

# GUARDIAN

Reading, Pennsylvania

HEALTH AND WELFARE/PENSION GUARDIAN NEWSLETTER



## \*IMPORTANT NEWS\*

PLEASE BE SURE TO REVIEW THE UPDATED PREFERRED BRAND NAME DRUG LIST FOUND ON PAGES 12-13 WHICH IS EFFECTIVE JULY 1, 2018.

This newsletter contains an insert with important information regarding changes to the Defined Benefit Plan. The insert should be retained with your SPD for future reference.

From the Central  
Pennsylvania Teamsters  
Health & Welfare and  
Pension Funds!

**DID YOU KNOW** the price of medical procedure from one facility to another can be different by hundreds or even thousands of dollars? It's true. Now you have the power to see these differences and choose where you go for your medical procedures. In addition, visiting Fair Price facilities for certain procedures could earn you a reward!!

## INTRODUCING

# Healthcare Bluebook™

### In this edition

Financial Fitness.....	5
Prescription Plans .....	6
Step Therapy.....	8
Preferred Brand Drug List .....	12
Retirees .....	16
RIP Investment Return .....	17
Healthy Living .....	18

### What is Healthcare Bluebook?

Starting April 1, 2018 Healthcare Bluebook has been selected by the Central PA Teamsters as an added healthcare benefit to help you shop for care, compare facilities, save money on healthcare services and earn rewards. Did you know that in-network prices for the same procedure can vary by over 500% depending on the facility you choose? Our web and mobile applications make it easy to save money on hundreds of the most common medical services and procedure is by showing you the cost ranges in your area, and providing you with a selection of FAIR PRICE facilities.



## What is Healthcare Bluebook?

continued

### What is the "FAIR PRICE?"

The FAIR PRICE is the amount you should reasonably expect a service or procedure to cost in your area. Bluebook FAIR PRICES are based on the actual amount paid on the claim, not the billed amount, and reflect the discounts that the health plan has negotiated with the facility.

For services that include more than one provider, separate FAIR PRICE amounts may be shown for facility, physician and anesthesiologist.

### How do I find a FAIR PRICE?

Finding a FAIR PRICE provider is easy using Healthcare Bluebook. Type in a search term or use the drop down menus to search for a particular service. Select the service you are looking for from the search results. Review the price range in your area and find the local FAIR PRICE for your service. Scroll down the page and review provider options for the service. Bluebook conveniently color codes all the provider options to make it easy for you to identify those providers with prices at or below the FAIR PRICE.



### How will a member know that a service is rewards-eligible?

When a member searches for an eligible service within the Healthcare Bluebook website or mobile app, an alert will display on the results page; this indicates the service is eligible for a Go Green to Get Green reward. The dollar amount (\$25, \$50, or \$100) will be clearly displayed with a link to more information on the program. Employees, spouses or dependents that receive an eligible service are all eligible to earn rewards through this program.

### What procedures are reward eligible?

Based on best practices, Healthcare Bluebook developed the following procedure categories and dollar amounts for the incentive program:

Procedure	Incentive
Most CT Scans	\$25
Most MRI's	\$25
Transthoracic Echocardiogram	\$25
TTE with doppler	\$25
Cataract surgery	\$50
Cholecystectomy (laparoscopic)	\$50
Ear tube placement (tympanostomy)	\$50
Heart perfusion imaging	\$50
Lithotripsy	\$50
Removal of adenoids	\$50
Sleep study	\$50
Tonsillectomy	\$50
Knee arthroscopy	\$100
Shoulder arthroscopy	\$100

# So how does it work.....

- 1** Log on to and bookmark:  
[centralpateamsters.com](http://centralpateamsters.com)
  - 2** Search for your Procedure
  - 3** See the Fair Price
  - 4** Select a Fair Price Facility
  - 5** Save Money  
& Earn Rewards (when available)
- Just ask your doctor to refer you  
To a FAIR PRICE facility.
- Always check network status before scheduling.*

## Try the APP!

Install the Bluebook App from  
the Apple App Store or Google Play.


Company Code: CentralPATeamsters



Healthcare Bluebook automatically handles fulfillment via claims data- there are no forms to fill out and submit. The claims data is reviewed on a monthly basis for eligible services and rewards are issued to qualifying members and dependents.



Checks are sent along with a congratulatory letter. For dependents under age 18, the information is sent the employee.

Effective April 1, 2018



## Check It Out:

[centralpateamsters.com](http://centralpateamsters.com)  
**800-341-0504**

Download the App:   Company Code: CentralPATeamsters

**CENTRAL PENNSYLVANIA TEAMSTERS  
HEALTH & WELFARE FUND  
NOTICE OF NONDISCRIMINATION**

The Central Pennsylvania Teamsters Health & Welfare Fund (“Fund”) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Fund does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Central Pennsylvania Teamsters Health & Welfare Fund:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Joseph J. Samolewicz, Administrator.

If you believe that the Fund has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Joseph J. Samolewicz, Administrator, 1055 Spring Street, Wyomissing, PA 19610-1747, Toll Free in PA: 1-800-422-8330; Toll Free in USA: 1-800-331-0420, email address: [jjsamolewicz@CentralPaTeamsters.com](mailto:jjsamolewicz@CentralPaTeamsters.com). You can file a grievance in person or by mail or email. If you need help filing a grievance, Mr. Samolewicz is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-868-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

1-610-320-5500. لكل رفوت، أن اجم، ةيو غل ا د ع اس مل ا ت ا م د خ، ةي بر عل ا ة غ ل ا ث د ح ت ت ن ك ا ذ ا: ةي ب ن ت.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-610-320-5500

ATTENTION : Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement. Appelez le 1-610-320-5500.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-610-320-5500.

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-610-320-5500.

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-610-320-5500.

ध्यान दें: यदि आप हकी बोलते, भाषा सहायता सेवाओं, नि: शुल्क, आप के लिए उपलब्ध है। 1-610-320-5500 कहते हैं।

ATTENZIONE: In caso la lingua parlata sia l’italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-610-320-5500.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-610-320-5500 번으로 전화해 주십시오.

Wann du [Deutsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-610-320-5500.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-610-320-5500.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-610-320-5500.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-610-320-5500.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-610-320-5500.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-610-320-5500.





# How to get a handle on debt

**T**here are many steps both big and small to getting a handle on your debt. If you're unsure where to turn for help or who to trust, you're not alone. We estimate that about one in three people have been contacted by a creditor or collector seeking to collect a debt within the past year.

No matter your reasons for changing your financial situation, there are resources available to help you pay off what you owe. If you want to take steps toward any of your financial goals, we're here to help.

### **Consider working with a credit counselor**

Credit counselors can advise you on ways to manage your money and debt and help you create and follow a budget, which can help lead to things like saving or paying off a debt. Credit counselors are usually nonprofit organizations, and you can find them through an internet search. To get started, you can try the Financial Counseling Association of America by phone at (800) 450-1794, or the National Foundation for Credit Counseling by phone at (800) 388-2227.

Then, check on the organization with your state's attorney general or your local consumer protection agency.

A counselor may:

- Offer free educational materials and workshops
- Review your budget and come up with a plan to address your money problems
- Help you decide which debts to pay first and understand what can happen if you stop making payments
- Make an up-front agreement with your creditors to stop collections and not charge you late fees while you are in a debt management program

### **Develop a debt management plan**

A credit counselor can help you develop a debt management plan for some or all of your debts. You may make one payment to the credit counseling organization each month or pay period to use toward payments to your creditors, which may help you focus on your other financial goals.

Credit counselors usually don't try to reduce the amount of debt you owe. But they may be able to help lower your payments by having you make payments over a longer period, or they may get your creditors to lower your interest rate.

