



GUARDIAN

Reading, Pennsylvania

HEALTH AND WELFARE/PENSION GUARDIAN NEWSLETTER



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

In this edition

Retirement 101	4
Prescription Benefit Plans.....	5
A Healthy Brain.....	6
Step Therapy.....	8
Preferred Brand Drug List	12
Retirees	16
RIP Investment Return	17
Preventing Shingles	18
Healthcare Bluebook.....	19

IMPORTANT NEWS

PLEASE BE SURE TO REVIEW THE UPDATED PREFERRED BRAND NAME DRUG LIST FOUND ON PAGES 12-13 WHICH IS EFFECTIVE JANUARY 1, 2019.

THIS NEWSLETTER CONTAINS AN INSERT WITH IMPORTANT INFORMATION REGARDING CHANGES TO THE DEFINED BENEFIT PLAN AND RETIREMENT INCOME PLAN. THE INSERT SHOULD BE RETAINED WITH YOUR SPD FOR FUTURE REFERENCE.

At their most recent meeting, the Trustees of the Central Pennsylvania Teamsters Health & Welfare Fund adopted a revised policy regarding the release of a minor's health information to a parent. HIPAA's Privacy Rule, as explained in guidance from the Department of Health & Human Services, generally allows a parent to have access to the medical records about his or her minor child, subject to a number of conditions, when such access is not inconsistent with State or other law. The Privacy Rule also requires that any standard adopted by the Fund also reflect applicable state law, in this case, Pennsylvania's Minors' Consent Act, 35 P.S. §§ 10101 – 10105.

The revised policy, set forth below, reflects both the federal and state criteria for the release of Dependents' protected health information:

Revised Policy for the Release of Dependent Protected Health Information to Parents:

- 1. Medical Information:** Protected Health Information ("PHI") regarding medical (including dental and vision) treatment for Dependents under the age 18, who have not graduated from high school, are unmarried and have not been pregnant will be provided to the Dependent's parent unless the Dependent has informed the Fund that he or she wishes to receive the information directly and has provided a reason consistent with the applicable state or federal law showing that the information should not be provided to the parent. Checks will remain payable to the parent unless there is information indicating that the Dependent paid the claim and so should be reimbursed directly.
- 2. Mental Health Information:** PHI regarding mental health treatment (including treatment for substance use disorders) for individuals between the ages of 14 and 18 will be sent to the Dependent of the Fund learns, from the relevant records or from the individual Dependent, that the Dependent, and not the parent, consented to the treatment. If the Fund learns from records or from the individual that the parent consented to the treatment, the PHI will be sent to the parent.

This notice is being provided to all Participants and to Dependents over the age of 13. If any parent or Dependent has any questions, please do not hesitate to contact the Fund Office.



POP QUIZ:

What can Healthcare Bluebook help you do?

- ☐ Lower your out-of-pocket medical costs
- ☐ Get the most from your benefits
- ☐ Take control of your healthcare
- ☒ All of the above



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**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. 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. كل رفوتت، اناجم، عيوغلل اددعاسمل تامدخ، عيبرعلا غللل شحتت تنك اذا: عيبنن

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 हिंदी 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)] schwetzsch, 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.



RETIREMENT 101

Ready to Retire (or just thinking about it)?

When you are ready to retire or have questions about retiring, contact the Central Pennsylvania Teamsters Pension Fund at 1-800-343-0136. Pension Fund representatives can help you with eligibility questions and get you started with the Pension Application process.

Your final benefit amounts cannot be determined until you declare your date of retirement. Your date of retirement for pension benefit purposes is always the 1st day of the month. Refer to your annual pension benefit statement for benefit estimates.

Request for Application Packet (sometimes referred to as the “1st Set of Papers”)

Once you have chosen a retirement date, call the Pension Fund three months prior to your anticipated retirement date. If you have time in another Teamster Pension Fund and are requesting a reciprocal pension, the processing time can take up to 6 months. A Fund representative will check your eligibility, answer your questions, and arrange to have your Request for Application Packet (or “1st set of papers”) mailed to you. You must declare your retirement date (always the 1st day of the month) as well as provide your birth certificate and your spouse’s birth certificate, marriage certificate, divorce decree or spouse’s death certificate, if applicable. Clean copies are acceptable.

Application (2nd Set of Papers)

After you have sent in the above information, the Fund will calculate your final retirement benefits, based on your declared retirement date. This process can take six to eight weeks. Your Retirement Application (sometimes referred to as the “2nd set of papers”) will then be mailed to you. These papers will provide your benefit amounts and options for receiving your benefits.

After you have reviewed your application, you can contact the Pension Fund to arrange for assistance in completing your paperwork. You can schedule an appointment at the Fund Office, (appointments are usually offered twice daily) at a served Local Union Office or arrange to complete your application over the phone. All appointments should be arranged through the Pension Fund at 1-800-343-0136.

