Your Culinary benefits and all our great programs!
Questions? Concerns? Contact us...

Culinary Health Fund Customer Service Office
1901 Las Vegas Blvd. South, Suite 107
Las Vegas, NV 89104
702-733-9938
www.culinaryhealthfund.org

Helpful Numbers

Culinary Union Local 226
1630 S. Commerce Street
Las Vegas, NV 89102
702-385-2131

Bartenders Union Local 165
4825 W. Nevso Drive
Las Vegas, NV 89103
702-384-7774

IATSE Local 720
3000 South Valley View
Las Vegas, NV 89102
702-873-3450

Pension Office
1901 Las Vegas Blvd. South
Suite 107
Las Vegas, NV 89104
702-369-0000

Culinary Health Center
650 N. Nellis Blvd.
Las Vegas, NV 89110
702-790-8000

Mental Health & Addiction Program
(Harmony Healthcare)
702-251-8000

Dentists-In-Network
(Nevada Dental Benefits)
702-478-2014

Pharmacy Provider
Optum Rx
1-866-611-5960
Advocates are your personal Culinary Health Fund “helpers.” They will help you with questions about your benefits, coverage, Culinary programs and more.

Call them at 702-691-5665 or email at advocacy@culinaryhealthfund.org
Information about your coverage

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# Programs & Services

What you need to do

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</tbody>
</table>
How to get covered (eligibility)

Getting coverage depends on how many hours you work (see the “Getting Eligibility” coverage chart).

For every hour you work, your employer (job) pays into the Culinary Health Fund.

You must work at least **360 hours** in the first three months. That’s about 30 hours per week.

<table>
<thead>
<tr>
<th>360 Hours Required in</th>
<th>Wait Time</th>
<th>Covered in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan - Feb - Mar</td>
<td>Apr</td>
<td>May - Jun</td>
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<td>Mar - Apr</td>
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<tr>
<td>Dec - Jan - Feb</td>
<td>Mar</td>
<td>Apr - May - Jun</td>
</tr>
</tbody>
</table>

Keeping Eligibility

To keep your coverage, you must work at least **240 hours** every two months. That’s about 30 hours per week (see “Keeping Eligibility” coverage chart).

<table>
<thead>
<tr>
<th>240 Hours Required in</th>
<th>Covered in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan - Feb</td>
<td>May - Jun</td>
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<td>Mar - Apr</td>
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<td>Jan - Feb</td>
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<tr>
<td>Nov - Dec</td>
<td>Mar - Apr</td>
</tr>
</tbody>
</table>
SELF-PAY
(When you don’t work enough hours)

What is a Self-Pay?
It’s an option for you to pay for your coverage when you don’t work enough hours.

How will you know if you need to self-pay?
You will get a Self-Pay notice in the mail*. You must make your self-payment before the due date to keep your coverage.

Here’s how you can make your self-payment:

- Call our Customer Service Office at 702-733-9938 and follow the options to pay by phone.
- Come by the Customer Service Office from 7:30am to 6pm (Monday through Friday) to pay with cash, credit card, check or money order.
- Mail us a check or money order, or drop it in the Customer Service Office drop box at:
  Culinary Health Fund
  1901 Las Vegas Blvd. South, Suite 107
  Las Vegas, NV 89104
- Pay online at www.culinaryhealthfund.org.

* We need to be able to mail you your Self-Pay notice. Make sure that we have your correct contact information on file. You can change your contact information at any time on our website. You can also call the Customer Service Office.
LOSS OF TIME (LOT)

What is LOT?
It’s money that you can receive while you are not working because you got hurt, are injured, or have an illness that is not because of work.

What you will get:
• A $150 check every week (minus FICA taxes)
• The benefit will last for up to 13 weeks. This benefit is only available for the eligible employee

Your LOT benefit starts from:
• The 1st day if you can’t work because of an accident or injury (including maternity); or
• The 8th day if you can’t work because you have an illness

Keep in mind
You will need your LOT paperwork filled out by your doctor and your job showing that you can’t work. Your payments will be sent after that, if you qualify.

DISABILITY CREDITS

What are Disability Credits?
They help you keep your coverage while you are not working.

It’s only for participants that have an illness or are hurt, and are seeing a doctor.

What you get
• You and your family can keep your Culinary health coverage for up to 24 months (2 years).
• Your job might not pay for the first 60 days. If they don’t pay, you will have to self-pay.
• After the 24 months are over, you can self-pay for up to 12 months or until you are eligible for Medicare (whichever comes first).

Call the Customer Service Office at 702-733-9938 for more information on Disability Credits.
Life insurance is another benefit that you get at no cost to you. If you pass away for a reason covered by the Culinary Plan, the person you choose as your beneficiary will get paid a monetary benefit.