### **Beware of debt settlement companies that charge up-front fees in return for promising to settle your debts**

Debt settlement companies are different from nonprofit credit counseling organizations. These companies often claim they can make a deal with your creditors to reduce the amount of debt you owe. Beware of companies that charge up-front fees. Charging a fee before settling at least one of your debts is illegal for most debt settlement companies. Dealing with debt settlement companies can be risky; you may end up in more debt than when you started. That's because many debt settlement companies:

- Tell you to stop paying your creditors
- Tell you they will negotiate with your creditors on your behalf

What they may not tell you is that not paying your debts while trying to settle them can lower your credit scores, add late fees and interest to your account, or cause creditors or debt collectors to file lawsuits against you. These can all slow your momentum toward financial growth.

Paying off debt can be a long journey. But using this information can get you on track to achieve your financial goals. □

*Source: Consumer Financial Protection Bureau*

# Central Pennsylvania Teamsters Health and Welfare Fund Prescription Benefit Plans

## Plans 13, 14P, R7 and R7/65

RETAIL *	Generic for up to a 34 day supply	\$5
	Brand Preferred for up to a 34 day supply	\$15
	Brand Non-Preferred for up to a 34 day supply	\$30
MAIL ORDER	Generic for up to a 90 day supply	\$15
	Brand Preferred for up to a 90 day supply	\$30
	Brand Non-Preferred for up to a 90 day supply	\$60
SPECIALTY	Retail up to a 30 day supply	\$150
	Mail Order up to a 90 day supply	\$300

## Plan 13Y

RETAIL *	Generic for up to a 34 day supply	\$10
	Brand Preferred for up to a 34 day supply	\$30
	Brand Non-Preferred for up to a 34 day supply	\$50
MAIL ORDER	Generic for up to a 90 day supply	\$30
	Brand Preferred for up to a 90 day supply	\$60
	Brand Non-Preferred for up to a 90 day supply	\$100
SPECIALTY	Retail up to a 30 day supply	\$150
	Mail Order up to a 90 day supply	\$300

## Plans 14 and 16

RETAIL *	Generic for up to a 34 day supply	Option A \$5	Option B \$10	Option C \$10
	Brand Preferred for up to a 34 day supply	\$15	\$20	\$30
	Brand Non-Preferred for up to a 34 day supply	\$30	\$40	\$50
MAIL ORDER	Generic for up to a 90 day supply	\$15	\$30	\$30
	Brand Preferred for up to a 90 day supply	\$30	\$40	\$60
	Brand Non-Preferred for up to a 90 day supply	\$60	\$80	\$100
SPECIALTY	Retail up to a 30 day supply	\$150	\$150	\$150
	Mail Order up to a 90 day supply	\$300	\$300	\$300

\*Effective January 1, 2016, any drug that costs \$3,000 or more per script will be classified as a "Specialty or High Cost Drug."

\*NOTE: These copayments are applicable to 15-day scripts for drugs classified as "Class II" Pain Medications by the FDA. Also, effective January 1, 2016, the copayment for all Zohydro prescriptions will be \$150 per script.

## Employer Group Coverage Requirements under USERRA

The Uniformed Services Employment and Reemployment Rights Act (USERRA), prohibits discrimination against persons because of their service in the Armed Forces Reserve, the National Guard, or other uniformed services.

USERRA requires that employees who are called up to active service and who are eligible for their employer's group health coverage be allowed to continue their health coverage for themselves, their spouse and their dependent children. Individuals electing continuation of coverage on or after December 10, 2004 can elect coverage for up to 24 months. Prior to December 10, 2004, eligible individuals could elect coverage for up to 18 months.

The Act also requires that employers provide an annual notice of USERRA rights and obligations to employees entering military service. This notice requirement can be met by posting the notice in a location where the employer customarily places notices to employees. The requirement also applies to unions that operate hiring halls.

Please call your employer or the Fund Office if you have questions about your USERRA rights.

## The Women's Health and Cancer Rights Act of 1998

Under a federal law called the Women's Health and Cancer Rights Act of 1998, the Fund is required to provide you with an annual notice of your rights under this Act. Please consider this information as the annual notice for 2017 of your rights under this important federal law.

The Women's Health and Cancer Rights Act requires the Fund to provide benefits for mastectomy-related services, including reconstruction of the breast on which the mastectomy was performed and surgery to achieve symmetry between the breast, prostheses, and complications resulting from a mastectomy, including lymphedema. Any Fund deductibles and co-

payments that apply to other conditions also apply to the treatment related to the mastectomy. You should feel free to contact the Fund Administrator if you have any questions about your coverage. You can reach the Fund Administrator at 610-320-5500.

The coverage is available under all plans of the Central Pennsylvania Teamsters Health and Welfare Fund and is subject to the relevant plan's deductibles and co-insurance provisions.

If you have any questions regarding this coverage, please contact the Fund Office.

## HIPAA Privacy Rule Notice

In accordance with the Privacy Rule of the Health Insurance Portability and Accountability Act (HIPAA), the Central Pennsylvania Teamsters Health and Welfare Fund has adopted and implemented policies and procedures that protect your private health information. These policies and procedures were described in a Notice originally distributed to you in April 2003 and updated in 2013. If you would like a copy of this Notice, you can find it on our website at [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com). Select "Health & Welfare Fund" from the menu at the top of the screen. From there, select "HIPAA." If you would like us to send you a paper copy of the Notice, please contact us. You can reach us by phone at 610 320 5500; Toll Free in PA: 1 800 422 8330; Toll Free in USA: 1 800 331 0420 or by fax at 610 320 9209



## Step Therapy

**NOTE:** The medications in each category are subject to change. Please make sure to check with the Fund (Phone: Toll Free in PA: 1-800-422-8330; Toll Free in USA: 1-800-331-0420) or on the Fund's website ([www.CentralPATeamsters.com](http://www.CentralPATeamsters.com)) for updates to this chart before beginning a course of medication.

**Please note:** all brand contraceptives are covered under Step II medications and are not subject to grandfathering.

Effective March 8, 2016, the following generic drugs were added to the Step 1 Rheumatoid Arthritis step therapy: high dose ibuprofen and naproxen (requiring a prescription), celecoxib, nabumetone, piroxicam, diclofenac, diflunisal, indomethacin, ketoprofen, etodolac, prednisone, cyclophosphamide, cyclosporine, azathioprine, and methotrexate.

### STEP THERAPY CATEGORIES NOT SUBJECT TO GRANDFATHERING:

Effective January 1, 2016, the Fund will NOT provide benefits for medications in Step II unless you have documented that you have tried and failed on a Step I medication and your physician has submitted documentation demonstrating that the Step II medications are "medically necessary" under the Fund's criteria.