Your completed Application must be approved for payment. This generally occurs on about the 15th of the month. You will then receive a letter stating that your pension has been approved.

When Will I Receive My Pension Check after My Pension has been approved?

Your checks from the Defined Benefit Plan (or monthly payments from the Retirement Income Plan 1987 if elected) will begin on the first of the month following approval of your Retirement application by the Board of Trustees. Retirement checks are issued on the first day of the month and represent benefits for the previous month. For example, if your retirement date is October 1, you will receive your first check dated November 1, representing benefits for the month of October. If your retirement date is retroactive, your retroactive payment will be paid in a separate check on the first day of the month after your application is approved.

Please allow several days after the first day of the month for your check to arrive by mail. If you do not receive your check by the 10th of the month, you may contact the Fund to place a stop payment and have a reissued check mailed to you.

Direct deposit is required for all new Retirees unless the Fund receives a written request stating the reason(s) why you require a paper check. □



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.

Five Indicators of a Healthy Brain

*Central Pennsylvania Teamsters
Health and Welfare Fund*

Like your heart, lungs and other internal organs, your lifestyle choices also affect your brain. A healthy lifestyle and diet supports healthy brain function.

When your brain is functioning properly, your memory is sharp, you can get restful sleep, and you have more energy. Here are a few indicators of a healthy brain, and some possible symptoms of unhealthy brain functions:

1. **You have more energy.** When you have a healthy brain, it gives you the energy needed to get through the day. While bad habits, like a poor diet and lack of exercise, can lead to a buildup of toxins in your brain, this is easily reversible. Exercising more, drinking less alcohol and switching to a diet low in sugar and less processed foods can help your brain get stronger and healthier. Reducing these toxins can clear some of the “fog” you feel during your days, leading to a more energetic lifestyle!
2. **You’re capable of more restraint and self-control.** Being able to resist acting out in negative ways is a good indicator of healthy brain functions. For people with unhealthy brain functions, negative urges can be difficult to control, leading to angry outbursts or saying things they’ll later regret. Losing this self-control can be the result of a concussion, ADHD, or possibly an early sign of dementia. All of these conditions can affect the function of the prefrontal cortex (the thinking and decision-making portion of the brain).
3. **Your memory is as sharp as it was 10 years ago** (or close to it). It’s true there are natural age-related changes that typically affect brain function as we get older. But, it’s a myth that everyone will experience a great deal of memory loss with age. By choosing to do things that are healthy for your brain now, you not only improve your memory, but also slow the natural aging process of your brain.
4. **You’re optimistic!** Having a healthy mind and body impacts how you feel, in a positive way. People who have healthy brain functions are happier, more relaxed and optimistic about life in general. Problems are easier to solve and challenges tend to be less stressful.



5. **You feel more relaxed and fairly stress-free.** In short bursts, stress produces a positive amount of adrenaline and the hormone cortisol. These can be lifesaving when faced with a sudden survival situation or near-accident. However, in continuous doses, such as chronic stress, cortisol can be harmful to your body and brain. The good news is that with the right treatment, your stress, worry and anxious thoughts can be controlled, instead of letting them control you. Exercise, meditation and alone time are some natural ways to bring relaxation back to your day. For more serious cases of stress, you should consider talking to your doctor about ways to relieve anxiety.

If you are only experiencing some of the indicators of a healthy brain listed above, take steps today to begin supporting your brain health—and you’ll change your life!

Source: <https://www.healthdirections.com/5-warning-signs-you-need-to-improve-your-brain-function>.

A healthy lifestyle = a healthy brain

A 2013 study, published in PLOS ONE, looked at 2,235 men for 30 years and measured their participation in five healthy lifestyle behaviors. The participants who followed four or all five of the behaviors were about 60 percent less likely to develop cognitive impairment and dementia. In the checklist below, mark the healthy lifestyles that apply to you daily or weekly routines. You can use this as a starting point to highlight areas you can improve upon to help your brain health.

Avoid tobacco	✓
Eat fruits and vegetables regularly	✓
Have an optimal body mass index (BMI).	✓
Participate in regular physical activity	✓
Drink low to moderate levels of alcohol	✓

10 exercises to sharpen your mental skills:

1. **Test your recall.** Make a list—of grocery items, things to do, or anything else that comes to mind—and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.
2. **Let the music play.** Learn to play a musical instrument or join a choir. Studies show that learning something new and complex over a longer period of time is ideal for the aging mind.
3. **Do math in your head.** Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult—and athletic—by walking at the same time.
4. **Take a cooking class.** Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and taste, which all involve different parts of the brain.
5. **Learn a foreign language.** The listening and hearing involved stimulates the brain. What's more, a rich vocabulary has been linked to a reduced risk for cognitive decline.
6. **Create word pictures.** Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.
7. **Draw a map from memory.** After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.
8. **Challenge your taste buds.** When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.
9. **Refine your hand-eye abilities.** Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.
10. **Learn a new sport.** Start doing an athletic exercise that utilizes both mind and body, such as yoga, golf, or tennis.

