enrolled in the PPO plan. After joining, you'll be guided by a Marathon Health care team throughout your path to improved health. They'll work to customize your journey according to clinical guidelines and your progress.

This dedicated care team includes:

- **A registered dietitian nutritionist (RDN)** who helps you build practical, sustainable nutrition and lifestyle habits
- **A Marathon medical provider** who guides care decisions and monitors your progress

## Program Start (Weeks 0–12)

The program begins by building a strong foundation with nutrition and lifestyle changes.

- You start with a screening visit with a registered dietitian.
- Your early visits focus on nutrition, daily habits, and lifestyle changes.
- Most members meet with their dietitian about three to five times during this phase.
- You spend roughly three months building healthy habits before the use of medication enters the conversation.
- During this phase, you also meet with a Marathon medical provider to talk about whether GLP-1 medication might be right for you.

## Medication Intervention (Weeks 13–24)

If medication becomes part of your plan, your care team introduces it carefully and thoughtfully.

- You and your provider decide together whether you meet the criteria for GLP-1 therapy.
- You start medication only if your provider approves it.
- You meet regularly with your provider to find a medication level that feels right.
- You continue working with your registered dietitian for ongoing nutrition and lifestyle support.
- Prescriptions for medications are filled through MedImpact (formerly Elixir), the Plan's pharmacy benefit manager. Weight-loss medications are subject to a \$200 copay per prescription.

## Continued Care and Deprescribing (Weeks 25+)

As you move forward, your care team helps you maintain progress and support lasting change.

- You keep meeting with your registered dietitian to reinforce nutrition and lifestyle habits.
- Your provider continues to monitor your progress and overall health.
- If you use GLP-1 medication, your care team regularly:
  - Reviews your ongoing eligibility
  - Evaluates whether you're ready for dose or frequency reductions
- The program keeps its focus on long-term lifestyle changes.
- Once you reach your goals, you may return to routine care.
- If significant weight gain occurs later, you and your provider may decide to restart medication.



**IMPORTANT!** Your care team checks in regularly to make sure the program continues to meet your needs. Some program participants may not meet the clinical criteria to start or continue GLP-1 medication. Providers review eligibility every six months to determine whether medication should start or continue.

## How To Get Started

Getting support for your nutrition and weight management goals starts with a simple first step: a wellness clinic visit. Go to [marathon.health](https://marathon.health) to book an appointment and connect with a care team who's there to support you.

Whether you're just beginning to think about weight management or looking for continued support, stopping by a Marathon Health wellness clinic is a great place to start!