

TEAMSTERS LOCAL 631



BENEFITS 631

Official Publication of Teamsters Local 631 Security Fund for Southern Nevada

WINTER 2025

YOUR PHARMACY BENEFITS THROUGH **SAV-RX** START APRIL 1, 2025

ALSO INSIDE

QUEST LAB IN-NETWORK
PROSTATE CANCER AWARENESS
NEW PHYSICIAN ANNOUNCEMENT

BENEFITS 631 is the quarterly publication of Teamsters Local 631 Security Fund for Southern Nevada. Each issue will inform Fund participants about new developments and help them make the best use of their benefits.

Visit us online:

www.teamsters631benefits.org

Benefits 631 only provides highlights of Teamsters Local 631 Security Fund for Southern Nevada. The full, official details of benefits are contained in the Plan Document. **If there is a conflict between the wording in this newsletter and the Plan Document, the Plan Document will govern.** The Trustees reserve the right to amend, modify, or terminate this Plan at any time. Receipt of this newsletter does not guarantee benefits eligibility.

Teamsters Local 631 Security Fund
for Southern Nevada
P.O. Box 400700
Las Vegas, NV 89140
100% Union

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TEAMSTERS 631 MEDICAL CENTERS

NORTH

7375 PEAK DRIVE, SUITE 110
LAS VEGAS, NV 89128
(702) 850-3003

SOUTH

2510 WIGWAM PARKWAY, SUITE 106
HENDERSON, NV 89074
(702) 268-9001

Schedule your **FREE** COVID, RSV & flu vaccines today!

The Teamsters 631 Medical Centers are pleased to offer **FREE** COVID, RSV & flu vaccines to you and your covered dependents.

We are typically able to see you within 24-48 hours after scheduling your appointment.

Receive **FREE**, personalized health care (no-cost labs, no-cost on many common prescriptions, no-cost primary care and health coaching) with little to no wait times!

All plan participants, including spouses, retirees and children ages 2+, are eligible and you can keep your primary doctor if you already have one. **Both in-person and telemedicine appointments are available.**

PRIMARY CARE

FOR WHEN YOU AREN'T FEELING WELL

PREVENTIVE CARE

AVAILABLE TO YOU AND YOUR ELIGIBLE DEPENDENTS (AGE 2+)

HEALTH SCREENINGS: annual exams, blood pressure, Body Mass Index (BMI), cholesterol, glucose, school, camp and sports physicals

HEALTH COACHING: nutrition, physical activity, tobacco cessation, stress management, weight loss

CHRONIC CONDITION COACHING: arthritis, asthma, COPD, depression, diabetes, heart health, back pain, sleep apnea, educational offerings

PRESCRIPTION DRUGS

MORE THAN 50 FREE PRESCRIPTIONS DISPENSED ONSITE

Other prescriptions can be dispensed by an in-network pharmacy close to you.

LAB SERVICES

HAVE ALL YOUR BLOOD WORK AND LAB TESTS
PERFORMED AT YOUR CLINIC WITH NO COPAY!

IMMUNIZATION SERVICES

Eligible children who might need to catch up, vaccines required for school, adolescent vaccines, adult vaccines and more. You can also get a free COVID-19 vaccine at most pharmacies.

PHYSICAL THERAPY

AT BOTH LOCATIONS

Physical therapy after orthopedic surgery, physical assessments, range and motion testing, treatment plans

NO COPAYS!

HOURS OF SERVICE

NORTH

MONDAY-FRIDAY:

7 A.M.-6 P.M.

SATURDAY:

8 A.M.-1 P.M.

SOUTH

MONDAY, WEDNESDAY, FRIDAY:

8 A.M.-5 P.M.

TUESDAY, THURSDAY:

8 A.M.-7 P.M.

SATURDAY: 8 A.M.-NOON

BOTH LOCATIONS CLOSED FOR LUNCH FROM 12 TO 1 MONDAY TO FRIDAY

Your first step before making an appointment is to register a profile at the Marathon Health Portal. Scan this QR code or visit **member.ourhealth.org** to get started! Please remember to call the Medical Center if you cannot attend your appointment.





TEAMSTERS 631 MEDICAL CENTERS 2025

INTRODUCING A NEW PHYSICIAN AT TEAMSTERS 631 MEDICAL CENTER SOUTH WHO IS READY TO SERVE PATIENTS!