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Remember, it's never too late to start a new hobby. And it's never a bad thing to learn something new! So keep your brain active and healthy by challenging yourself with a fun new activity.

Five simple brain-promoting nutritional tips

By Daniel G. Amen, M.D.

Increase water intake. Given that your brain is about 80 percent water, the first rule of brain nutrition is drinking adequate water to hydrate your brain. Even slight dehydration can raise stress hormones, which can damage your brain over time. Most people need around 84 ounces of water a day.

Calorie restriction. Substantial research in animals and now in humans indicates that a calorie-restricted diet is helpful for brain and life longevity. Eating a healthy, balanced diet helps you live longer and happier. It controls weight; decreases risk for heart disease, cancer, and stroke from obesity.

Eat sources of "good" fats. DHA, one form of omega-3 fatty acids found in fish, makes up a large portion of the gray matter of the brain. Research in the last few years has revealed that diets rich in omega-3 fatty acids may help promote a healthy emotional balance and positive mood in later years, possibly because DHA is a main component of the brain's synapses.

Lots of dietary antioxidants. Antioxidants from fruits and vegetables can significantly reduce the risk of developing cognitive impairment. The best antioxidant-containing fruits and vegetables, according to the U.S. Department of Agriculture, are: blueberries, blackberries, cranberries, strawberries, spinach, raspberries, brussels sprouts, plums, broccoli, beets, avocados, oranges, red grapes, red bell peppers, cherries and kiwis.

Balance protein, "good" fats and carbohydrates. Having protein at each meal helps to balance blood sugar levels. Adding lean meat, eggs, cheese, soy or nuts to a snack or meal limits the fast absorption of carbohydrates and prevents the brain fog that goes with eating simple carbohydrates, such as donuts. Try to get a balance of protein, high fiber, carbohydrates and fats when eating your next meal or snacks.

This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult with your healthcare provider regarding any questions you have about your health and/or medical treatment.





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) 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
ALZHEIMER'S DISEASE	DONEPEZIL GALANTAMINE RIVASTIGMINE	ARICEPT EXELON NAMENDA RAZADYNE
ANGIOTENSIN RECEPTOR BLOCKERS (ANTIHYPERTENSIVES)	CANDESARTAN EPROSARTAN IRBESARTAN LOSARTAN TELMISARTAN VALSARTAN	ATACAND AVAPRO BENICAR COZAAR DIOVAN EDARBI MICARDIS TEVETEN
ANTI-DEPRESSANTS	BUPROPION HCL DESVENLAFAXINE DULOXETINE ESCITALOPRAM FLUOXETINE NEFAZODONE SERTRALINE TRAZODONE VENLAFAXINE	APLENZIN BRINTELLIX CYMBALTA EFFEXOR FETZIMA FORFIVO XL KHEDEZLA LEXAPRO OLEPTRO PRISTIQ PROZAC VILBRYD WELLBUTRIN ZOLOFT
ANTI-GLAUCOMA EYE PREPARATIONS	APRACLOPIDINE 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
ANTIPSYCHOTICS	CLOZAPINE OLANZAPINE QUETIAPINE RISPERIDONE ZIPRASIDONE	ABILIFY – Evidence of "medical necessity" must include documentation of failure of all other therapies, including non-drug intervention

BETA-ADRENERGIC BLOCKERS (ANTIHYPERTENSIVES)	ACEBUTOLOL ATENOLOL BETAXOLOL BISOPROLOL METOPROLOL NADOLOL PINDOLOL PROPRANOLON SOTALOL TIMOLOL	BYSTOLIC
CALCIUM CHANNEL BLOCKERS (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
CONTRACEPTIVES	All Generic Contraceptives	All Brand Contraceptives
DIABETES	ACARBOSE GLIMEPIRIDE GLIPIZIDE GLYBURIDE JANUMET JANUVIA METFORMIN PIOGLITAZONE REPAGLINIDE	INVOKANA JARDIANCE JENTADUETO KAZANO TRADJENTA
NARCOTIC ANALGESICS 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
OSTEOPOROSIS	ALENDRONATE CALCITONIN-SALMON BANDRONATE RALOXIFENE RISEDRONATE	ACTONEL ATELVIA BINOSTO BONIVA EVISTA FORTICAL FOSAMAX MIACALCIN PROLIA





Step Therapy

Continued

RHEUMATOID ARTHRITIS

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

URINARY AGENTS

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.