CATEGORY	STEP I	STEP II
<b>ALZHEIMER'S DISEASE</b>	DONEPEZIL GALANTAMINE RIVASTIGMINE	ARICEPT EXELON NAMENDA RAZADYNE
<b>ANGIOTENSIN RECEPTOR BLOCKERS (ANTIHYPERTENSIVES)</b>	CANDESARTAN EPROSARTAN IRBESARTAN LOSARTAN TELMISARTAN VALSARTAN	ATACAND AVAPRO BENICAR COZAAR DIOVAN EDARBI MICARDIS TEVETEN
<b>ANTI-DEPRESSANTS</b>	BUPROPION HCL DESVENLAFAXINE DULOXETINE ESCITALOPRAM FLUOXETINE NEFAZODONE SERTRALINE TRAZODONE VENLAFAXINE	APLENZIN BRINTELLIX CYMBALTA EFFEXOR FETZIMA FORFIVO XL KHEDEZLA LEXAPRO OLEPTRO PRISTIQ PROZAC VILIBRYD WELLBUTRIN ZOLOFT
<b>ANTI-GLAUCOMA EYE PREPARATIONS</b>	APRACLONIDINE HCL BETAXOLOL BRIMONIDINE CARTEOLOL DORZOLAMIDE LATANOPROST LEVOBUNOLOL METIPRANOLOL PILOCARPINE TIMOLOL TRAVOPROST	ALPHAGAN AZOPT BETIMOL BETOPTIC COMBIGAN COSOPT IOPIDINE ISTALOL LUMIGAN PHOSPHOLINE RESCULA SIMBRINZA TIMOPTIC TRAVATAN TRUSOPT XALATAN ZIOPTAN
<b>ANTIPSYCHOTICS</b>	CLOZAPINE OLANZAPINE QUETIAPINE RISPERIDONE ZIPRASIDONE	ABILIFY – Evidence of "medical necessity" must include documentation of failure of all other therapies, including non-drug intervention



<b>BETA-ADRENERGIC BLOCKERS</b> (ANTIHYPERTENSIVES)	ACEBUTOLOL ATENOLOL BETAXOLOL BISOPROLOL METOPROLOL NADOLOL PINDOLOL PROPRANOLOL SOTALOL TIMOLOL	BYSTOLIC
<b>CALCIUM CHANNEL BLOCKERS</b> (ANTIHYPERTENSIVES)	AMLODIPINE ATORVASTATIN AMLODIPINE BESYLATE AMLODIPINE VALSARTAN DILTIAZEM FELODIPINE ISRADIPINE NICARDIPINE NIFEDIPINE NISOLDIPINE VERPAMIL	ADALAT CADUET CALAN CARDENE CARDIZEM CARTIA XT EFIDITAB EXFORGE NORVASC PROCARDIA XL SULAR TIAZAC ER VERELAN
<b>CONTRACEPTIVES</b>	All Generic Contraceptives	All Brand Contraceptives
<b>DIABETES</b>	ACARBOSE GLIMEPIRIDE GLIPIZIDE GLYBURIDE JANUMET JANUVIA METFORMIN PIOGLITAZONE REPAGLINIDE	INVOKANA JARDIANCE JENTADUETO KAZANO TRADJENTA
<b>NARCOTIC ANALGESICS</b>  NOTE: BENEFITS WILL BE PROVIDED ONLY FOR NARCOTIC ANALGESIC AT THE MANUFACTURERS RECOMMENDED SCRIPT LEVEL	ACETAMINOPHEN-CODEINE HYDROCODONE-ACETAMINOPHEN HYDROMORPHONE MEPERIDINE METHADONE MORPHINE SULFATE OXYCODONE OXYCODONE-ACETAMINOPHEN OXYCODONE-ASPIRIN OXYMORPHONE TRAMADOL	DEMEROL DOLOPHINE LORTAB NORCO NUCYNTA OPANA OXYCONTIN PERCOCET PERCODAN TYLENOL WITH CODEINE ULTRACET ULTRAM VICODIN VICOPROFEN
<b>OSTEOPOROSIS</b>	ALENDRONATE CALCITONIN-SALMON BANDRONATE RALOXIFENE RISEDRONATE	ACTONEL ATELVIA BINOSTO BONIVA EVISTA FORTICAL FOSAMAX MIACALCIN PROLIA



## Step Therapy

*Continued*

<b>RHEUMATOID ARTHRITIS</b>	HIGH DOSE IBUPROFEN AND NAPROXEN (PRESCRIPTION STRENGTH) CELECOXIB NABUMETONE PIROXICAM DICLOFENAC DIFLUNISAL INDOMETHACIN KETOPROFEN ETODOLAC PREDNISONE CYCLOPHOSPHAMIDE CYCLOSPORINE AZATHIOPRINE METHOTREXATE XELJANZ	ACTEMRA CIMZIA ENBREL HUMIRA KINERET ORENCIA SIMPONI STELARA
<b>URINARY AGENTS</b>	TOVIAZ FLAVOXATE OXYBUTYNIN TOLTERODINE TROSPIMUM	ENABLEX GELNIQUE MYRBETRIQ OXYTROL VESICARE

**GRANDFATHERED DRUGS:** Effective January 1, 2016, any NEW prescriptions for the medications in the chart below are subject to the Step Therapy requirements set forth above. If, however, you began taking a medication in one of these categories prior to January 1, 2016, the Fund will continue to provide benefits for your medication.

<b>CATEGORY</b>	<b>STEP I</b>	<b>STEP II</b>
<b>ADD &amp; ADHD</b>	AMPHETAMINE SALTS D-AMPHETAMINE ER DEXMETHYLPHENIDATE DEXTROAMPHETAMINE METHAMPHETAMINE METHYLPHENIDATE	ADDERALL CONCERTA DAYTRANA DESOXYN DEXEDRINE EVEKEO FOCALIN METADATE METHYLIN PROCENTRA QUILLIVANT RITALIN VYVANSE ZENZEDI
<b>ANTI-MIGRAINE</b>	DIHYDROERGOTAMINE ERGOTAMINE-CAFFEINE TABLET ISOMETHEPT-CAFF-APAP ISOMETHEPT-DICHLORALP-APAP NARATRIPTAN RIZATRIPTAN SUMATRIPTAN ZOLMITRIPTAN	ALSUMA AMERGE AXERT CAFERGOT D.H.E.45 ERGOMAR FROVA IMITREX MAXALT MIGERGOT MIGRANAL RELPA SUMAVEL TREXIMET ZOMIG

<b>ANTI-CONVULSANTS</b>	CARBAMAZEPINE CLONAZEPAM DIVALPROEX ETHOSUXIMIDE FELBAMATE FOSPHENYTOIN GABAPENTIN LAMOTRIGINE LEVETIRACETAM OXCARBAZEPINE PHENYTOIN PRIMIDONE TIAGABINE TOPIRAMATE VALPROATE VALPROIC ACID ZONISAMIDE	APTIOM BANZEL CARBATROL CELONTIN CEREBYX DEPACON DEPAKENE DEPAKOTE DILANTIN FANATREX FELBATOL FYCOMPA GABITRIL KEPPRA KLONOPIN LAMICTAL MYSOLINE NEURONTIN ONFI OXTELLAR PEGANONE PHENYTEK POTIGA QUDEXY TEGRETOL TOPAMAX TRILEPTAL TROKENDI VIMPAT ZARONTIN ZONEGRAN
<b>PROTON PUMP INHIBITORS</b>	OVER THE COUNTER ("OTC"): LANSOPRAZOLE DR OTC NEXIUM OTC OMEPRazole OTC OMEPRazole-BICARB OTC PREVACID OTC PRILOSEC OTC ZEGERID OTC	ACIPHEX DEXILANT ESOMEPRazole LANSOPRAZOLE OMEPRazole LANSOPRAZOLE NEXIUM OMEPRazole OMEPRazole-BICARB PANTOPRAZOLE PREVACID PRILOSEC PROTONIX ZEGERID
<b>ULCERATIVE COLITIS</b>	AZULFIDINE BALSALAZIDE SULFASALAZINE SULFAZINE	APRISO ASACOL COLAZAL DELZICOL DIPENTUM GIAZO LIALDA PENTASA

