

YOUR HEALTH. YOUR PLAN.



PARTICIPANT GUIDE

Your Culinary
benefits and all
our great programs!



Revised January 2021 (Replaces Participant Guide dated January 2020)



ADVOCACY

Do you have
questions
about
eligibility?

**Your
benefits?**

**Dental
plans?**

Programs?



Your advocates can help you with all your questions!

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

CONTACT INFORMATION



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

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

Dentists-In-Network

(Nevada Dental Benefits)

702-478-2014

Bartenders Union Local 165

4825 W. Nevso Drive

Las Vegas, NV 89103

702-384-7774

Culinary Health Center

650 N. Nellis Blvd.

Las Vegas, NV 89110

702-790-8000

Mental Health & Addiction Program

Harmony
Healthcare

Human
Behavior
Institute (HBI)

702-251-8000

702-248-8866

Pharmacy Provider

OptumRx

1-866-611-5960



What's inside...

Eligibility Requirements	6
Self-Pay	7
Loss of Time & Disability	8
Life Insurance	9
Culinary Health Center	10
Culinary Pharmacy	11
Urgent Care	12
Dr. Tomorrow	13
Dental Plan	14
Mental Health & Addiction Program	15
Nevada Health Solutions	16
What you need to do Before & After Surgery	17



Durable Medical Equipment
What is covered 18

Durable Medical Equipment
Where to get it 19

Breast Care 20

Desert Radiology 21

**Comprehensive Cancer
Centers of Nevada** 22 - 23

Healthy Pregnancy Plus 24

High Risk Pregnancy Centers.. 25

Diabetes Program 26

Kidney Smart Classes 27

Culinary Healthier U 28

CPL
(Clinical Pathology Laboratories) 29

Call It Quits
(Stop Smoking Program) 30



ELIGIBILITY REQUIREMENTS

(How to get and keep your benefits)

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.

Getting Eligibility

360 Hours Required in	Wait Time	Covered in
Jan - Feb - Mar	Apr	May - Jun
Feb - Mar - Apr	May	Jun - Jul - Aug
Mar - Apr - May	Jun	Jul - Aug
Apr - May - Jun	Jul	Aug - Sep - Oct
May - Jun - Jul	Aug	Sep - Oct
Jun - Jul - Aug	Sep	Oct - Nov - Dec
Jul - Aug - Sep	Oct	Nov - Dec
Aug - Sep - Oct	Nov	Dec - Jan - Feb
Sep - Oct - Nov	Dec	Jan - Feb
Oct - Nov - Dec	Jan	Feb - Mar - Apr
Nov - Dec - Jan	Feb	Mar - Apr
Dec - Jan - Feb	Mar	Apr - May - Jun

How to keep your benefits

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).

Keeping Eligibility

240 Hours Required in	Covered in
Jan - Feb	May - Jun
Mar - Apr	Jul - Aug
May - Jun	Sep - Oct
Jul - Aug	Nov - Dec
Sep - Oct	Jan - Feb
Nov - Dec	Mar - Apr

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 4pm (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/portal**

** 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.*

Self-Pay Due Dates

Less than 240 hours worked in	Payment due by	Covered in
Jan - Feb	Apr 30	May - Jun
Mar - Apr	Jun 30	Jul - Aug
May - Jun	Aug 30	Sep - Oct
Jul - Aug	Oct 31	Nov - Dec
Sep - Oct	Dec 31	Jan - Feb
Nov - Dec	Feb 28/29	Mar - Apr



LOSS OF TIME & DISABILITY

(When you can't work)

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

BENEFICIARY DESIGNATIONS

(If something happens and you pass away)



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 image shows three overlapping forms titled "Culinary Health Fund (UNITE HERE HEALTH) BENEFICIARY DESIGNATION FORM". The forms are for "Culinary Health Fund PLAN 150 L1" and "Culinary Health Fund PLAN 150 LIFE INSURANCE BENEFICIARY DESIGNATION FORM". They contain various fields for personal information, beneficiary names, addresses, and percentages. The forms are partially filled out with handwritten text.

Would you like to buy more disability/life insurance?

Call Boston Mutual at **702-386-5179.**



CULINARY HEALTH CENTER



650 North Nellis Blvd.
Las Vegas, NV 89110
702-790-8000

The Culinary Health Center is exclusively for Culinary participants and their dependents.

Please call first! It's fast, easy and convenient. No lines, no waiting to see a doctor.