CATEGORY	STEP I	STEP II
ADD & ADHD	AMPHETAMINE SALTS D-AMPHETAMINE ER DEXMETHYLPHENIDATE DEXTROAMPHETAMINE METHAMPHETAMINE METHYLPHENIDATE	ADDERALL CONCERTA DAYTRANA DESOXYN DEXEDRINE EVEKEO FOCALIN METADATE METHYLIN PROCENTRA QUILLIVANT RITALIN VYVANSE ZENZEDI
ANTI-MIGRAINE	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

ANTI-CONVULSANTS	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 TOKENDI VIMPAT ZARONTIN ZONEGRAN
PROTON PUMP INHIBITORS	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
ULCERATIVE COLITIS	AZULFIDINE BALSALAZIDE SULFASALAZINE SULFAZINE	APRISO ASACOL COLAZAL DELZICOL DIPENTUM GIAZO LIALDA PENTASA

RX NEWS



**Effective 7/1/2018
Walmart was added
as an eligible network
pharmacy covered
by GPP.**

**To locate a pharmacy in
your area please contact
GPP at 1-800-341-2234**

PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: January 1, 2019

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

Amebacides

Alinia

Hepatitis Agents

Epivir HBV Solution

Harvoni

Sovaldi

Vosevi

HIV Agents

Aptivus

Atripla

Complera

Crixivan

Descovy

Edurant

Emtriva

Evotaz

Genvoya

Intelence

Invirase

Isentress

Kaletra Tabs

Lexiva

Norvir

Odefsey

Prezcobix

Prezista

Rescriptor

Reyataz

Selzentry

Stribild

Tivicay

Triumeq

Truvada

Tybost

Videx Solution

Videx ER 125mg Caps

Viracept

Viread

Zerit Solution

Micellaneous Anti-infectives

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, 150mg 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

Tekturina

Tekturina 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

Namzaric Caps

DERMATOLOGICALS

Acne Agents

Retin-A Micro 0.08% gel

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

Toujeo Max Solostar

Miscellaneous

Welchol

Sodium-Glucose Co

Transporter 2 Inhib

Invokamet

Invokamet XR

Invokana

Jardiance

Synjardy

Synjardy XR

Miscellaneous

DDAVP 10 mcg/0.1 mg sol

Glucagen Kit

Glucagon Kit

Proglycem Susp

Samsca Tabs

Synarel Nasal Spray

GASTROINTESTINAL

AGENTS

Anti-spasmodic

Symax Duotabs

Anti-ulcer

Omeclamox

Pylera

Digestants

Creon

Zenpep DR

Gastric Acid Secretion Reducers

Dexilant

PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: January 1, 2019

PLEASE GIVE TO YOUR PHYSICIAN

VERY IMPORTANT

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

Miscellaneous Products,

Gastrointestinal

Amitiza
Apriso
Canasa Suppositories
Lialda
Linzess
Sfrowasa

HEMATOLOGY

Anti-Coagulants, Direct

Factor X

Xarelto

Miscellaneous

Pradaxa

Anti-Platelet

Brilinta

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
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 Bloom
Citranatal RX Tabs
C-Nate DHA
Conept 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 Caplets
Natachew Tabs
Natelle One Caps
Neevo DHA
Nestabs Tabs
Nestabs DHA
Newgen Tabs
Niva-Plus Tabs
OB Complete advanced
OB Complete One
OB Complete Petite
OB Complete Caplets
OB Complete Premier
OB Complete with 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
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
Vinate DHA
Virt-Advance Tabs
Virt-C DHA
Virt-Nate Tabs
Virt-Nate DHA
Virt-PN Tabs
Virt-PN Plus
Virt-Vite GT Tabs
Vitafof Gummies
Vitafof Nano Tabs
Vitafof 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 redihaler
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.



Please remember to keep your address, dependent and Beneficiary information updated with the Fund. If you are a POA, please make sure that you update the member's physical address as well as your own.

Due to the high volume of calls that the Pension Department receives each day, we will not be able to put a password on a member's file if they request one when contacting 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



Major Medical Information

While most of the Plan reimbursement is payable under the basic benefits of your plan as long as you are utilizing a participating network provider, the reimbursement for visiting nursing visits and the rental or purchase of medical equipment or supplies is payable under the major medical provision of your plan whether the provider is a participating or a non-participating provider. Major Medical benefits are subject to an annual deductible and coinsurance owed by the patient. Your plan would consider benefits according to the contracted rate if you have utilized a participating provider. You would be responsible for the annual deductible plus the coinsurance amount up to your out of pocket maximum according to your plan.

If you have utilized a non-participating provider, the plan would pay for services according to the usual and customary amount (UCR) established by the Fund. The UCR amount would then be subject to the deductible and copays.

Please note that utilization of a non-participating provider for hospital benefits for inpatient services, surgery, and transplant benefits (if you meet the requirements for transplant coverage) are also payable under the major medical provisions of your Plan.