## RX NEWS



To locate a pharmacy  
in your area  
please contact GPP at  
1-800-314-2234

# PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: July 1, 2018

\*\*PLEASE GIVE TO YOUR PHYSICIAN\*\*

VERY IMPORTANT

Please note that this drug list is subject to change without notice

## ANALGESICS

### Anti-Rheumatic

Rasuvo Injection

### Non-steroidal anti-inflammatory agents

Indocin Supp 50 mg

### Opioid Agonists

Embeda

Hysingla ER

Oxycontin

### Misc

Depen

## ANTI-ADDICTIVE AGENTS

Suboxone

Zubsolv

## ANTI-INFECTIVES

### Amebicides

Alinia

### Hepatitis Agents

Epclusa

Epivir HBV Solution

Harvoni

Sovaldi

Zepatier

### HIV Agents

Aptivus

Atripla

Complera

Crixivan

Descovy

Edurant

Emtriva

Evotaz

Genvoya

Intelligence

Invirase

Isentress

Kaletra Tabs

Lexiva

Norvir

Odefsey

Prezcobix

Prezista

Rescriptor

Reyataz

Selzentry

Stribild

Sustiva

Tivicay

Triumeq

Truvada

Tyboost

Videx Solution

Viracept

Viread

Zerit Solution

## Micellaneous Anti-infectives

Biltricide

Emverm

Nebupent INH Powder

## ANTINEOPLASTIC

Cabometyx Tabs

Caprelsa

Emcyt Caps

Erivedge

Fareston

Hexalen Caps

Jakafi Tabs

Leukeran Tabs

Lysodren Tabs

Matulane Caps

Mekinist Tabs

Myleran Tabs

Nexavar Tabs

Sprycel

Tabloid Tabs

Tafinlar Caps

Thalomid Caps

Tykerb Tabs

Xalkori Caps

Zolinza Caps

## CARDIOVASCULAR

### Angiotensin Receptor Blockers & Combinations

Byvalson Tabs

### Anti-adrenergic Agents

Bystolic

### Anti-Arrhythmics

Lanoxin Tabs

Norpace CR 100mg, 150 mg

Caps

Ranexa

### Anti-hyperlipidemics,

### Bile Acid Sequestrants

Welchol

### Fibric Acid Derivatives

Lipofen

### Miscellaneous Cardiac Drugs

Vascepa

### Beta Blockers & Combinations

Bystolic

### Pulmonary Hypertension

### Agents

Adempas

Letairis

Opsumit

Tracleer

### Miscellaneous Anti-

### hypertensives

Tekturna

Tekturna HCT

## CNS AGENTS

### Anti-convulsants

Lyrica Caps

### Anti-depressants

Forfivo XL Tabs

Paxil Suspension

### Anti-Psychotics

Saphris

### Attention Deficit Disorder

### Treatment

Vyvanse

### Cholinesterase Inhibitors

Mestinon syrup

### Multiple Sclerosis Agents

Ampyra

Tecfidera

### Miscellaneous CNS agents

Namenda XR Caps

Namzaric Caps

## DERMATOLOGICALS

### Acne Agents

Retin-A Micro 0.08% gel

Tretin-X 0.0375% Cream

### Anti-bacterial Agents

Mirvaso

Soolantra 1% Cream

### Anti-viral Agents

Zovirax Cream 5%

### Hemorrhoidal Preparations

Proctofoam HC

### Psoriasis & Eczema Agents

Drithocrema HP

Eucrisa 2% ointment

### Other Dermatologicals

Drysol Solution

Elidel

Eurax Cream/Lotion

## EARS, NOSE & THROAT

### Nasal Products, Antihistamines

Dymista

Nasonex

### Otics

Ciprodex OTIC

### Throat & Mouth Products

Prevident 5000 Enamel Protect

Prevident 5000 Sensitive Paste

## ENDOCRINE

### Androgens/Estrogens

Androderm Patch

Androgel 1.62

### Corticosteroids

Medrol 2mg Tablet

Millipred Tabs 5mg

## Gout

Colcrys

Uloric

## Hyperglycemics

### Dipeptidyl Peptidase-4 &

### Combos

Janumet

Janumet XR

Januvia

Jentadueto

Jentadueto XR

Tradjenta

### GLP-1 Recep. Agonist

Bydureon

Bydureon BCise Autoinj

Byetta

Trulicity

Victoza

## Insulins

Humalog

Humulin

Lantus

Levemir

Novolin

Novolog

Relion Novolin

Soliqua

Toujeo Solostar

## Miscellaneous

Welchol

### Sodium-Glucose Co

### Transporter 2 Inhib

Invokamet

Invokamet XR

Invokana

Jardiance

Synjardy

Synjardy XR

## Miscellaneous

Glucagen Kit

Glucagon Kit

Proglycem Susp

Samsca Tabs

Synarel Nasal Spray

## GASTROINTESTINAL

## AGENTS

### Anti-spasmodic

Symax Duotabs

### Anti-ulcer

Omeclamox

Pylora

### Digestants

Creon

Zenpep DR



# PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: July 1, 2018

\*\*PLEASE GIVE TO YOUR PHYSICIAN\*\*

VERY IMPORTANT

Please note that this drug list is subject to change without notice

## Gastric Acid Secretion Reducers

Dexilant

## Miscellaneous Products,

## Gastrointestinal

Amitiza

Apriso

Canasa Suppositories

Lialda

Linzess

Sfrowasa

## HEMATOLOGY

## Anti-Coagulants, Direct

## Factor X

Xarelto

## Miscellaneous

Pradaxa

## Anti-Platelet

Brilinta

## Miscellaneous Agents,

## Hematology

Mephyton

## IMMUNOSUPPRESSANTS

Oxsoralen-UL Caps 10mg

Sandimmune SOL 100 mg/ml

## Nutrition

## Vitamins/Minerals/Electrolyte

## Modifiers

Escavite Tabs Chewable

Escavite D Tabs Chewable

Escavite LQ Drops

Florical Tab & Cap

Floriva Drops

Floriva Plus Drops

Fluorabon Drops

Fluor-A-Day Tabs Chewable

Flura-Drops

Monocal Tab

Poly-Vi-Flor Tabs Chewable

Poly-Vi-Flor Tabs Chewable  
with Iron

Poly-Vi-Flor Drops 0.25

Poly-Vi-Flor Drops with Iron  
0.25

Quflora Tabs Chewable

Quflora Gummies

Tri-Vi-Flor Drops

## OB/GYN

## Estrogenics

Climara Pro Patch

Duavee

Menest

Premarin

Premarin vaginal cream

Premphase

Prempro

## Prenatal Products

Atabex EC

Bal-Care DHA

Calcium-PNV Caps

Citranatal B-Calm

Citranatal RX Tabs

C-Nate DHA

Concept DHA Caps

Concept OB Caps

Dothelle DHA Caps

Duet DHA Balanced

Duet DHA 400

Elite-OB

Enbrace HR Caps

Folivane-OB Caps

Hemenatal OB + DHA

Hemenatal OB Tabs

Kosher Prenatal + Iron Tabs

Marnatal-F Caps

Mynatal Advance Tabs

Mynatal Caps

Mynatal Ultracaplets

Mynatal-Z Captabs

Natachew Tabs

Natelle One Caps

Neevo DHA

Nestabs Tabs

Nestabs DHA

Newgen Tabs

Niva-Plus Tabs

OB Complete One

OB Compete Petite

OB Complete Caplets

OB Complete Premier

OB Complete with DHA

Obstetrix DHA

Obstetrix EC

O-Cal Prenatal Tabs

O-Cal FA Tabs

PNV-Ferrous Fumarate

PNV Prenatal Plus Tabs

PNV 29-1 Tabs

PNV-Omega

PNV-VP-U Caps

Prefera OB Tabs

Prena1 Tabs Chewable

Prena1 Pearl

Prenata Tabs Chewable

Prenatal 19 Tabs Chewable

Prenatal 19 Tabs

Prenatal Plus Tabs

Prenatal Plus Iron

Prenatal-U Caps

Prenatal Vitamin plus low iron

Prenate AM Tabs

Prenate Elite Tabs

Prenate Essential

Prenate Star Tabs

Preplus CA-FE Tabs

Pretab Tabs

Primacare

Provida OB Caps

Purefe OB Plus Caps

Relnate DHA

Select-OB Caps Chewable

Taron-C DHA

Thrivite 19 Tabs

Thrivite RX Tabs

Tricare Tabs Chewable

Tricare Tabs

Tricare DHA One

Tricare DHA One/Folate

Trinatal GT Tabs

Tri-Tabs DHA

Vena-Bal DHA

Vinate DHA

Virt-Advance Tabs

Virt-C DHA

Virt-Nate Tabs

Virt-Nate DHA

Virt-PN Tabs

Virt-PN Plus

Virt-Vite GT Tabs

Vitafol Gummies

Vitafol Nano Tabs

Vitafol OB Caplets

Vitamed MD Redichew Tabs

Vitapearl Softgels

Vol-Nate Tabs

Vol-Plus Tabs

Vol-Tab RX Tabs

VP-GGR-B6 Tabs

VP-HEME OB Tabs

VP-PNV-DHA Softgels

Zatean-PN Plus

## Topical Anti-Infectives

Cleocin Vaginal Ovules

## OPHTHALMIC AGENTS

## Anti-histamines

Pazeo

## Anti-infectives

Moxeza

Natacyn

## Glaucoma Agents:

Alphagan P 0.1%

Azopt

Betoptic-S

Combigan

Lumigan

Phospholine Iodide

Simbrinza

Timoptic Ocudose

Travatan Z

## Steroids

FML Ointment

FML Forte

Pred Mild

## Miscellaneous

Restasis

Xidra

## PHOSPHATE BINDERS

Renvela

## RESPIRATORY AGENTS

## Anti-muscarinic and Combos

Incruse Ellipta

Spiriva Handihaler

Spiriva Respimat

