

TEAMSTERS LOCAL 631



BENEFITS 631

Official Publication of Teamsters Local 631 Security Fund for Southern Nevada

SPRING 2025



OPEN ENROLLMENT 2025

ALSO INSIDE

MANAGE SEASONAL ALLERGIES
WHITE CARD HELP IS AVAILABLE
TIPS FOR BETTER SLEEP

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.

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



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.



A woman with long brown hair, wearing a red dress with a white polka-dot pattern and a wide-brimmed straw hat, is sneezing into a white tissue. She is outdoors, with green foliage and white flowers in the background.

MANAGE SEASONAL ALLERGIES WITH THESE TIPS

If you've noticed spring allergies becoming worse in recent years, you're not alone. Studies show a 20 percent increase in pollen counts nationwide since 1990.

This leads to a longer, more intense allergy season, says William Anderegg, an associate professor of biology at the University of Utah.

"Warmer temperatures, higher concentrations of carbon dioxide and increased precipitation can all contribute to plants' growing bigger and producing more pollen over longer periods of time," he told The New York Times.

Millions of Americans struggle with seasonal allergies, especially in the spring when grasses grow and flowers are in bloom.

Symptoms of seasonal allergies can be similar to those of the common cold or sinus infection, but there are ways to help you determine your specific ailment:

- Symptoms like sneezing, a runny nose and congestion usually appear one at a time with a cold or sinus infection, as opposed to all at once with allergies.
- Nasal discharges associated with allergies are commonly clear, thin or watery, while colds and sinus infections can produce discharges with a thicker, yellowish consistency.
- Colds and infections are sometimes accompanied by a fever, while seasonal allergies are not.

To minimize discomfort due to seasonal allergies, use these tips:

Be prepared

Take allergy medications before you head outside. Children or adults with asthma should use a combination of nasal sprays, eye drops and antihistamines as approved by their doctors.

Focus on personal hygiene

Keep your hands away from your eyes and face when you're outside. Take a shower or a bath each night to remove pollen and dust from your hair and skin, and bathe pets often.

Use tools to your advantage

Pollen.com provides a national allergy map that is constantly updated to show areas of the country with high counts, as well as the ability to refine your search using your ZIP code. Other apps are available to track air quality and pollen counts, enabling you to plan outdoor activities accordingly.

Mild allergy symptoms often can be controlled by over-the-counter medications. If you have more severe symptoms, or if they occur year-round, talk to your doctor.

NOW IS THE TIME FOR OPEN ENROLLMENT!

Open Enrollment takes place June 1-30, 2025. Review your current health care elections and your personal situation, then decide which plan is right for you and your family.

During open enrollment, you can:

- **Change medical or dental plans;**
- **Add or drop dependents;**
- **Get more information about your benefits.**

Your available medical plans are:

The Trust Indemnity (PPO) Plan

This is a preferred provider organization (PPO) plan, providing you with the most flexibility. With the PPO plan you may use any provider; however, when you use an in-network PPO provider, your out-of-pocket expenses will be lower.

The Trust EPO Plan

This plan is an exclusive provider organization (EPO). Under this Plan, you must use an in-network EPO provider for health care services to be covered.

If you do not wish to make changes at this time, you don't have to do anything. If you want to make changes or to enroll for the first time, you will need to complete an Enrollment Form and submit it before June 30, 2025.

If you have a child who is under age 26 (whether married or unmarried), that child may be eligible to enroll in a plan. They do, however, need to be one of the following: a natural child, a stepchild, a legally adopted child, a child for whom the court has appointed the Employee as a legal guardian, or a child placed with an Employee for adoption. Children who are required to be covered by the Employee by a Qualified Medical Child Support Order and adult disabled children (up to age 28) are also eligible.

Please determine whether you wish to make any changes to your medical benefits.

Your changes will be effective July 1, 2025.

5 TIPS FOR BETTER SLEEP IN 2025

Did you know the best way to lower your risk of cardiovascular disease, stroke, diabetes and high blood pressure is to lie in bed and do nothing? Well, no, not exactly.

Sleep is crucial for good health, and getting quality sleep is important because it improves learning, problem-solving and creativity. It's also an opportunity for the brain to flush out plaques that may contribute to developing dementia.