Services, Hours & Copays

Primary Care

Monday to Saturday
8am - 7pm*

No copay

All providers are not available during night and weekend hours

Pediatrics

Monday to Saturday
8am - 7pm*

No copay

Culinary Pharmacy

Monday to Friday
9am - 6pm*

No copay

Eye Care

Monday to Friday
9am - 5pm*

\$10 copay for eye exams

Dental

Monday to Friday
9am - 5pm*

Same copays as a dentist in the network. Refer to Dental Booklet for more info.

**Hours are subject to change.*

CULINARY PHARMACY

(Free pharmacy)



GET YOUR MEDICATIONS FOR NO COPAY!

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 | 9am-5pm*

**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 | 9am-6pm*

**Hours are subject to change.*



URGENT CARE

(It's cheaper than the Emergency Room!)

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
OPEN 24/7**

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

*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.*

DR. TOMORROW



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, and the Emergency Room!

Your Co-pays per visit...	
Dr. Tomorrow	\$15 co-pay
Urgent Care	\$40 co-pay
Emergency Room	\$350 co-pay



DENTAL PLAN

(Nevada Dental Benefits)

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.**

MENTAL HEALTH & ADDICTION PROGRAM



What is the Mental Health & Addiction Program?

It's a team of professionals to help you if you are feeling sad or stressed, or if your problems are affecting your family and your job, and more. These professionals can be:

- **Generalists/ Counselors**
- **Psychologists**
- **Psychiatrists**

Areas they can help you with:

- Marriage & Family
- Emotional Stress
- Substance (Drugs and Alcohol) Abuse
- Grief & Loss
- Work Pressures
- Gambling
- Financial Difficulties
- Crisis Intervention

How much will it cost?

Service	Copay
Generalists/Counselors (Psychologists and Psychiatrists are not included)	<ul style="list-style-type: none">• No copay for your first 5 visits (per problem)• \$15 copayment after your first 5 visits (per problem)
If you need to stay at a hospital	<ul style="list-style-type: none">• \$250 copayment per hospital stay

How to get help?

We have a bigger network now! We've partnered with the following providers to get you the care you need. Please call them at:

- **Harmony Healthcare - 702-251-8000**
- **Human Behavior Institute (HBI) - 702-248-8866**

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



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 get ready for surgery (see the next page)
- 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.

WHAT YOU NEED TO DO BEFORE & AFTER SURGERY



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.



Durable Medical Equipment

What is covered



You may need Durable Medical Equipment (DME) to help you with a health condition. Pages 18 and 19 will help you find out where you can get it. They will also tell you how to check if it is covered.

- **What is Durable Medical Equipment (DME)?**

It is equipment that helps you with a health condition. For example, if you have problems breathing, you may get oxygen equipment. Your doctor orders these devices for you to use at home. It is used every day, or for a long period of time.

- **How do I know if my DME is covered?**

DME products over \$500 must be approved before they are purchased. This is called prior authorization. Tell your doctor or provider to fax a prior authorization request to NHS at 702-691-5614.

- **Please note: you can only go to the places listed on the next page for your DME products. Call the Customer Service Office at 702-733-9938 if you have questions.**

Durable Medical Equipment

Where to get it



Orthotics & Prosthetics

Brace It Orthotics and Prosthetics

3170 W. Sahara Ave. D17
Las Vegas, NV 89102
702-478-5848

D. Danz & Sons, Inc

2820 W. Charleston Blvd. #D39
Las Vegas, NV 89102
702-258-6256

Prosthetics Advancement Lab

3199 E. Warm Springs Rd. #300
Las Vegas, NV 89120
702-609-9203

Precision Orthotics and Prosthetics (POP)

526 S. Tonopah #120
Las Vegas, NV 89106

8915 S. Pecos Rd. #18A
Henderson, NV 89074

7350 W. Cheyenne Ave. #110
Las Vegas, NV 89129
702-243-7671

Prosthetic Center of Excellence

400 Shadow Ln. #110
Las Vegas, NV 89106
702-384-1410

Other DME providers

Apria Healthcare LLC

7370 Eastgate Rd. #145
Henderson, NV 89011
702-736-4466

Bennett Medical (Adapt Health)