## BetaAdrenergic & Combos

Anoro Ellipta

Combivent

Proair HFA

Proair Respiclick

Serevent Diskus

Stiolto Respimat

Symbicort

Ventolin HFA

## Glucocorticoids, Inhalation

Arnuity Ellipta

Flovent Diskus

Flovent HFA

Pulmicort Flexhaler

QVAR 40, 80

Symbicort

## Miscellaneous Agents,

## Respiratory

Bethkis

Pulmozyme

## UROLOGICAL AGENTS

## Anesthetics

Elmiron

## Antispasmodics

Myrbetriq

Vesicare

## Benign Prostatic Hypertrophy

## Agents

Rapaflo

## Weight Management

Contrave

\* Please note, certain drugs contained in this list are subject to Step Therapy. Please refer to the Step Therapy List of drugs on page 8-11 of this newsletter.

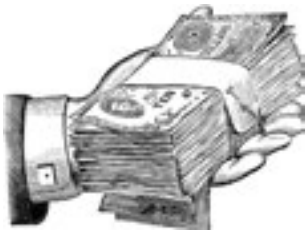
\*\*Preferred Brand Formulary  
Drugs that cost in excess of \$3,000 are subject to a \$150 copay.

## Know Your Pension Plan

The Pension Fund frequently receives questions on the topics below. Additional information on these and other topics is available by visiting the Pension section of the website. When you are ready to apply for your pension, please refer to the "Important Items to Remember" section of the website under Pension for additional information.

- 1. Beneficiary Updates/Change in Marital Status** – Please review your beneficiary designation if you change your marital status. Please notify the Fund if you get married, divorced, or become widowed. If you get divorced, please forward a copy of the divorce decree. You will need to complete a new beneficiary form for your Pension Benefits after your divorce is finalized. If you become widowed, you will need to forward a copy of the death certificate and also complete a new beneficiary form. Downloadable beneficiary forms are available on the Fund's website. You cannot name your pet as a beneficiary.
- 2. Retirement Applications** – Contact the Pension Fund three months prior to your retirement date to begin the application process (6 months if you have time in another Fund and are applying for a reciprocal pension). The Pension Fund offers appointments to assist you with completing your Application for Pension paperwork. Please be sure to review your benefit options on your paperwork so that you are familiar with them prior to your appointment.

- 3. Your Retirement Income Plan (RIP) 1987** balance is updated by the 15th of each month and subject to net gains or losses through the last day of the month in which your application is approved for payment.
- 4. Power of Attorney** – If you cannot handle your own affairs, your Power of Attorney must provide the Fund with a copy of the Durable Power of Attorney before any information. The Pension Fund also requires, the Power of Attorney's to contact the Pension Fund Office and provide their mailing address and your physical address.
- 5. Pension Checks** – Your checks from the Defined Benefit Plan (or monthly installments from the Retirement Income Plan if elected) are dated the first of each month. If you elect direct deposit, your check will be deposited on the first business day of the month. For example, if the first of the month falls on Sunday, your check will be deposited on Monday.
- 6. Website** – Please visit the website for Summary Plan Descriptions, Forms and Notices, Important Items to Remember or to view your RIP 1987 balance.
- 7. Signatures on Fund Documents** – Please sign all Fund documents with your legal name, which must match what is on file with the Fund Office. Please be sure to use your full name (no nicknames) and suffix (Jr., Sr., III), if applicable.



If you are currently having Federal Taxes withheld from your monthly benefit, you may notice a change in the net amount deposited into your account. The Internal Revenue Service makes adjustments to the withholding tables on an annual basis. It is strongly suggested that you consult with your tax advisor to determine if your level of withholding is appropriate. The Fund staff is unable to provide any tax advice. To determine what your current withholding amount is, or to determine if the Fund is withholding anything at all please contact the Pension Fund Office. If you wish to make a

change to the amount of withholding for federal income tax purposes, or if we are not currently withholding any amount and you would like the Fund to begin withholding, you must submit a W-4P Form to the Fund Office. The Fund will not make any changes to your current withholding election unless you submit a new W-4P Form. You may print a new W-4P Form from our website at [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com), or request one from the Pension Fund Office.

## Know Your Health & Welfare Plan

The Health and Welfare Fund frequently receives questions on the topics below. Additional information on these topics is available in your Summary Plan Description or by visiting the Fund website.

- 1. Dental Implants** – All requests for dental implants must be submitted for pre-determination for review under the implant policy. Failure to do so could mean higher out of pocket expenses.
- 2. Health Savings Accounts for Dependents** – If your spouse (or eligible dependent) is covered under a high-deductible health plan with a health savings account (HSA), this spouse or dependent may not be covered under the Central PA Teamsters Health and Welfare Plan. If your employer pays on a Component basis, the Employer will not be responsible for contributions for this spouse or dependent.
- 3. Motor Vehicle Accidents** – The Fund will consider payment of medical expenses only after the benefits from the auto insurance carrier have been exhausted. In addition, the Fund will not provide coverage for Short Term Disability Benefits (except for the first 5 days of missed work). Contact your auto insurance carrier to make sure that your policy includes payment for

missed work due to injuries sustained in an auto accident.

- 4. Illegal Acts** – The Fund does not cover medical services rendered as a result of your committing an illegal act (misdemeanor or felony). This includes driving while intoxicated (DUI).
- 5. Change in Family Status** – Please review your beneficiary designation if there is a change in your family status. Please notify the Fund if you get married, divorced, are widowed or have a child. The Fund does not allow divorced spouses to continue to be covered under the member's coverage.
- 6. Moonlighting** – The Fund does not cover participants or eligible dependents for illness or injuries that occur as a result of performing non-covered employment for wage or profit.
- 7. Dependent Daughter Pregnancies** – The Fund does not cover medical expenses associated with a dependent's pregnancy.
- 8. Address Change** – Please remember to contact the Fund office if your address changes.

Visit our website at [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com)



You can save money on testing and other lab services  
by utilizing labs that are in the Aetna Network,  
such as Quest Diagnostics and LabCorp.