Please refer to your plan document for further information.

Retirees Approved for Pensions May 2018 through June 2018

May 2018			June 2018		
Name	Local	Employer	Name	Local	Employer
ADAMS, SAMUEL L	776	PILOT FREIGHT CARRIERS INC	ALLEN, ANTHONY	771	YELLOW FREIGHT SYSTEM INC
ANDERSON, EDWARD S	429	SINGER EQUIPMENT CO INC	AMOROSO, GARY R	429	UNITED PARCEL SERVICE INC
BORDSEN, CLAY	229	ROADWAY EXPRESS INC	ANSTINE, JUANITA	776	ASSOCIATED WHOLESALERS INC
BOYER, DARREL C	429	BOYERTOWN AUTO BODY WORKS INC	BEIDLER, TIMOTHY	429	J C EHRlich CO INC
BURNS, JOSEPH W	429	JONES MOTOR CO INC	BELTZ, GARY L	773	CINTAS CORPORATION
BUTCHKO, JOSEPH R	429	PLYMOUTH ROCK TRANSP CORP	BENTZ, BRUCE W	429	CLOVER FARMS DAIRY
CABLE, MARK	771	YRC FREIGHT	BUSSIÈRE, JOSEPH N	429	UNITED PARCEL SERVICE INC
CAMPBELL, JAMES N	429	ASSOCIATED WHOLESALERS INC	CARTWRIGHT, KEVIN M	776	YRC FREIGHT
CECCARELLI, GARY D	229	C&S WHOLESALE GROCERS	CASAL, ALLEN C	229	YRC FREIGHT
COSTANZI, PAUL D	229	C&S WHOLESALE GROCERS	COCHRAN, VIRGINIA S	771	KENOSHA AUTO TRANSPORT CORP
CROSSON, JOHN F	776	UNITED PARCEL SERVICE INC	CONFER, CHARLES S	764	WILLIAMSPORT MOVING CO INC
DERK, GREGORY	776	YRC FREIGHT	CONN, BARRY L	771	KENOSHA AUTO TRANSPORT CORP
EBERWEIN, KEITH	773	BIMBO BAKERIES USA INC	CROSSLAND, RANDY J	776	YRC FREIGHT
ENGLE JR, WILLIAM R	776	NEW PENN MOTOR EXPRESS INC	DIETRICH, JAMES A	429	QUINLAN PRETZEL
EVANS, DAVID M	229	CONSOLIDATED FREIGHTWAYS	DOMBKOWSKI, FREDRICK L	229	AKZO NOVEL SALT INC
FANTASKI, JAMES W	776	FLEMING COMPANIES INC	EMIGH, DANIEL R	764	D/B/A VALLEY FARMS DAIRY
FERRELL, DEAN G	771	YRC FREIGHT	EVANITSKY, GARY J	229	C&S WHOLESALE GROCERS
FLAHARTY, KEITH A	776	PRESTON TRUCKING CO INC	FUENTES, FELIX	429	COTT BEVERAGES WYOMISSING INC
FLOWERS, ROBERT J	771	KEREK AIR FREIGHT CORP	GEHMAN, DEAN L	429	CLOVER FARMS DAIRY
FOLWEILER, EDWARD	401	SCHULTZ'S INC	GIFFIN, MICHAEL J	429	SUPERVALU INC
FRANCAVAGE, ROBERT A	429	ARKEMA INC	GRABILL, MICHAEL A	776	YRC FREIGHT
FRYE, ROGER L	776	ROADWAY EXPRESS INC	HENGVELD, RICKEY C	773	T B A SUPPLY CO
GARNER III, WALTER R	429	ALL STAR DISTRIBUTING INC	HOBDAV, STEPHEN J	771	ARKANSAS BEST FREIGHT SYS INC
GEESSEY, RONALD D	429	WINDSOR SERVICE INC	HOCH, JAMES J	429	NEW ENTERPRISE STONE & LIME CO
GEHERS, THOMAS V	776	W & L SALES COMPANY INC	HONABERGER, ROBIN L	764	DAY EQUIPMENT COMPANY
GEIGER SR, MICHAEL D	771	BEAR DISTRIBUTING CO INC	HUGHES, LOUIS R	401	STATE PRODUCTS
GERHARD, KEVIN M	429	EXETER TOWNSHIP BD OF SUPV	JONES, ROBERT J	229	SCRANTON BRUSH CO
GILLETTE JR, ALFRED J	229	SCRANTON SEWER AUTHORITY	KEIBLER, GARY R	764	UNITED PARCEL SERVICE INC
HALLOWELL, MICHAEL	429	READING HEATER & SUPPLY CO	KLOCK, JEFFREY B	773	UNITED PARCEL SERVICE INC