**Who can you name as a beneficiary?**

You may choose anyone you wish as your beneficiary. Just fill out a Life Insurance Beneficiary Form at the Customer Service Office. You can change your beneficiary whenever you want.

**Who is covered under the policy?**

You and your dependents each have a policy as long as you are eligible for Culinary Health Fund benefits.

**What if one of my dependents passes away?**

If one of your dependents passes away, there is also a benefit. This benefit gets paid only to you (the participant).
The Culinary Health Center is exclusively for Culinary participants and their dependents.

Services, Hours & Copays

Primary Care
Monday to Saturday
7am - 9pm
No copay
Not all providers are available during night and weekend hours

Pediatricians
Monday to Friday
7am - 5pm
Saturday
7am - 3pm
No copay

Urgent Care
24 hours a day,
7 days a week
No copay

Dental
Monday to Friday
7am - 5pm
Saturday
7am - 2pm
Same copays as a dentist in the network. Refer to Dental Booklet for more info.

Eye Care
Monday to Friday
9am - 5pm
Saturday
9am - 2pm
$10 copay for eye exams

Culinary Pharmacy
Monday to Friday
7am - 9pm
Saturday
7am - 5pm
Sunday
1pm - 9pm
No copay
WHEN SHOULD YOU USE IT?

- When your doctor is not available.
- Outside of normal office hours (nights & weekends).
- When you need medical attention right away.

Urgent Care is for emergencies that are not a danger to your life or risk of loss of limb.

EXAMPLES OF PROBLEMS TREATED AT URGENT CARE

- Accidents and falls
- Sprains and strains
- Fever or flu
- Sore throat
- High fever
- Vomiting, diarrhea
- Bleeding cuts that need stitches

URGENT CARE LOCATIONS
OPEN 24HRS, 7 DAYS A WEEK

Southwest Medical Associates
888 South Rancho Drive
Las Vegas, NV 89106
702-877-5108

Healthcare Partners
4880 South Wynn Road
Las Vegas, NV 89103
702-871-5005

Culinary Health Center
650 N. Nellis Blvd.
Las Vegas, NV 89110
702-790-8000

For a complete list of available Urgent Care locations visit our web page at www.culinaryhealthfund.org, or call the Customer Service Office at 702-733-9938.
The Culinary Pharmacies are only for Culinary participants and eligible dependents. They have more than 300 generic medications, including most diabetic prescription medicines and supplies.

FOR A LIST OF CULINARY PHARMACY MEDICATIONS

You can:

- Visit the Culinary Pharmacy
- Get a copy of the free Pharmacy Booklet
- Go to our website at www.culinaryhealthfund.org

PHARMACY HOURS & LOCATIONS

**Culinary Pharmacy at the Culinary Health Fund**
1945 Las Vegas Blvd. South
Las Vegas, NV 89104
Tel: 702-650-4417
Fax: 702-369-5940

Monday-Friday 7am-6pm
Saturday 7am-2pm

**Culinary Pharmacy at the Culinary Health Center**
650 N. Nellis Blvd.
Las Vegas, NV 89110
Tel: 702-963-9400
Fax: 702-963-9401

Monday-Friday 7am-9pm
Saturday 7am-5pm
Sunday 1pm-9pm
In-Network Plan (Culinary Dentists)

Who is covered
Participants and their eligible dependents.

Maximum Yearly Benefit
No maximum.

Copayments
No copayments for:
- examinations
- basic cleanings
- x-rays
- silver fillings, and other covered services

Other copays can change according to the service.

Braces
(Dental services must be from a dentist in the network).
- For kids: Copay is $850 per eligible child under the age of 19
- For adults: Copay is $3,100

Ask for a copy of the Dental Booklet for more detailed information about braces and co-payments.

Out-of-Network Plan (NOT Culinary Dentists)

Who is covered
Participants and their dependents

Maximum Yearly Benefit
$1,500 for you and each of your eligible dependents.

You are responsible for the difference between the Culinary payment and the doctor charges.

Copayments
Depends on the service

Braces
Not covered

For more information call Nevada Dental Benefits at 702-478-2014.
NEVADA HEALTH SOLUTIONS

Nevada Health Solutions (NHS)...
Is the Culinary’s Medical Management Team. They have a team of nurses and health coordinators to help you get the medical care you need:

• at home
• in the hospital, or
• in the community

What can you get help with?
Nevada Health Solutions will:

• help you find a family doctor or a specialist
• help you get ready for surgery (see page 17)
• visit you at the hospital and make sure you are getting the care you need
• help you with your transition when you get out of the hospital
• call you if you have been to the Emergency Room to make sure you are doing ok
• help coordinate care if you have a chronic disease such as:
  ✓ Diabetes
  ✓ Kidney Disease
  ✓ High Blood Pressure
  ✓ Heart Problems
  ✓ COPD & Asthma

Call Nevada Health Solutions at 702-216-1653.
CPL is the exclusive lab provider (bloodwork and other tests) for the Culinary Health Fund. There are several locations you can go to, including the office located right next to the Culinary Health Fund’s Customer Service Office.