# Retirees Approved for Pensions November 2017 through December 2017

November 2017			December 2017		
Name	Local	Employer	Name	Local	Employer
ABDUR-RAHKMAN, DAWUD	773	J C EHRlich CO INC	ALLWEIN, DAVID T	429	ASSOCIATED WHOLESALERS INC
ALBRIGHT, DOUGLAS R	773	FRANK CASILIO & SONS INC	ARMAGNO, FRANCIS A	776	ARKANSAS BEST FREIGHT SYS INC
BARBER, WARD	776	CAROLINA FREIGHT CARRIERS CORP	BEIERSCHMITT, FRANK J	429	ASSOCIATED WHOLESALERS INC
BECK, HARRY T	764	B & D TRANSER	BIDELSPACH, MARC K	776	ARKANSAS BEST FREIGHT SYS INC
BRANDON, ALAN	771	YRC FREIGHT	BROWN, CRAIG C	771	YELLOW FREIGHT SYSTEM INC
BRAY, CHARLES G	229	NEW PENN MOTOR EXPRESS INC	BROWN, DAVID	764	UNITED PARCEL SERVICE INC
DEORIO, RICHARD P	401	WYOMING QUALITY BEVERAGE	CARUSO, HAROLD E	776	YORK CONCRETE CO.
DOULTS, BENJAMIN L	771	PENNCast CORPORATION	CLARK, SHAWN S	776	UNITED PARCEL SERVICE INC
FASULA, JOSEPH M	229	FERRANTI BEER DIST CO	CRUVER, BARRY J	776	CONSOLIDATED FREIGHTWAYS
FIRESTONE, KELLY	776	FLEMING COMPANIES INC	ENDERS, KEITH A	776	UNITED PARCEL SERVICE INC
FREY, CARL G	429	SCHROCK CABINET COMPANY	ERB SR, STEPHEN M	776	UNITED PARCEL SERVICE INC
GARRETSON, BRADEN G	776	MAIERS BAKERY	GILL, LINDA J	429	WEINER IRON & METAL CORP
GATTO JR, RAYMOND S	429	ASSOCIATED WHOLESALERS INC	GODDARD, JAMES A	776	NORTH ATLANTIC TRANSPORT
GROFF, BRUCE D	776	ARKANSAS BEST FREIGHT SYS INC	GRIESHABER, GARY B	401	PREFERRED DEVELOPMENT CORP
HARLACKER, BRIAN K	776	PRESTON TRUCKING CO INC	HAMILTON, HAROLD L	776	ARKANSAS BEST FREIGHT SYS INC
HARTUNG, MATTHEW	776	DRIVERS INC	HOCKENBERRY, STEVEN L	776	YRC FREIGHT
HAIGH, RAY E	776	YORK GROUP INC	HOUSER, CHRISTOPHER W	773	FRANK CASILIO & SONS INC
HAWKINS, RAYMOND C	776	PRESTON TRUCKING CO INC	HOUSER, TODD	776	UNITED PARCEL SERVICE INC
JEFFRIES, GLENN W	771	YELLOW FREIGHT SYSTEM INC	HUNTER, DAVID C	776	UNITED PARCEL SERVICE INC
JULIUS, STEVEN D	776	UNITED PARCEL SERVICE INC	JACKSON, GREGORY M	429	POWER PACKAGING, AN EXEL CO
KADAR, THOMAS W	776	RANGER TRANSPORTATION INC	JANSSEN, THOMAS F	229	PEPSI COLA BTLG OF SCRANTON
KLAHOLD, JEFFREY C	773	P I E NATIONWIDE INC	KALEDA JR, JOSEPH C	429	D J WITMAN OIL COMPANY
KLUNK JR, THOMAS K	776	PRESTON TRUCKING CO INC	KIPP, SAMUEL W	771	MILLER & HARTMAN INC
LANGAN, WILLIAM	229	UNITED PARCEL SERVICE INC	KLEINFELTER JR, ROBERT L	999	ARKANSAS BEST FREIGHT SYS INC
LAUCHLE, CURTIS	764	YRC FREIGHT	KLINE III, JOHN W	429	SCHROCK CABINET COMPANY
LEHMAN, STEVEN ALAN	429	SAVOR STREET FOODS INC	KOPPENHAVER, MARISA	776	ARKANSAS BEST FREIGHT SYS INC
MARRAZZO, JOSEPH	773	UNITED PARCEL SERVICE INC	LATSHA, TERRY L	764	UNITED PARCEL SERVICE INC
MARTIN, JEFFREY L	776	UNITED PARCEL SERVICE INC	LEHR, DOUGLAS A	776	PRESTON TRUCKING CO INC
MAYO, MICHELE	229	HARPER COLLINS PUBLISHERS INC	MARING, WILLIAM E	776	ARKANSAS BEST FREIGHT SYS INC
MCCLAIN, JACK R	776	AYCOCK INC	MCDONALD JR, HAROLD J	229	AFFILIATED FOOD DISTR INC
MCELWAIN, CARL N	776	PRESTON TRUCKING CO INC	MCMICHAEL, DEBRA	771	UNITED PARCEL SERVICE INC
MEYER JR, EARL L	429	VICTUS LTD	MCMANAY, JAMES L	776	UNITED PARCEL SERVICE INC
MILLIGAN, KERRY E	776	YRC FREIGHT	MEEKER, SCOTT A	429	BERKS PRODUCTS CORP
MOTTER, MITCHELL DREW	776	YRC FREIGHT	NESSINGER, PAUL	776	UNITED PARCEL SERVICE INC
NEIMAN, DAVID L	776	YORK CONCRETE SEPTIC TANKS CO	O'HOLLERAN, MICHAEL	776	UNITED PARCEL SERVICE INC
NELSON, HENRY F	229	AFFILIATED FOOD DISTR INC	OHORA, MICHAEL	776	UNITED PARCEL SERVICE INC
PAINE, THOMAS J	429	SCHROCK CABINET COMPANY	OLANIN, RONALD R	429	LENTZ MILLING COMPANY
PALERMO, DAVID W	229	AFFILIATED FOOD DISTR INC	OLEVIAN, DAVID A	776	YRC FREIGHT
PIHEL, MICHAEL L	429	UNITED PARCEL SERVICE INC	PACKER SR, DANIEL J	229	ROADWAY EXPRESS INC
POLITYKA, ROBERT L	429	PETRO OIL	POTTIEGER, EDWARD E	776	USF RED STAR
POWERS, DAVID A	429	MAIERS BAKERY	RATCLIFF, GREGORY S	776	YRC FREIGHT
QUIROZ, CRISTOBAL	773	ABM INDUSTRIES	RICHARDSON, MARIE E	229	C&S WHOLESALE GROCERS
RENZI, JOSEPH W	229	LWR LACKAWANNA VLY SANITARY	ROEDER JR, RAYMOND R	429	STROEHMANN BAKERIES L.C.
RITTLE, JAY B	771	YELLOW FREIGHT SYSTEM INC	SANTANA, MARISOL A	773	ABM INDUSTRIES
ROBINSON, ANYTHONY	776	YRC FREIGHT	SCHANTZENBACH, TIMOTHY P	773	YELLOW FREIGHT SYSTEM INC
SANDT JR, WILLIAM B	773	COCA-COLA BTLNG CO LEHIGH VLLY	SCHWARTZ HOBBS, LIANNE R	776	MAIERS BAKERY
SAVAGE, DENNIS C	429	QUAKER MAID KITCHENS	SCOTT, KENNETH	401	ARKANSAS BEST FREIGHT SYS INC
SCHETTLER, KENNETH H	429	PACO PRODUCTS INC	SENEVORAVONG, DOROTHY	429	COTT BEVERAGES WYOMISSING
SHULENBERGER, DAVID R	229	PENN AUTO SERV & SUPPLY CO INC	SHEON, EDWARD F	764	YRC FREIGHT
SHUTT, BRIAN T	771	UNITED PARCEL SERVICE INC	SNYDER JR, HAROLD E	771	AAA TRUCKING CORPORATION
SMITH, CYNTHIA M	429	VICTUS LTD	STANOYEVIC, CARL	771	YELLOW FREIGHT SYSTEM INC
SMITH, MARK	776	YRC FREIGHT	STEFFY, KAREN L	771	TRANS-MATERIALS INC
SWAB, BONITA K	764	UNITED PARCEL SERVICE INC	STERN, HUBERT L	776	NEW PENN MOTOR EXPRESS INC
THUSS, RANDOLPH L	429	COTT BEVERAGES WYOMISSING INC	ULRICH, KEITH P	776	UNITED PARCEL SERVICE INC
UPDIKE, MARY JANE	429	YEARGER SUPPLY INC	VASILIK, JANICE LEE	773	EASTERN INDUSTRIES INC DIV OF
WAGNER, NANCY C	773	PEOPLE FIRST	WALSH, DONALD	771	YRC FREIGHT
WARPUS, ANN J	229	YRC FREIGHT	WALTERS, DENNIS	776	BROCKER REBAR CO INC
WENRICH, GALE	764	UNITED PARCEL SERVICE INC	WALTON, RICHARD G	776	NEW PENN MOTOR EXPRESS INC
WINRICH III, MARTIN F	429	COTT BEVERAGES WYOMISSING INC	WEYANT, PEGGY A	776	FLEMING COMPANIES INC
WHITT, TIMOTHY	429	SCHROCK CABINET COMPANY	WILLIAMS, ROLAND	776	ARKANSAS BEST FREIGHT SYS INC
WISSINGER SR, DENNIS	429	CLOVER FARMS DAIRY			
ZIOLKOWSKI, MARTIN	229	YRC FREIGHT			