HAND, ROBERT J	773	SCHWERMANN TRUCKING CO	KNISLEY, WILLIAM	776	FLEMING COMPANIES INC
HANYON, JEFFREY	229	ROADWAY EXPRESS INC	LAUER, MICHAEL A	776	ST JOHNSBURY TRUCKING CO INC
KEITER, ROBERT W	776	ARKANSAS BEST FREIGHT SYS INC	LITRENTA, DANIEL G	776	FLEMING COMPANIE INC
KELLER, PETER T	229	HARPER COLLINS PUBLISHERS INC	MATTISON, GODON D	776	ARKANSAS BEST FREIGHT SYS INC
KENNEDY, JOHN C	429	NEW ENTERPRISE STONE & LIME CO	MCGINNIS, MICHAEL	229	TOPPS CHEWING GUM INC
KLINE, JAMES R	429	THE BACHMAN COMPANY	MCLAUGHLIN, BARBARA	229	TOPPS CHEWING GUM INC
KRESGE, CHARES	229	YRC FREIGHT	NEWHARD, DALE L	773	EASTERN INDUSTRIES INC
KUNA, BEVERLY	229	HARPER COLLINS PUBLISHERS INC	NICEWICZ, CHRISTOPHER	776	ROADWAY EXPRESS INC
LIGHTCAP JR, ROBER F	771	HERMAN R EWELL INC	OUGHTON, MARK A	999	ARKANSAS BEST FREIGHT SYS INC
MILLER, DONALD E	776	USF RED STAR	PARTRIDGE, DALE L	771	YRC FREIGHT
MILLS JF, VAUGHN	429	CARL R BIEBER INC	QUENZER, RICHARD E	776	UNITED PARCEL SERVICE
MIRACLE, BRYAN	776	ARKANSAS BEST FREIGHT SYS INC	RABER, CURTIS C	401	WISE FOODS
MORGAN, PATRICK	229	ROADWAY EXPRESS INC	RANCK, TIMOTHY E	764	UNITED PARCEL SERVICE INC
MOSER, JOHN	776	UNITED PARCEL SERVICE INC	SAUDER, JEANETTE E	771	WEYERHAEUSER COMPANY
O'LEARY, SUSAN	229	TOPPS CHEWING GUM INC	SCHOENENBERGER, PETER C	999	ALLIED SYSTEMS LTD
OBERLY, DURK R	429	CLOVER FARMS DAIRY	SCHOTT, GREGORY A	429	NEW PENN MOTOR EXPRESS INC
OLSHEFSKI, JOHN M	429	INTERNATIONAL PAPER	SHEAFFER, STEVE A	776	UNITED PARCEL SERVICE INC
RAY, RICKY L	776	PRESTON TRUCKING CO INC	SMITH, STEPHEN D	776	PRESTON TRUCKING CO INC
SELLARI, JOAN M	429	HAROLD FURNITURE COMPANY	SNYDER, RODNEY A	764	PRESTON TRUCKING CO INC
SHEETS, CONNIE L	771	MILLER & HARTMAN INC	STEFFES, GERALD R	429	APEX EQUIPMENT COMPANY
SHERICK, ROBERT L	771	YELLOW FREIGHT SYSTEM INC	STEMRICH, DONALD	401	ROADWAY EXPRESS INC
SHIFFER, RICKY W	776	CONSOLIDATED FREIGHTWAYS	STEVENS, EVERETT	229	SUPER MARKET SERVICE CORP
SHOLLEY, JODY	764	PROFESSIONAL DRIVERS SERVICE	STEWART, WILLIAM	776	ROADWAY EXPRESS INC
SMITH, DANIEL E	429	GENERAL COMMODITIES WAREHOUSE	STOTTLEMYER SR, RICHARD L	776	BROCKER REBAR CO INC
SMITH, RODNEY P	764	PROFESSIONAL DRIVERS SERVICE	SWARTZ, MARSHA A	776	ASSOCIATED WHOLESALERS INC
SOWERS, CHARLES W	776	LEVINSON STEEL COMPANY	SWEIGART, KENNETH L	429	EASTERN INDUSTRIES INC
STRICKLER, DONALD C	776	FLEMING COMPANIES INC	TEABO, GLENN W	773	SCHUSTER EXPRESS
TUCCI, JEFFREY M	429	BIRDSBORO BOROUGH	TROOP, MICHAEL C	771	YELLOW FREIGHT SYSTEM INCE
WENGERT, PAUL H	429	ASSOCIATED WHOLESALERS INC	YARD, BRENT A	429	POWER PACKAGING INC
WERT, RICHARD W	429	GENERAL COMMODITIES WAREHOUSE			
WINCEK, ROBERT M	401	AIRPORT SAND & GRAVEL CO INC			
YOST, ROBERT R	776	HESS TRUCKING COMPANY			