6125 S. Valley View Blvd. #B
Las Vegas, NV 89118
702-382-4940

Aveanna Healthcare Medical Solutions

3230 Hacienda Ave. #305
Las Vegas, NV 89118
866-883-1188

Everything Medical

1811 W. Charleston Blvd.
Las Vegas, NV 89102
702-366-1111

Gabel Distributors, LLC

5985 Hauck St. #107
Las Vegas, NV 89118
702-489-2288

Preferred Homecare

871 Grier Dr. #C & B2
Las Vegas, NV 89119
702-951-6900

Byram Healthcare

5302 Rancho Rd.
Huntington Beach, CA 92647
1-800-552-2633



BREAST CARE



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 **702-759-8600** 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

DESERT RADIOLOGY



Desert Radiology is your provider for services like:

- X-rays
- Imaging (MRI, CAT Scans, ultrasounds, etc)
- Mammograms

Below you'll see a list of their locations. Call them at **702-759-8600** to make an appointment.

Cathedral Rock

7200 Cathedral Rock Dr.,
Suite 230
Las Vegas, Nevada 89128

Eastern

3920 S. Eastern, Suite 100
Las Vegas, Nevada 89119

Nellis

31 N. Nellis Blvd.
Las Vegas, Nevada 89110

Palomino

2020 Palomino Ln., Suite 100
Las Vegas, Nevada 89106

South Rainbow

3025 S. Rainbow Blvd.
Las Vegas, NV 89146

Wynn Road

4880 S. Wynn Rd.
Las Vegas, Nevada 89103

Centra Point

6675 S. Cimarron Rd., Suite 105
Las Vegas, Nevada 89113

Horizon Ridge

2811 W. Horizon Ridge Pkwy.
Henderson, Nevada 89052

Sandy Ridge

2611 W Horizon Ridge Pkwy.
Henderson, NV 89052

St. Rose

3175 St. Rose Pkwy., Suite 130
Henderson, NV 89052

Pahrump

1397 South Loop Rd.
Pahrump, NV 89048



COMPREHENSIVE CANCER CENTERS OF NEVADA



The Culinary Health Fund is contracted exclusively with Comprehensive Cancer Centers of Nevada (CCCN). They provide the following services for cancer treatment:

- oncology
- breast surgery
- hematology
- pulmonary medicine
- radiation oncology
- and more

Below and on the next page is a list of their locations.

BOULDER CITY

999 Adams Boulevard, Suite 103
Boulder City, NV 89005
Tel: 702-293-0357

NORTHWEST

7445 Peak Drive
Las Vegas, NV 89128
Tel: 702-952-2140
Fax: 702-952-2147
Radiation Fax: 702-952-2148

CENTRAL VALLEY

3730 S. Eastern Avenue
Las Vegas, NV 89169
Tel: 702-952-3400
Fax: 702-952-3461
Radiation Fax: 702-952-3713

HORIZON RIDGE HENDERSON

2460 W. Horizon Ridge Parkway
Henderson, NV 89052
Tel: 702-822-2000
Fax: 702-938-2232



HENDERSON

10001 S. Eastern Avenue, Suite 108
Henderson, NV 89052
Tel: 702-952-3444
Fax: 702-952-3494
Radiation Fax: 702-952-3485

SOUTHEAST HENDERSON

1505 Wigwam Parkway, Suite 130
Henderson, NV 89074
Tel: 702-856-1400
Fax: 702-856-1407

SOUTHWEST

9280 W. Sunset Road, Suite 100
Las Vegas, NV 89148
Tel: 702-952-1251
Fax: 702-952-1242
Radiation Fax: 702-952-1240

SUMMERLIN RADIATION/ CYBERKNIFE

655 N. Town Center Drive
Las Vegas, NV 89144
Tel: 702-233-2200
Fax: 702-233-2210

SUMMERLIN MEDICAL CENTER I-II

653 N. Town Center Drive, Suite 402
Las Vegas, NV 89144
Tel: 702-243-7200
Fax: 702-228-9410

LUNG CENTER OF NEVADA

9280 West Sunset Road, Suite 312
Las Vegas, NV 89148
Tel: 702-737-5864
Fax: 702-737-6885

3150 North Tenaya Way, Suite 125
Las Vegas, NV 89128
Tel: 702-869-0855
Fax: 702-869-0859

BREAST SURGERY CENTERS

1485 W. Warm Springs Road, Suite 105
Henderson, NV 89014
Tel: 702-990-6360
Fax: 702-990-6363

3006 S. Maryland Parkway, Suite 270
Las Vegas, NV 89109
Tel: 702-369-6008
Fax: 702-696-0057

9280 W. Sunset Road, Suite 100
Las Vegas, NV 89148
Tel: 702-255-1133
Fax: 702-255-0582

653 N. Town Center Drive, Suite 402
Las Vegas, NV 89144
Tel: 702-243-7200
Fax: 702-228-9410



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)
- \$200 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



HIGH RISK PREGNANCY CENTERS



Having a baby is an exciting thing but sometimes things can get a little complicated. During this time, you may need extra care.