## Retirees Approved for Pensions January 2018

January 2018			January 2018		
Name	Local	Employer	Name	Local	Employer
AKACKI, VIOLET M	771	UNITED PARCEL SERVICE INC	LAMBERT, STEPHEN T	429	MAIERS BAKERY
BALMER, DONNA L	229	DIMARE FRESH INC	LITTLE, STEVENSON	776	UNITED PARCEL SERVICE INC
BARNHART, DANIEL S	776	ST JOHNSBURY TRUCKING INC	MITKO, JOHN E	773	FRIEDMANS EXPRESS INC
BLEW, ROBERT A	429	BRENTAG NORTHEAST INC	NELSON, JAMES D	776	HALLS MOTOR TRANSIT CO
BOYER, DENNIS L	429	UNITED PARCEL SERVICE INC	NICKLOW, MARION D	776	NATIONS WAY TRANSPORT SERVICES
BOYER, ROBERT J	429	ASSOCIATED WHOLESALERS INC	OLIVER, WARREN	429	POWER PACKAGING, AN EXEL CO
BRANNEN, STEVEN B	776	YRC FREIGHT	POGMOORE JR, RICHARD D	764	PRESTON TRUCKING CO INC
BREDBENNER, BRUCE R	429	PENSKE TRUCK LEASING CO LP	ROCK, HARRY M	773	J C EHRlich CO INC
BROSIOUS, WILLIAM	764	UNITED PARCEL SERVICE INC	ROKINS JR, LEWIS L	429	NEW PENN MOTOR EXPRESS INC
BROWN, ROGER WILLIAM	429	J C EHRlich CO INC	RUSSELL, DANIEL E	776	UNITED PARCEL SERVICE INC
CHUPKA, JAMES C	401	ACME MARKETS INC	SEIDEL, TAMMY L	429	BERKS PRODUCTS CORP
CROMWELL, CHRISTOPHER L	771	YRC FREIGHT	SEIFRIT, CHRISTOPHER C	771	YRC FREIGHT
DEHART, JEFFREY CARL	771	HERMAN R EWELL INC	SEWARD, KERRY S	429	COTT BEVERAGES WYOMISSING INC
DODSON, BRONA F	776	ST JOHNSBURY TRUCKING CO INC	SHAFFER, MARK	764	UNITED PARCEL SERVICE INC
DOUTY, JAMES E	764	D/B/A VALLEY FARMS DAIRY	SHEA, JOHN L	229	SCRANTON SEWER AUTHORITY
EIBES, HELENE	229	HARPER COLLINS PUBLISHERS INC	SHUMAN, ROBERT	776	UNITED PARCEL SERVICE INC
FAGOTTI, JOHN M	229	NEW PENN MOTOR EXPRESS INC	SKIPPER, STEVEN A	773	EASTERN INDUSTRIES INC
FOX, FREDERIC E	776	W&L SALES COMPANY INC	SMITH, TIMOTHY L	764	UNITED PARCEL SERVICE INC
GAGLIARDO, JANE	773	YELLOW FRIEGHT SYSTEM INC	SNYDER, BRIAN E	773	WELCO/CGI
GALLAGHER, THOMAS J	229	NEW PENN MOTOR EXPRESS INC	SPITZMAN, JOHN V	401	COON INDUSTRIES INC
GEIB JR, JOHN R	776	W&L SALES COMPANY INC	STAMBAUGH, BRIAN H	776	UNITED PARCEL SERVICE INC
GETTS, LEE	229	TOPPS CHEWING GUM INC	STUMP, A JOANNE	771	UNITED PARCEL SERVICE INC
HELLER, DENNIS A	773	UNITED PARCEL SERVICE INC	SUCHECKI SR, CHARLES S	229	AFFILIATED FOOD DISTR INC
HOLBY, DANIEL F	401	KEYSTIE COCA-COLA BOTTLING	SWARTZ, DAVID S	776	FLEMING COMPANIES INC
JEBITSCH, JAMES	773	USF HOLLAND INC	SWIAKE, THERESE M	229	HARPER COLLINS PUBLISHERS INC
JOHNSON, DOUGLAS M	429	HOFMANN INDUSTRIES INC	TOMS, JAMES F	776	UNITED PARCEL SERVICE INC
JOHNSON, JEFFERY S	764	CPC LOGISTICS INC	TURNER, GARY L	776	YRC FREIGHT
JONES JR, JOHN A	776	UNITED PARCEL SERVICE INC	WALP, JEFFREY B	776	YRC FREIGHT
KERN, DAVID A	229	CONSOLIDATED FREIGHTWAYS	WIKER, PATRICK M	771	MILLER 7 HARTMAN INC
KIBLER, DALE	771	YRC FREIGHT	WILLARD, MILTON BRAD	776	ROADWAY EXPRESS INC
KOBESKI, FRANCIS R	229	ANGELICA HEALTHCARE SERV GRP	WILSON, DENNIS E	776	ARKANSAS BEST FREIGHT SYS INC
KOCHER, ROBERT E	773	BIMBO BAKERIES USA INC	WINDISH, GREGORY S	776	NEW PENN MOTOR EXPRESS INC
KOEHLER, DAVID A	429	DIETRICH'S MILK PRODUCTS LLC	YOCUM JR, JOHN W	429	BRANNTAG NORTHEAST INC

## DECEMBER 2017 RETIREMENT INCOME PLAN (RIP) INVESTMENT RETURN

The following is the approximate net investment return for the Central PA Teamsters RIP 1987 retirement plan for the 12 month period ending December 31, 2017. The net investment return equals the gross investment return less investment and administrative expenses plus the reallocation of forfeited account balances from terminated non-vested participants who incurred a 5-year break in service.

