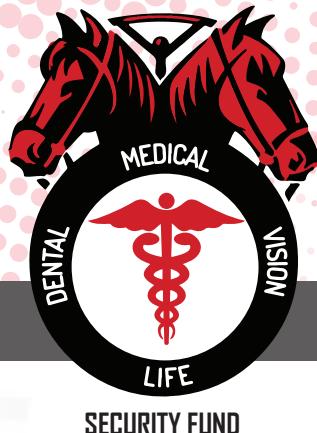


TEAMSTERS LOCAL 631



BENEFITS 631

Official Publication of Teamsters Local 631 Security Fund for Southern Nevada

SUMMER 2025

MAKE SMART DECISIONS TO PROTECT YOUR BENEFITS

SECURITY FUND



ALSO INSIDE

PREPARING FOR RETIREMENT
YOUR IN-NETWORK VISION BENEFITS

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



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

Visit your nearest Teamsters 631 Medical Center to schedule your kids' **FREE sports physicals!**

Appointments take about 30 minutes to complete. We are typically able to see you within 24-48 hours after scheduling your appointment through the Marathon Health Portal.

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.

HOURS OF SERVICE

NORTH

MONDAY-FRIDAY:
7 A.M.-6 P.M.
SATURDAY:
8 A.M.-1 P.M.

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

SOUTH

MONDAY, WEDNESDAY, FRIDAY:
8 A.M.-5 P.M.
TUESDAY, THURSDAY:
8 A.M.-7 P.M.
SATURDAY: **8 A.M.-NOON**

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!

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.



STROKE SAFETY: ACT F.A.S.T. TO IDENTIFY THE SIGNS

A stroke is a medical emergency which occurs when a blood vessel carrying blood and nutrients to the brain is blocked or bursts, causing brain cells to die.

It is estimated that someone in the U.S. has a stroke every 40 seconds. Strokes are one of the leading causes of death in children.

Identifying the signs of a stroke as early as possible and calling 9-1-1 is essential to reducing the risk of long-term damage or death. Treatment is most effective within three hours of the onset of symptoms.

Symptoms of a stroke include:

- Numbness or weakness in the face, arm or leg, especially on one side of the body
- Trouble speaking or understanding others
- Diminished vision
- Dizziness and loss of balance or coordination
- Severe headache

Call 9-1-1 immediately if you or someone you know experiences any of the symptoms above.

Prevention

An estimated 80 percent of strokes can be avoided by making healthy lifestyle choices. These choices include:

- Control your blood pressure levels
- Quit smoking
- Manage diabetes
- Eat a healthy diet
- Exercise regularly



USE THE LETTERS IN F.A.S.T. TO SPOT A STROKE:

F: Face drooping

Does one side of the face droop or is it numb?

A: Arm Weakness

Is one arm weak or numb?

S: Speech Difficulty

Is speech slurred?

T: Time to call 9-1-1

PLANNING TO RETIRE?

**DON'T DELAY—
START THE PROCESS
TODAY!**

**TO APPLY FOR RETIREE HEALTH COVERAGE
PLEASE SUBMIT THESE DOCUMENTS
BEFORE YOU LOSE COVERAGE:**



Completed Retiree Healthcare Plan Application



Self-Payment Auto Deduction Agreement form

(If you would like your health care premium deducted from a checking or savings account)



Copy of letter from Western Conference of Teamsters approving retirement



Copy of letter from Prudential approving pension payments

CONTACT THE TRUST FUND OFFICE TO REQUEST FORMS AND BEGIN THE PROCESS

You must meet the Retiree eligibility requirements to participate in the Retiree Health Care Plan. These requirements can be found in your Summary Plan Description booklet.

(702) 415-2185

staff@teamsters631benefits.org



MAKE SMART DECISIONS TO PROTECT YOUR BENEFITS

HELP ENSURE HEALTH CARE IS THERE WHEN NEEDED

To protect the Security Fund for current participants and to ensure its stability in the future, all participants need to make good medical decisions to keep costs down. Here are five simple ways to do that:

Take better care of yourself and the Fund by living a healthier lifestyle. Establish a relationship with a doctor you can see regularly and use Urgent Care when available in lieu of the Emergency Room.

See in-network doctors only. In-network doctors have agreed to accept lower fees and help keep costs to the Fund and participants low.

Ask for and use generic drugs when a doctor says it's OK.

Use the Emergency Room for emergencies only. Getting treatment in the ER is the most expensive form of medical care.

Compare prices for medical procedures and look for quality care providers to help control costs and improve outcomes.

Keep up to date with the *Benefits 631* newsletter for more ideas on how to protect the Fund and yourself.



YOUR IN-NETWORK VISION BENEFITS WITH IMPROVED FRAMES AND CONTACT LENSES ALLOWANCES

The Fund provides eligible employees and their dependents with a Vision Plan, administered by Davis Vision, at no cost to them. If you enroll in one of the Fund's medical plans, you are automatically enrolled in the Vision Plan. See the chart below for details. For more information, visit www.davisvision.com.

IN-NETWORK BENEFITS

Eye Examination:

Every 12 months, covered in full

Eyeglasses

Spectacle Lenses:

Every 12 months, covered in full for standard single-vision, lined bifocal or trifocal lenses

Frames: Every 12 months

Davis Vision's Collection frames:

Covered in Full

Other Frames:

At Visionworks locations:
\$200 allowance (plus 20% off balance for frames over \$200)

At all other locations:
\$150 allowance (plus 20% off balance for frames over \$150)

Contact Lenses

Evaluation, Fitting and Follow-Up Care:

Every 12 months; covered in full for standard contacts; 100% up to \$60, then a 15% discount for specialty lenses

Contact Lenses

(in lieu of eyeglasses): Every 12 months; \$150 retail allowance toward provider supplied contact lenses, plus 15% off balance

You may receive services from an out-of-network vision provider, although you will receive the greatest value and maximize your benefit dollars if you select a provider who participates in the Davis Vision network. If you choose an out-of-network provider, you must pay the provider directly for all charges and then submit a claim form and itemized receipt for reimbursement to Davis Vision at: Vision Care Processing Unit, P.O. Box 1525, Latham, NY 12110.

BENEFIT REMINDERS



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 health care providers have 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.

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

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 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.

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.

LET BENESYS KNOW OF CHANGES TO YOUR PERSONAL DATA

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 BeneSys 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.

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.anthemedmap.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



UNION TRUSTEES

Tommy Blitsch
(Co-Chairman)

Noelle Cutting

Javon Jefferson

Kenny Taber

Miguel Avalos

EMPLOYER TRUSTEES

Patrick Velasquez
(Co-Chairman)

Thomas Brodeur

Brent Conrad

Lance Metha

William Muller