DR. CARMELITA LAARNI VILLEGAS PAYOS

MEET DR. CARMELITA LAARNI VILLEGAS PAYOS

My friends call me 'Arnee' but I don't mind you calling me Carmelita.

I speak and write fluent English, but I was born and raised in the Philippines. Hence I speak fluent Tagalog, too.

I am a Family Medicine practitioner. I had my training both in the Philippines and in St. Lukes-Warren Hospital, Phillipsburg, New Jersey.

I love Las Vegas. That's why I chose to practice primary care and reside here for the last 15 years. I love traveling, playing the piano and sports, and I am a die-hard Vegas Golden Knights hockey fan.

I advocate for preventive medicine, so I encourage patients to be proactive with their health. I believe in the adage of "health is wealth."

I look forward to providing primary care services to you and your family at Teamsters 631 Medical Center - South!

BENEFITS ANNOUNCEMENT

Effective January 1, 2025, Quest Lab will be an in-network provider under the Anthem network, along with Labcorp, for participants' routine lab work needs.





EFFECTIVE APRIL 1, 2025, **SAV-RX** WILL MANAGE YOUR PHARMACY BENEFITS

Access your Patient Portal by scanning the QR code on this page with your smartphone or by visiting app.savrx.com/login.

Use the Portal to:

- Access your electronic ID card
- Compare medication costs with the drug price lookup tool
- Download your entire prescription claim history
- Maintain your profile and payment method
- Order your medications from the mail order pharmacy
- Track your current order status
- Receive notifications when mail order refills are due
- View your mail order prescriptions



Sav-Rx Mail Order Pharmacy

- **Cost-effective**, convenient solution for long-term maintenance and specialty medications
- **Free shipping** directly to your door

How it works

1. Send in your prescription
2. Pay at the time of order
3. Get your medication delivered to your door
4. Enjoy easy refills by phone, online, or through the Sav-Rx Patient Portal

How to send in prescriptions (three options)

1. Ask your doctor to send it electronically to Sav-Rx in Fremont, NE.
2. Ask your doctor to fax it to (402) 753-2890.
3. Call Sav-Rx with your prescription details and your doctor's information — we'll handle the rest!

Sav-Rx Retail Pharmacy Network

How to make use of the network

- To locate a pharmacy near you, visit savrx.com and enter the Group from your ID card and your zip code.
- Present your Sav-Rx ID card at your pharmacy.

TIPS TO REDUCE DRUG COST AND MAXIMIZE MEDICATION EFFICIENCY

Review medications every quarter

Keep a single, updated list of all your medications and ensure that each of your healthcare providers has a copy. This helps reduce the risk of unnecessary drugs, side effects, and interactions. Regularly review this list with your physician or pharmacist.

Talk with your doctor about cost

Let your doctor know that cost and therapeutic effectiveness both matters. Ask if there is a generic or lower-cost substitute available.

Use the Patient Portal to compare prices

Sav-Rx Patient Portal will give you cost comparison of medications.

Avoid free samples

Free samples are usually brand name and more expensive in the long run.

Ask your pharmacist for information

For information on generic medications, consult your pharmacist. Discuss the cost and efficacy of generic alternatives with your doctor.

Ask for smaller amounts of new meds

Ask your doctor for a smaller quantity of a new medication until you know it is right for you. This is especially helpful if you are paying cash or have a high copay.

Call Sav-Rx at (800) 285-8501

Call Sav-Rx for assistance in reducing your overall drug costs. There will be a live representative available to take your call 24 hours a day, 7 days a week and 365 days a year.

KEEP CHILDREN HEALTHY WITH PREVENTIVE CARE

Children grow up and change quickly. That's why the American Academy of Pediatrics has developed comprehensive guidelines for them to receive health screenings and assessments from infancy through adolescence.

Regular checkups, also known as well-child visits, allow children to receive the preventive care they need to stay healthy and prevent medical issues, such as obesity and diabetes, that can affect them when they are adults.

During these visits, a child's pediatrician will perform a physical exam, including screenings for vision, hearing and health issues such as diabetes and obesity. The physician also will provide any needed immunizations, track the child's growth and development, and discuss issues such as nutrition, exercise and safety.