CPL Lab at the Culinary Health Fund
1901 Las Vegas Blvd South, Suite 140
Las Vegas, NV 89104
702-795-4900

All other CPL locations:

**Main Lab**
6830 Spencer St., #102
Las Vegas, NV 89119
702-795-4900

**Town Center**
653 N Town Center Dr., #408
Las Vegas, NV 89144
702-795-4900

**Cascade Valley**
7180 Cascade Valley Ct., #150
Las Vegas, NV 89128
702-795-4900

**Maryland Parkway**
3201 Maryland Parkway, #101
Las Vegas, NV 89109
702-795-4900

**Burnham**
4275 Burnham Ave., #130
Las Vegas, NV 89119
702-795-4900

**Rainbow**
6295 S. Rainbow Blvd., #103
Las Vegas, NV 89118
702-795-4900

**Jeffreys**
10521 Jeffreys St., #121
Henderson, NV 89052
702-795-4900

**E. Charleston**
4255 E. Charleston, Suite I
Las Vegas, NV 89104
702-795-4900

**Decatur**
4001 S. Decatur, Suite 5
Las Vegas, NV 89103
702-795-4900

**Cheyenne**
2045 E. Cheyenne Blvd, Suite 150
N. Las Vegas, NV 89030
702-795-4900

**Green Valley**
100 N. Green Valley Pkwy #315
Las Vegas, NV 89074
702-795-4900

**W. Charleston**
1815 W. Charleston Blvd. Suite 1
Las Vegas, NV 89102
702-795-4900
We understand a surgery can be stressful and you might not know what you need to do.

That is why Nevada Health Solutions would like to give you some advice, so you can be ready for your surgery and have a faster recovery.

The Nevada Health Solutions care team is ready to help you. Call 702-216-1653 if you have questions or need help.

Here are some things to keep in mind before your surgery:

- Always tell your doctor all of the medications that you are taking.
- Plan for your return home. Things to think about are:
  - Who will be taking you home after surgery?
  - Do you have to use stairs to get into your home?
  - Do you have stairs inside your home?
  - Will you need to stay with family or friends after your surgery?

Remember, your surgery and recovery will be easier if you and your family are involved in the preparation of your surgery, and planning of your recovery.
Are you 35 or older? Was your last mammogram done over 11 months ago?

If you answered yes to both questions, you are eligible to receive a preventive mammogram through Desert Radiology for a $0 copay.

Talk to your doctor about getting your mammogram every year.

What are the steps you need to follow to get a mammogram?

1. Get a referral from your doctor.

2. Call Desert Radiology at 702-759-8700 to schedule an appointment.

3. Preventive mammograms are a $0 copay benefit.
   *If you are interested in a 3D mammogram, they are available for a $60 fee.*

IMPORTANT INFORMATION

Sometimes, women are told that they need to go back for more views or a diagnostic mammogram. If this happens to you, do not panic. This may be simply because the technician did not get enough clear images. Or it may be because your doctor just needs to see more. These other views and diagnostic mammograms will have a copay. These other views may be:

- Ultrasound
- MRI of the breast
- Another mammogram
“Call It Quits” is a program to help you stop smoking.

It includes:

- Counseling - You can choose to attend a group class, online counseling, or phone support
- Nicotine Replacement Therapy (nicotine patches, gum, or lozenges)
- Medication (if you need it)

Who is the program for?

All eligible participants and their dependents 18 years and older. There is no copay for this program.

How do you sign up?

1. Call the Culinary Health Fund’s Advocacy Line at 702-691-5665.
2. You will be asked to answer questions about your health and tobacco use.
3. They will ask you what type of counseling you prefer.
Do you have problems with your weight? Do you suffer from chronic illnesses like diabetes or heart problems? Then the Culinary Healthier U program can help.

Through the program you can see a certified dietitian/nutritionist. They will teach you how to choose better foods to keep a healthier weight and/or control your chronic illnesses.

**Want to join the program?**

Call one of the following dietitians/nutritionists to make an appointment. They will do a screening to see if you qualify.

There are no copays for these visits.