Below are five tips to help you get better sleep so you can start the year strong:

1. Limit screens at nighttime. Whether it's the screen on your phone, tablet, computer or TV, it emits a blue light which can stimulate your brain instead of preparing it for sleep. If limiting screen time isn't possible, consider wearing blue light-blocking glasses. These glasses are available without a prescription. If you wear prescription eyeglasses, many eyewear providers offer a blue light-blocking coating that can be applied to your prescription.

2. Try mindfulness techniques at night. Try performing some tai chi movements or yoga poses from YouTube or through a fitness app. Mindfulness and meditation apps are popular on the Google Play Store and Apple's App Store. These apps are

packed with calming sounds and sessions which can help put your mind at ease.

3. Avoid strenuous activity at least one hour before bed. If you like getting a workout in before the day is done, consider doing it earlier in your evening. Strenuous activities elevate your heart rate and alertness, which can suppress the release of melatonin, the hormone that helps regulate your sleep-wake cycle. It can also reduce deep sleep or REM sleep, which are critical for rest and recovery.

4. Keep your sleep and wake times consistent. Going to bed and waking up at the same time during the week and on the weekends helps synchronize your body's circadian rhythm (your internal clock), making it easier to fall asleep and wake up naturally. It also improves sleep quality and boosts daytime energy and focus.

5. Avoid caffeine, spicy or sugary foods and drinks. Although some people tolerate caffeine well, some don't. If your body is sensitive to caffeine, consider cutting off the coffee or tea in the early afternoon so it doesn't keep you up. Similarly, spicy and sugary foods and drinks, including can stimulate the brain and interfere with sleep. Try to avoid these foods during dinner time if you notice a sensitivity to them.



SCREENS IN BED?

SEE SLEEP TIP #1!



HELP IS AVAILABLE SO YOU CAN GET YOUR WHITE CARD AND SAVE ON MEDICAL EXPENSES

Under the Department of Labor (DOL)'s Energy Employees Occupational Illness Compensation Program Act (EEOICPA), participants who worked at a nuclear energy or uranium site may be eligible for health services, including a White Card issued by the DOL for medical benefits, or cash settlements.

CNSCares can help guide eligible participants and/or their authorized caregivers through the process of filing a claim. This includes filling out the application, ensuring medical records are organized for submission, visiting the participant and accompanying them on important doctor visits and more.

A CNSCares representative can also work with

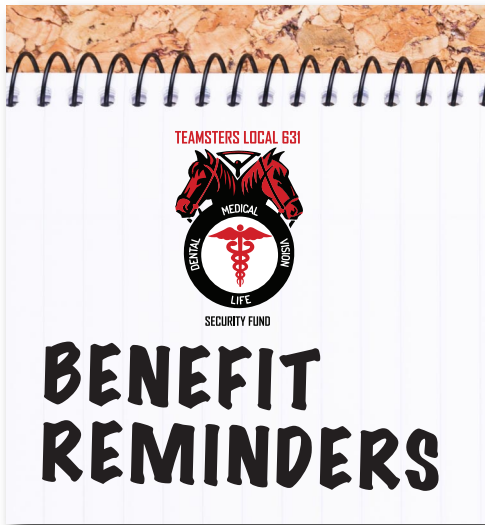
**If you have worked at a Test Site
you may be entitled to compensation.**

**CNSCares can assist you with
filing for and obtaining your White Card.**

your physician to make sure the necessary information is being communicated to support both new and denied claims.

Eligible participants should not hesitate to take advantage of these additional services. These benefits can enable you to save money and improve your health.

**Contact CNSCares at (877) 259-9001 or by
visiting [CNSCares.com](https://www.cnscares.com).**



BENEFITS ANNOUNCEMENT

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



EFFECTIVE APRIL 1, 2025, SAV-RX IS YOUR PHARMACY BENEFIT MANAGER

Access your Patient Portal by scanning the QR code on this page with your smartphone or visit the Patient Portal online at 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 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.

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!

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	
SavRx Member Services	(800) 285-3501	www.SavRx.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



SECURITY FUND

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