Retirees Approved for Pensions July 2018

Name	Local	Employer			
ALVAREZ, REBECCA	429	SCHROCK CABINET COMPANY	LARSON, RONALD	771	YRC FREIGHT
BARRETT, MICHAEL	771	YRC FREIGHT	LEIBENSPERGER, GARY H	429	ASSOCIATED WHOLESALERS INC
BAUMAN, JOHN J	771	YRC FREIGHT	LONG, DENNIS E	429	DIETRICH'S MILK PRODUCTS INC
BELL, JOHN	229	YRC FREIGHT	MALENICH, CHARLES A	776	YRC FREIGHT
BRANNON, JIMMIE	776	UNITED PARCEL SERVICE INC	MARONI, LOUIS W	229	C&S WHOLESALE GROCERS
BROWN, MICHAEL	771	KURTZ BROS CONCRETE INC	MCCANNA, JOHN E	776	PACIFIC RAIL SERVICE
BRYANT, WILLIE J	776	CONSOLIDATED FREIGHTWAYS	MILLER JR, EARL	773	YRC FREIGHT
CONNORS, JOSEPH J	776	YRC FREIGHT	MOLINARO, JOHN	229	HARPER COLLINS PUBLISHERS INC
CONYER, JOAN	429	COTT BEVERAGES WYOMISSING INC	MOSER, CHARLES	999	ARKANSAS BEST FREIGHT SYS INC
COVER, BARRY J	771	YELLOW FREIGHT SYSTEM INC	NEWCOMER, BRIAN S	771	READY MIXED CONCRETE CO
DEBRODY, CHARLES A	764	SCHNEIDER- VALLEY FARMS INC	OCKER, DEBRA K	776	ARKANSAS BEST FREIGHT SYS INC
DONADSON, TAMARA I	776	UNITED PARCEL SERVICE INC	PARRISH JR, JAMES	401	THOMAS C THOMAS COMPANY
DONATI, FRANK J	771	YRC FREIGHT	POST, ROBERT E	401	SUPREME OIL COMPANY
EPLER, CALVIN H	429	LENTZ MILLING CO LLC	RICHIE, PAUL M	999	ARKANSAS BEST FREIGHT SYS INC
ESBENSHADE, MARK	771	UNITED PARCEL SERVICE INC	ROBERTS, MICHAEL E	776	USF RED STAR
FOCHT, TIMOTHY	429	UNITED PARCEL SERVICE INC	RODGERS JR, WILLIAM P	776	USF RED STAR
FRIGM, KENNETH M	776	FLEMING COMPANIES INC	ROSEMAN, DAVID R	764	CENTRAL BUILDERS SUPPLY CO
GALCZYNSKI, KEVIN	429	LENTZ MILLING CO LLC	SABIN, JAN D	773	MORRIS BLACK & SONS
GENTRY, DENVER	771	YRC FREIGHT	SARBAUGH, DEBRA A	771	TEAMSTERS LOCAL UNION 771
GOMBITA, STEVEN	771	YRC FREIGHT	SCHWANGER, WILLIAM J	776	YRC FREIGHT
GRIEST, FARMER C	771	HERMAN R EWELL INC	SHARP, DAVID W	773	OGDEN FACILITY SERVICES
GULBIERZ, ALBERT J	401	UNITED PARCEL SERVICE INC	SHEA, FRANCES	429	CARL R BIEBER INC
HACKENBERG, ARTHUR W	764	DAY EQUIPMENT COMPANY	SHIREY, ROBERT E	429	ASSOCIATED WHOLESALERS INC
HARNLEY, GLENN R	429	POLLOCK-READING INC	SIPOS, JOSEPH M	773	UNITED PARCEL SERVICE INC
HECKMAN, KERRY A	429	E.S. SAVAGE INC	SNYDER, RICKI D	776	NEW PENN MOTOR EXPRESS INC
HEISER, RONALD E	773	PENSKE TRUCK LEASING CO LP	SPONAGLE, ROBERT D	429	GOOD MAN VENDING COMPANY
HEMPHILL, ROBERT G	401	ACME MARKETS INC	STEWART, ROBIN J	429	HAPPEL LUMBER COMPANY
HERTZOG, KEITH D	429	POWER PACKAGING INC	SWARTHOUT, TIMOTHY	776	PRESTON TRUCKING CO INC
HERZSTEIN JR, JOHN L	773	CHEMICAL LEAMAN TANK LINES INC	SWIATEK, DAVID	229	TOPPS CHEWING GUM INC
HOFFER, KENNETH L	776	USF RED STAR	TENETYLO, JAMES	776	USF HOLLAND INC
HOPPLE, SCOTT	776	NATIONS WAY TRANSPORT SERVICES	TORBERT, JEFFREY L	776	PRESTON TRUCKING CO INC
HOWER, CHESTER E	776	TRANSCON LINES	TRAVITZ, PAUL A	776	CONSOLIDATED FREIGHTWAYS
HUBER, JAY ELVIN	771	THE SICO COMPANY	TSIRNIKAS, DAVID	429	READING FOUNDRY & SUPPLY CO
JOHNSTON, CARL F	776	ARKANSAS BEST FREIGHT SYS INC	VALLE, RICHARD L	429	DAIRY FARMERS OF AMERICA INC
KANE, FRANCIS K	764	CENTRAL BUILDERS SUPPLY CO	VENTRE, MICHAEL L	229	CONSOLIDATED FREIGHTWAYS
KANE, ROBERT J	229	ROYAL BOTTLING CO	WEST JR, WILLIAM W	764	CENTRE CONCRETE COMPANY
KAYLOR, BRET A	776	YRC FREIGHT	WHERLEY, DANIEL A	776	CONSOLIDATED FREIGHTWAYS
KLEPPINGER, LEE F	773	P I E NATIONWIDE INC	WHITE JR, ROBERT E	771	UNITED PARCEL SERVICE INC
LAMPARTER, RAYDEAN G	776	NORTH ATLANTIC TRANSPORT	YASHIMSKI, JOHN D	229	CONSOLIDATED FREIGHTWAYS
			YODER, RALPH C	429	LEHIGH VALLEY DAIRIES INC
			ZANDERS SR, EDWARD D	773	INTERNATIONAL DISTR CENTER INC
			ZAVERACK, JOHN R	401	KEYSTONE COCA-COLA BOTTLING CO