Plan	Approximate Net Investment Return
RIP 1987	16.7%

You may also view your RIP 1987 balance on the Fund website through the Pension Fund Web Portal. Click on the Pension section and then "Pension Fund Web Portal." You must register first before you can access your account information.

For more information on investment results, visit the Central Pennsylvania Teamsters website, [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com). Click on Pension Fund and then "Reports and Notices."





## What is Metabolic Syndrome?

**M**etabolic syndrome is a serious health condition that occurs when a person has a cluster of risk factors. Together, these can place you – and 23 percent of adults – at a higher risk of developing cardiovascular disease, diabetes, stroke or disease related to fatty buildup in the artery walls.

**Risk factors for metabolic syndrome include the following:**

- ▶ **Obesity.** For a metabolic syndrome diagnosis, obesity is defined as having a waist circumference of 40 inches or more for men, and 35 inches or more for women.
- ▶ **High triglyceride level.** Triglycerides are a type of fat found in your blood. A level of 150 or more is considered high.
- ▶ **Low HDL cholesterol levels.** HDL (High-Density Lipoprotein) is considered “good” cholesterol. A level of less than 40 for men or 50 for women may be a factor contributing to metabolic syndrome, as is taking medicine for low HDL cholesterol. Having one component of metabolic syndrome means you are more likely to have others – the more components you have, the greater the risk to your health.
- ▶ **Elevated blood pressure.** A blood pressure reading of 130/85 or higher – meaning a systolic (top number) blood pressure measurement of 130 or higher, or a diastolic (bottom number) blood pressure measurement of 85 or higher – is considered elevated. Taking medica-

tion for blood pressure is also a factor contributing to metabolic syndrome.

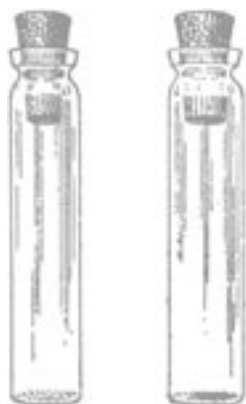
- ▶ **High blood sugar level.** A fasting blood glucose test result of 100 milligrams/deciliter or higher is considered a symptom of metabolic syndrome.

People with metabolic syndrome have a two-fold increased risk for heart attack or stroke, and five-fold increased risk for developing diabetes when compared with people who don’t have metabolic syndrome. It’s also important to note risk increases when multiple disorders of metabolic syndrome are present.

Although these risks are significant, there is good news: metabolic syndrome can be treated by maintaining a healthy weight, eating a heart-healthy diet, getting adequate physical activity and following your doctor’s instructions.

If you need help treating metabolic syndrome or have additional questions, the American Heart Association has many resources. □

Source: American Heart Association and Meritain Health



To locate a physician or facility for treatment participating with Aetna Meritain:

Please call Meritain at 1-800-343-3140 or visit

[www.CentralPATEamsters.com](http://www.CentralPATEamsters.com) for help finding an in-network provider. Choose Aetna Choice POS II (Open Access) under Select a Plan. Please be aware that the providers are listed as address specific so be careful if you utilize that physician in another office. Providers should also contact Meritain at the same phone number if they have a dispute regarding the contracted fee.

**Members' questions about benefits and providers questions about claims status should continue to be directed to the Health and Welfare Fund. Thank you.**

### **Nurse Line Program Continues under Meritain Health**



#### ***Improved Information and a New Phone Number***

**Keep this number handy!**

**Meritain Health's 24x7  
Nurse Line: 1.866.726.6529**

You and your family can get health information or medical advice. You can also talk directly with a Registered Nurse (RN) or listen to recorded health topics. The RN can help you choose the best care for you, or suggest self-care techniques or over-the-counter medication.

### **IMPORTANT**

#### **Health & Welfare reminders**

- Outpatient procedures for epidurals, esophagogastroduodenoscopy (EGD), and non-routine colonoscopies would also require an outpatient facility copayment.
- IV infusion medication is reviewed by Meritain Medical Management for standard of care and medical necessity. Please call the Fund office to make sure your medication is payable with the Fund.
- Chemotherapy and Radiation need precertification.

### **SUGGESTIONS?**

If you have feedback about our newsletter please feel free to email Charlotte Houser at [chouser@centralpateamsters.com](mailto:chouser@centralpateamsters.com)

### **VISIT OUR WEBSITE**

Members and their families, as well as contributing employers, can access the Fund website, [www.CentralPATEamsters.com](http://www.CentralPATEamsters.com) for benefits information, announcements, reports, notices, investment reports and provider network links.

**Central PA Teamsters**  
P.O. Box 15223  
Reading, PA 19612-5223

**ADDRESS SERVICE REQUESTED**

NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
Lehigh Valley, PA  
Permit No. 1

**Central Pennsylvania Teamsters Pension Fund and  
Central Pennsylvania Teamsters Health and Welfare Fund**

**Trustees:**

William M. Shappell  
*Chairman & Union Trustee*  
Tom J. Ventura  
*Secretary & Employer Trustee*  
Kevin Bolig  
*Union Trustee*  
Eric Bucheit  
*Employer Trustee*  
Howard W. Rhinier  
*Union Trustee*  
Kenneth A. Ross  
*Employer Trustee*  
Daniel W. Schmidt  
*Employer Trustee*  
Charles Shafer  
*Union Trustee*  
Jeff Strause  
*Union Trustee*  
Joseph J. Samolewicz  
*Administrator*  
Martin L. Cullen  
*Assistant Administrator*

**Professional Advisors:**

Beyer-Barber  
*Health & Welfare Fund Actuary  
& Consultant*  
CBIZ Savitz  
*Pension Fund Actuary & Consultant*  
Morgan Lewis  
*Legal Co-Counsel*  
Novak Francella, LLC  
*Certified Public Accountants*  
Summit Strategies  
*Investment Consultant*  
Stevens & Lee  
*Legal Co-Counsel*  
Willig, Williams and Davidson  
*Legal Co-Counsel*  
**Investment Managers for the  
Central Pennsylvania Teamsters  
Health and Welfare Fund**  
AJO, LP  
Causeway Capital Management, LLC  
SEI Investments  
Tortoise Capital Advisors, LLC

Walter Scott & Partners, Ltd.  
Westfield Capital Management, LLC  
William Blair & Company, LLC  
**Investment Managers for the Central  
Pennsylvania Teamsters Pension Fund**  
AJO, LP  
Causeway Capital Management, LLC  
Income Research & Management  
Loomis, Sayles & Company  
LSV Asset Management  
Northern Trust Investments, Inc.  
Oakbrook Investments  
Parametric Portfolio Associates, LLC  
Penn Capital Management  
PGIM Real Estate  
Pictet Asset Management, Ltd.  
Principal Financial Group  
Segall Bryant & Hamill  
Tortoise Capital Advisors, LLC  
Walter Scott & Partners, Ltd.  
Westfield Capital Management  
Company, LLC  
William Blair & Company, LLC

**IMPORTANT INFORMATION-  
FROM THE FUND OFFICE**

**Fund Office Contact Information**

Contact the Fund Office directly with any questions on Health and Welfare or Pension benefits. The Fund staff is available Monday through Friday from 7:00 a.m. to 4:00 p.m.

**Telephone Numbers:**

***Health & Welfare***

(610) 320-5500

Toll free in PA 1-800-422-8330

Nationwide 1-800-331-0420

***Pension***

(610) 320-5505

Toll free in PA 1-800-343-0136

Nationwide 1-800-331-0420

**REMINDER**

**Keep Your Information Current  
with the Fund Office**

Please remember to keep your address, dependent and beneficiary information updated with the Funds. You can call or mail in address changes to the Fund. You can call the Fund office or visit [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com) to obtain beneficiary change forms to complete and send in to the Fund Office.

**Visit Our Website at: [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com)**