Some typical preventive care services and screenings for children include:

- Advice on nutrition, healthy weight and body mass index
- Autism screening
- Immunizations
- Developmental and behavioral assessment
- Hearing and vision testing
- Counseling on avoiding tobacco exposure and use
- Lead exposure testing and discussion about poison safety
- Car and booster seat discussions

A major benefit of well-child visits

is disease prevention. Children are most vulnerable when they are born, so it is important to follow their recommended vaccination schedule. Although babies are typically born

and varicella (chickenpox).

In addition, the U.S. Centers for Disease Control recommends annual flu and COVID-19 vaccinations for everyone ages six months and older. Children with chronic health conditions, such as asthma or diabetes, are at greater risk of developing serious flu or COVID-19 complications that can lead to hospitalization and even death. Scheduling annual shots is the most



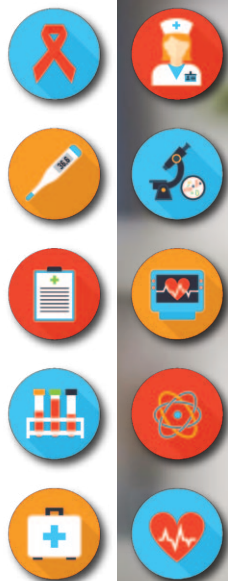
with strong immune systems and receive some temporary protection through the transmission of antibodies from their mothers, they still need help fighting bacteria, germs and viruses.

Nevada state law and the Nevada state Board of Health require children who attend public or private school to have received certain vaccinations. These include diphtheria, tetanus, pertussis (whooping cough), polio, hepatitis B, measles, mumps, rubella

effective way to keep them protected.

Finally, well-child visits are important for parents, too. They provide the opportunity for parents to ask questions, raise concerns and receive personalized care based on each family's needs. This team approach to care helps children develop optimal physical, mental and social health.

For more information on pediatric preventive care guidelines, visit the American Academy of Pediatrics at aap.org.



GET REGULAR PROSTATE CANCER SCREENINGS

Prostate cancer is a leading cause of cancer death in men, but many men with the disease live long lives, especially if it is caught early. Regular screening, such as PSA (prostate-specific antigen) tests, can help detect the cancer before symptoms arise.

About one in eight men will be diagnosed with prostate cancer in their lifetime. Although the causes for the disease are largely unknown, there is a significant percentage of individuals who inherit the disease.

Prostate cancer tends to be more common in people of African descent and affects about 300,000 people a year, resulting in about 35,000 deaths annually. Although these statistics may seem dire, there is good news: with early screenings it is possible to treat and cure the disease entirely.

Adults with a family history of

prostate cancer who are age 40 and above are urged to consult with their primary care physicians about requesting PSA blood tests. If these tests yield high results, your doctor may recommend an MRI or biopsy to further evaluate the matter.

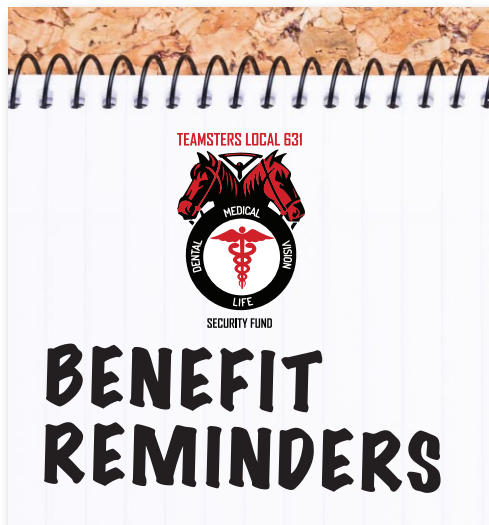
For all other adults, screenings should start between ages 45 and 50. Guidelines for future screenings vary after initial screenings. The American Cancer Society recommends individuals with a PSA of less than 2.5 ng/mL screen every two years and individuals with higher PSA levels screen annually. Screenings are not recommended for adults ages 70 to 75.

In its early stages, prostate cancer presents no symptoms, which makes it a silent disease until it becomes advanced, and then it can become aggressive.

Some symptoms of prostate cancer may include:

- Difficulty urinating, such as starting or stopping urination, a weak or interrupted stream, frequent nighttime urination and/or the sensation of pain or burning while urinating
- Kidney failure
- Bone pain and/or fractures
- Unexpected weight loss or fatigue
- Erectile dysfunction

These symptoms are not specific to prostate cancer and may be caused by other conditions, such as benign prostatic hyperplasia (BPH) or a urinary tract infection (UTI). If you experience any of these symptoms, it's important to consult your primary care physician for proper evaluation and diagnosis.