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition by Joey</td>
<td>8275 S. Eastern Ave., Suite 118, Las Vegas, NV 89123</td>
<td>702-878-5639 (English only)</td>
</tr>
<tr>
<td>Nutrition Moves</td>
<td>7721 Leavorite Dr., Las Vegas, NV 89128</td>
<td>702-242-5730 (English only)</td>
</tr>
<tr>
<td>Creating A New Norm</td>
<td>3277 E. Warm Springs Road, #300, Las Vegas, NV 89120</td>
<td>702-475-4007 (English &amp; Spanish)</td>
</tr>
<tr>
<td>My Nutrition, My Life</td>
<td>170 S. Green Valley Parkway, Suite 325, Henderson, NV 89102</td>
<td>702-606-3106 (English only)</td>
</tr>
<tr>
<td>Food Connection, LLC</td>
<td>4215 S. Grand Canyon, Suite 101, Las Vegas, NV 89147</td>
<td>702-664-1204 (English &amp; Spanish)</td>
</tr>
<tr>
<td></td>
<td>9070 W. Cheyenne Ave., Las Vegas, NV 89129</td>
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</table>

For more information call the Advocacy Line at **702-691-5665**.
DID YOU KNOW THAT DIABETES AFFECTS YOUR:

The Diabetes Program will help you take care of your diabetes.

What you get with the program

Free Diabetes Classes where you will learn:

✓ The different types of diabetes
✓ The medications available to you
✓ The best way to check the sugar in your blood (glucose) with your meter

Free Supplies:

✓ Accu-Check or One Touch meters
✓ Strips
✓ Lancets
✓ Syringes
✓ Insulin
✓ Oral medication

Call the Advocacy Line at 702-691-5665 to sign up for a class!
Dr. Tomorrow is a service to help you get a doctor’s appointment within 24 hours if your doctor’s office is closed or does not have any appointments. Sometimes Dr. Tomorrow can get you an appointment the same day.

When should you call Dr. Tomorrow?
When you are feeling sick and your doctor can’t see you right away.

What do you have to do?
Just call Dr. Tomorrow at 702-691-5656 24 hours a day, 7 days a week.

Dr. Tomorrow will also save you a lot of money!
Take a look at the different copays for "Dr. Tomorrow", Urgent Care, Urgent Care at the Culinary Health Center, and the Emergency Room!

<table>
<thead>
<tr>
<th>Your Co-pays per visit...</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Dr. Tomorrow</strong></td>
<td>$15 co-pay</td>
</tr>
<tr>
<td><strong>Urgent Care at the Culinary Health Center</strong></td>
<td>$0 co-pay</td>
</tr>
<tr>
<td><strong>Urgent Care</strong></td>
<td>$40 co-pay</td>
</tr>
<tr>
<td><strong>Emergency Room</strong></td>
<td>$350 co-pay</td>
</tr>
</tbody>
</table>
HEALTHY PREGNANCY PLUS

The Culinary Health Fund wants you to have a Healthy Pregnancy! If you’re pregnant, the Healthy Pregnancy Plus program is for you.

The program will help make this exciting new time in your life easier and more enjoyable. There is no copay for this program.

What will you get if you sign up for the program?

- Educational Materials
- Breastfeeding Classes
- A Breast Pump (if you choose to breastfeed)
- Access to a Lactation Consultant (they can help with breastfeeding problems)
- $100 after your baby is born (if you go to your doctor before 12 weeks of pregnancy and go to all your appointments)

To sign up:
Call the Advocacy Line at 702-691-5665 when you find out you are pregnant.

Healthy moms have healthy babies
KIDNEY SMART CLASSES

Do you have Diabetes? High Blood Pressure? High Cholesterol?

Did you know your kidneys are at risk?

The Culinary Health Fund offers Kidney Smart Classes!

Come to a Kidney Smart Class to learn:

- How your kidneys work and what are the common causes of Chronic Kidney Disease.
- How your diet, medicine and lifestyle affect your kidneys.
- What treatments are available to you.

Call the Advocacy Line at 702-691-5665 to sign up!
If you are feeling sad or stressed...  
If your problems are affecting your family and/or your job...  
The Mental Health & Addiction Program can help!  
Call them at 702-251-8000  

What is the Mental Health & Addiction Program?  
It’s a team of:  
• Generalists/Counselors (professionals that can help you with many different issues),  
• Psychologists (specialists in psychology that have a degree; a psychologist cannot write a prescription)  
• Psychiatrists (doctors that specialize in the treatment of mental illness; a psychiatrist can write a prescription)  

Areas we can help you with:  
• Marriage & Family  
• Emotional Stress  
• Substance Abuse  
• Grief & Loss  
• Work Pressures  
• Gambling  
• Financial Difficulties  
• Crisis Intervention  
• Drugs and Alcohol Abuse  

There are also services available for people with disabilities (including those that are blind or deaf)  

<table>
<thead>
<tr>
<th>Service</th>
<th>Copay</th>
</tr>
</thead>
</table>
| Generalists/Counselors (Psychologists & Psychiatrists are not included) | • You will not have a copayment for your first 5 visits (per problem);  
\                                      | • After your first 5 visits, you will have a $15 copayment             |
| If you need to stay at a hospital             | • $250 Copayment per hospital stay                                   |