JULY 2018 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 7 month period ending July 31, 2018. 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	1.4%

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. Click on Pension Fund and then "Reports and Notices."



Preventing Shingles



Did you have chickenpox? If so you're at risk for getting a disease called shingles. About 1 out of every 3 people will get shingles at some point in their lives.

After you've had chicken pox, the virus becomes inactive and hides in your body. Shingles is caused by the virus becoming active again, but its symptoms can be much more severe. Burning, itchy rashes and blisters may appear on one side of your body or face. You might also feel fatigue, fever, headache, or an upset stomach.

The rashes and blisters can take 3 to 5 weeks to heal. However, the pain could last much longer. It's possible to get shingles more than once.

As you get older, your risk for getting shingles grows. Shingles most commonly occurs in adults over 50 but it can appear at any age.

There are now two shingles vaccines approved by the U.S. Food and Drug Administration (FDA) for people over 50. They can help prevent shingles or lower the extent of the effects it may cause. Learn more about shingles at www.nia.nih.gov/health/shingles.

Source: www.nia.nih.gov/health/shingle

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 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.

All benefit questions should still be addressed to the Fund office at 1-800-422-8330 (PA), 1-800-331-0420(US) or email us at hwfund@centralpateamsters.com

SUGGESTIONS?

If you have feedback about our newsletter please feel free to email Charlotte Houser at chouser@centralpateamsters.com

VISIT OUR WEBSITE

Members and their families, as well as contributing employers, can access the Fund website, www.CentralPATeamsters.com for benefits information, announcements, reports, notices, investment reports and provider network links.

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 can reach the Meritain Nurse Line 24 hours a day,
seven days a week for your health-related questions**

FAQs



What is Healthcare Bluebook?

And other frequently asked questions



What is Healthcare Bluebook?

Healthcare Bluebook™ has been selected as an added benefit so you can shop for care, compare facilities, and save money on your medical services.

Did you know that in-network prices for the same procedure can vary by over 500% depending on the facility you choose?

Bluebook's web and mobile application make it easy to save money on hundreds of common medical services and procedures by showing you the cost ranges in your area and providing you with a selection of **Fair Price™** (green) facilities.

What is the "FAIR PRICE?"

The **Fair Price™** is the amount you should reasonably expect to pay for a service or procedure and are based on the actual amount paid on the claim, not the billed amount, reflecting the discounts that the health plan has negotiated with the facility.

Here's an example of dramatic price differences between one facility and another.



How do I access Healthcare Bluebook?

On your PC, laptop, AND/or tablet:

Login to Healthcare Bluebook and bookmark the search page for quick access.

centralpateamsters.com

On your mobile phone:

Download the app and login so you'll have Bluebook with you anytime you need to schedule a procedure.

Company Code: CentralPATeamsters

Once you've logged in, search for your procedure, review the price range shown on the color bar, then scroll down the page and review the list of facility options by cost.

Bluebook's convenient color codes make it easy for you to identify those providers by cost.

Always check in-network status before scheduling.



Healthcare Bluebook™



Check It Out:

centralpateamsters.com

800-341-0504

Download
the App:



Company Code:
CentralPATeamsters

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

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**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
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
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 to obtain beneficiary change forms to complete and send in to the Fund Office.

Visit Our Website at: www.CentralPATeamsters.com