NEVADA HEALTH SOLUTIONS

Nevada Health Solutions (NHS) is a medical management company with a dedicated staff of nurses and health coordinators to help you get the care you need at home, at the hospital or in your community.

The goal is to ensure you receive the highest quality health care with the best outcome and ensure the services provided are within your benefit plan.

Nevada Health Solutions can:

- Help you find a doctor or specialist
- Coordinate care for chronic diseases such as COPD, diabetes, heart problems, high blood pressure and kidney disease
- Help you get ready for surgery and support your recovery
- Call you if you have been admitted to the emergency room and assist with follow-up care
- Visit you at the hospital and assist with your transition out of the hospital

Contact NHS:

Toll-free (855) 392-0778

Local Number (702) 216-1653

Evenings, weekends or holidays, contact the on-call nurse at (702) 283-2421

nevadahealthsolutions.org

KNOW THE DIFFERENCE BETWEEN URGENT CARE, HOSPITAL ER AND FREESTANDING ER

URGENT CARE (LOWEST COPAY)

Urgent Care is for health problems that need to be treated right away but are NOT a danger to life or limb. Urgent Care centers can treat medical needs including a sore throat, fever, flu, vomiting, sprains or headaches.

Members pay \$0 for services received at a Teamsters 631 Medical Center. \$50 copay at other Urgent Care centers.

EXAMPLES:

- **Teamsters 631 Medical Centers**
- Carenow Urgent Care locations
- Urgent Care NV
- Sahara West Urgent Care
- UMC Quick Care locations

HOSPITAL ER (HIGHER COPAY)

A hospital Emergency Room (ER) is for life-threatening health emergencies, such as a heart attack, stroke or major cut that needs surgery.

EXAMPLES:

- Spring Valley Hospital ER
- Summerlin Hospital ER
- St. Rose Dominican ER
- Sunrise Hospital ER
- UMC Hospital ER
- Valley Hospital ER
- MountainView Hospital ER
- Henderson Hospital ER

FREESTANDING ER (HIGHEST COPAY)

A freestanding Emergency Room (ER) is an Emergency Room that is not attached to a hospital. You may mistakenly visit one of these facilities since they resemble Urgent Care centers. However, it can lead to higher costs and an extra visit to a hospital ER.

EXAMPLES:

- Dignity Health Neighborhood Hospital locations
- Elite Medical Center
- ER at S. Las Vegas Blvd.
- ER at Valley Vista
- ER at West Craig
- ER at Desert Springs
- ER at The Lakes

KEEP YOUR PERSONAL INFORMATION UP TO DATE

In order for BeneSys to best serve your needs, your current and accurate personal information must be on file.

Make sure important information, like your address and Social Security number, your covered dependents' Social Security numbers and phone numbers are up to date. Review any communications you receive from BeneSys to make sure everything is correct.

Also, you must notify the office of changes in your family status, such as a birth, death, adoption, marriage or divorce.

Even if you have notified your union and employer of changes, you must still inform BeneSys.

This is **not** done automatically.

Failure to report any change in your information or dependent status may prevent payment of claims or result in paid claims that you will be responsible to repay.

Important Contact Information

BeneSys Administrators For Benefits and Eligibility	(702) 415-2185 • (877) 304-6702	www.teamsters631benefits.org
Preferred Hospitals	(702) 415-2185 • (877) 304-6702	www.teamsters631benefits.org
Preferred Network		
Medical Prior Authorization: Nevada Health Solutions	(702) 216-1653	
OptumRx Member Services	(800) 299-1358	www.optumrx.com
Dental		
Nevada Dental Benefits Customer Service	(702) 478-2014	www.nevadadentalbenefits.com
Vision		
Davis Vision	(800) 999-5431	www.davisvision.com
Member Assistance Program (MAP) and Behavioral Health Services		
Anthem Blue Cross MAP	(800) 865-1044	www.anthememap.com
Behavioral Health Prior Authorization: Human Behavior Institute (HBI)	(800)-441-4483, Ext. 811	
Teamsters 631 Medical Centers		
North	(702) 850-3003	member.ourhealth.org
South	(702) 268-9001	member.ourhealth.org

TEAMSTERS LOCAL 631



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