That's why the Culinary Health Fund has contracted with the **High Risk Pregnancy Center**. They have a group of specialists that will give you the best chance to have a healthy delivery.

Below is a list of their locations in the valley. Their phone number is **1-888-381-0695**.

Las Vegas Locations

2011 Pinto Lane, Suite 200
Las Vegas, NV 89106
Fax: 702-382-3575

9090 W. Post Road, Suite 100
Las Vegas, NV 89148
Fax: 702-946-5411

Henderson Location

2845 Siena Heights Drive
Suite 350
Henderson, NV 89052
Fax: 702-932-2299



DIABETES PROGRAM

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:

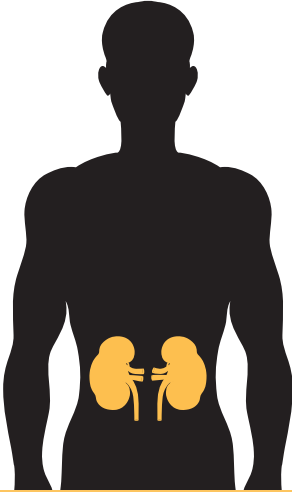
- ✓ The different types of diabetes
- ✓ The medications available to you
- ✓ The best way to check the sugar in your blood (glucose) with your meter

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!

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!





CULINARY HEALTHIER U

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.

**Anders & Dunaway
Nutrition Consultants**

2121 E. Flamingo Rd., Suite 110
Las Vegas, NV 89119
702-382-8841 (*English & Spanish*)

Medical Nutrition Therapy Services

7721 Leavorite Dr.
Las Vegas, NV 89128
702-242-5730 (*English only*)

My Nutrition, My Life

170 S. Green Valley Pkwy., Suite 325
Henderson, NV 89012
702-606-3106 (*English only*)

Nutrition by Joey

8275 S. Eastern Ave., Suite 118
Las Vegas, NV 89123
702-878-5639 (*English only*)

LiveWell Nutrition

500 N. Rainbow Blvd., #300
Las Vegas, NV 89107
702-508-0630 (*English only*)

Creating A New Norm

3277 E. Warm Springs Rd., #300
Las Vegas, NV 89120

6040 S. Fort Apache Rd., Suite 100
Las Vegas, NV 89148
702-475-4007 (*English & Spanish*)

**Your Dietician for Diabetes
& Weight Control**

170 S. Green Valley Pkwy., Suite 300
Henderson, NV 89102

7656 W. Sahara Ave., Suite 110
Las Vegas, NV 89117

1810 E. Sahara Ave., #122
Las Vegas, NV 89104
702-525-1105 (*English & Spanish*)

Food Connection, LLC

4215 S. Grand Canyon, Suite 101
Las Vegas, NV 89147

7170 Smoke Ranch Rd., #110
Las Vegas, NV 89128
702-664-1204 (*English & Spanish*)

For more information call the Advocacy Line at **702-691-5665**.

CPL

(Clinical Pathology Laboratories)



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

Monday - Friday | 7am - 4pm
Saturday | 7am - 11am

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



CALL IT QUILTS

(The Culinary Stop Smoking Program)

“**Call It Quits**” is a program to help you stop smoking.

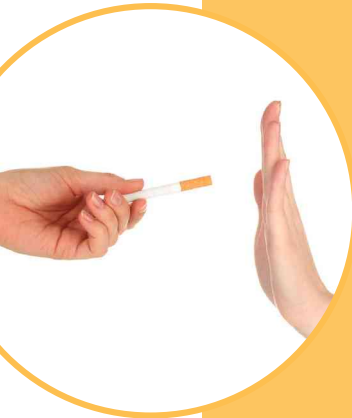
It includes:

- 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.



1901 Las Vegas Blvd. South, Suite 107
Las Vegas, NV 89104
702-733-9938
www.culinaryhealthfund.org