

Got questions?

Call/Text your Enthea support team anytime:
(617) 297-7237 (Real people. Real answers.)
members@enthea.com



Enthea FAQ: Your Step-by-Step Guide to Stellate Ganglion Block (SGB)

Everything you need to feel informed and confident about using your new benefit.

WHAT IS THIS ALL ABOUT?

What is Stellate Ganglion Block (SGB)?

SGB is a quick, outpatient procedure that targets the body's "fight or flight" response. **It's designed to help people who struggle with depression, PTSD symptoms, anxiety, and trauma**—especially when nothing else has worked. It's science-backed and done by experienced doctors in safe clinical settings.

Is this a mental health drug or therapy?

Nope. This is not a medication you take every day or a therapy session you talk through. **It's a 15-minute procedure using a commonly used anesthetic.** You're fully awake, aware and comfortable the whole time.

Is it safe?

Yes. It's a routine procedure that's been **used in medicine for nearly 100 years.** It's now helping people recover from the mental toll of trauma and stress—and doing so quickly. You'll be in the hands of trained specialists who've helped others like you feel better.

Is this like a shot or surgery?

It's not surgery. It's a precisely guided injection into a cluster of nerves in your neck that calms the nervous system. **Most people say the hardest part is... just showing up.** Some feel better within minutes.

Is this a permanent benefit?

Right now, it's being offered as a new option. Whether it continues depends on how it helps our members. Your experience helps shape the future.

Still have more questions? Please connect with our member services team, we are here to help.



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WHY IT MATTERS TO YOU

Why is this being offered to Teamsters health plan participants?



We take pride in how hard we work in this industry. **But even the strongest among us feel the weight sometimes**—whether it's stress, depression, or anxiety. This benefit is fast, safe, and designed to help when you need it most, providing a proven path to relief so you can keep doing what you do best.



What if I've tried everything and nothing worked?

That's exactly who this is for. SGB is often used when therapy and medications haven't helped—or aren't an option. It can offer rapid relief, and it doesn't require reliving your trauma to get started. **For those diagnosed with PTSD, 75% saw significant improvement.**



Can it help with sleep issues or constantly feeling on edge?

Yes. SGB has been shown to reduce symptoms like poor sleep, anxiety, irritability, panic attacks, hypervigilance, **and that "always on alert" feeling that can happen after chronic stress or trauma.** By calming the body's fight-or-flight response, SGB can help you feel more at ease in daily life and improve your sleep.



Who is eligible?

You, your spouse, or domestic partner. Dependent children ages 18-26 are also eligible.

WHAT DOES IT COST?



Is this covered by my health plan?

No—SGB is offered outside of your health plan. **This benefit is only covered through Enthea's provider network through your health & welfare trust fund.**



What will I have to pay?

When you use a provider in Enthea's network, **you're getting access to pre-negotiated discounted rates.** You'll always see a full cost breakdown upfront—so you know exactly what to expect.



Are there any surprise fees or facility charges?

No. With Enthea's network, all costs are disclosed up front. Thanks to Enthea's network pricing, members pay far less out of pocket.

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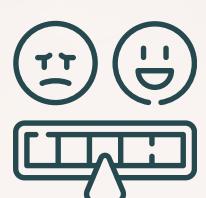
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WHAT TO EXPECT FROM TREATMENT



What does the procedure feel like?

Most describe it like getting a flu shot **followed by a sense of calm settling in.** Some feel a “reset” almost instantly. You’re awake and monitored the entire time. **Short on time?** Watch a 5-min news story: [CLICK HERE](#) **Want the full story?** A 40-min documentary follows real people who found relief: [CLICK HERE](#)



How soon will I feel better?

Some people feel a change that same day. Many notice improvement in sleep, anxiety, or emotional control within 1-2 days. Effects can last months—or longer—especially when combined with therapy.



Do I need more than one?

Often just one procedure is enough. In some cases, your provider may recommend a second one shortly after, depending on your response.



Can I drive afterward?

No. **You'll need a ride home**, and should plan to take the rest of the day off to rest.



Can this work with therapy or other treatments I'm doing?

Yes. In fact, SGB can make therapy work better. **Many people use SGB as a “reset”** so they can fully engage in their other treatments or **start therapy for the first time** by reducing the constant hypervigilance, irritability, and sleep issues that kept them stuck. It doesn't replace therapy but helps you get the most out of it.

HOW TO GET STARTED



How do I sign up?

Visit the member portal at [enthea.com](#) to find a provider near you. No referral is needed. It's fast, easy, and private.



How long before I get treatment?

Initial evaluations are usually available within days. If you qualify, treatment starts shortly after.



How is eligibility determined?

You'll have a private screening and medical evaluation with an Enthea provider. They'll decide if it's safe and right for you.



Is this confidential?

Yes- 100%. Your use of this benefit is completely private. Your fund will never know if you receive treatment. All care is HIPAA-compliant, **which means your health information is legally protected**—just like any other medical visit.

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