



Central Pennsylvania Teamsters

# GUARDIAN

Health and Welfare/Pension Guardian Newsletter



Reading, Pennsylvania



April 2016



## IMPORTANT CHANGES TO YOUR PRESCRIPTION BENEFITS EFFECTIVE MARCH 8, 2016 SUMMARY OF MATERIAL MODIFICATION ("SMM")

The information contained in this SMM reflects changes to the **Rheumatoid Arthritis Step Therapy** and changes to the **Limits on FDA "CLASS II" Pain Medications** information set forth in the SMM mailed to all participants on October 30, 2015, and in the December 2015 Guardian Newsletter.

At the March 8, 2016 meeting, the Trustees of the Central Pennsylvania Teamsters Health & Welfare Fund ("Fund") adopted the following changes:

### **Rheumatoid Arthritis Step Therapy**

The following generic drugs are now added to the **Step I Rheumatoid Arthritis Step Therapy** category:

High dose ibuprofen and naproxen (i.e. requiring an RX), celecoxib, nabumetone, piroxicam, diclofenac, diflunisal, indomethacin, ketoprofen, etodolac, prednisone, cyclophosphamide, cyclosporine, azathioprine and methotrexate.

### **Limits on FDA "Class II" Pain Medications**

The following changes apply to the **Limits on FDA "Class II" Pain Medications**:

In cases where patients are taking one or more Class II Pain Medications on an extended basis (i.e. more than 15 days) as part of a physician-monitored pain management program, the Fund Office will require a letter from the treating physician that:

1. Explains the condition for which the patient is being treated; and
2. Addresses the length of time that the patient has been under their care for said condition; and
3. Lists the Class II Pain Medications which are being prescribed to the patient on an on-going basis; and
4. Includes a certification by the physician that the treatment plan for the patient is being monitored on a regular basis.

If these four conditions are documented by the treating physician in writing, the Fund can relax the 15 day script requirement and allow the patient to go to a regular 30 day script co-pay schedule for their Class II Pain Medications.

### **GPP PHARMACY BENEFIT NEWS**

**If you have prescription mail order questions, please call GPP directly at 1-800-314-2234.** This number is listed on your prescription ID card. It is not necessary to call the Fund. GPP's phone hours are Monday through Friday 8:30 am to 7:00 pm and Saturday 9:00 am to 4 pm. GPP can help you with all your mail order questions, including co-pay amounts.

**Target is no longer a participating pharmacy.** Effective on 12/15/15, Target is no longer a participating pharmacy. This change occurred after Target pharmacies merged with CVS. CVS is not a participating pharmacy with the Fund. For a list of in-network pharmacies, visit [www.centralpateamsters.com](http://www.centralpateamsters.com) Health and Welfare Providers-GPP Pennsylvania Prescription Providers.

## Looking for a participating pharmacy with added value?

Consider one of fourteen The Medicine Shoppe pharmacies throughout Pennsylvania run by Care Capital Management. In addition to prescription fills, The Medicine Shoppe offers free delivery, free health screens, medication therapy management, Refill Reminder Program, billing services, specialized packaging, and more.

### Care Capital Management's Medicine Shoppes Pennsylvania locations include:

#### NEW CUMBERLAND, PA #427

701 Bridge Street  
New Cumberland, PA 17070  
P: 717-774-6262 F: (717) 774-8852  
M-F 9:00am-6:00pm Sat 9:00am-1:00pm

#### PITTSBURGH, PA #1846

330 S. Ninth Street Suite 180  
Pittsburgh, PA 15203  
P: 412-697-4880 Retail F: (412) 697-4897  
M-Th 8:30am-5:30pm F 8:30am-5:00pm

#### DUBOIS, PA #891

30 W. Park Avenue  
DuBois, PA 15801  
P: 814-371-0800 F: (814) 371-7322  
M-F 9:00am-6:00pm Sat 9:00am-1:00pm

#### \*HARRISBURG, PA #1865

\*Located at the Hamilton Health Center  
110 South 17th Street  
Harrisburg, PA 17104  
P: 717-236-7588 F: (717) 236-6186  
M-8:30-6:00 T-Th 8:30-7:00 F-8:30-5:30

#### POTTSTOWN, PA #1024

206 N. Charlotte Street  
Pottstown, PA 19464  
P: 610-326-9690 F: (610) 326-9723  
M-F 9:00am-6:00pm Sat 9:00am-1:00pm

#### PITTSBURGH, PA #1958

412 East Commons Suite 110  
Pittsburgh, PA 15212  
P: 412-442-1925 F: (412) 442-1940  
M-Th 9:00am-6:00pm Fri 9:00am-5:00pm

#### HUNTINGDON, PA #1284

730 Washington Street  
Huntingdon, PA 16652  
P: 814-641-7442 F: (814) 641-7551  
M-F 8:30am-6:00pm Sat 9:00am-1:00pm

#### LEBANON, PA #741

1305 Cumberland Street  
Lebanon, PA 17042  
P: 717-274-1500 F: (717) 274-2583  
M-F 9:00am-6:00pm Sat 9:00am-1:00pm

#### NEWPORT, PA #1314

48 Red Hill Court  
Newport, PA 17074  
P: 717-567-6367 or (7922) F: (717) 567-6112  
M 8:00am-8:00pm T-F 8:00am-6:00pm  
Sat 8:00am-12:00pm

#### PHILADELPHIA, PA #1981

6950 Germantown Avenue, Centennial Wing,  
Suite 326  
Philadelphia, PA 19119  
P: 267-428-5187 F: (267) 428-5190  
M-F 8:00am-4:30pm

#### SANDY LAKE, PA #1729

3289 S. Main Street  
Sandy Lake, PA 16145  
P: 724-376-3805 F: (724) 376-7456  
M-F 9:00am-6:00pm Sat 9:00am-1:00pm

#### MECHANICSBURG, PA #2009

5225 Wilson Lane  
Mechanicsburg, PA 17055  
P: 717-516-3103 F: (717) 516-3104  
M-F 9:00am-5:30pm

#### CAMP HILL, PA #1982

3913 Hartzdale Drive Suite 1306  
Camp Hill, PA 17011  
P: 717-695-9082 F: (717) 695-9657  
M-F 8:00am-5:00pm Sat 8:00am-12:00pm

#### LANCASTER, PA #2006

625 South Duke St.  
Lancaster, PA 17602  
P: 717-208-3415 F: (717) 435-9842  
M-F 9:00am-6:00pm Sat 9:00am-1:00pm

\* Your office visit co-pay will be \$0 if you are treated as the Hamilton Health Center, 110 S. 17th Street, Harrisburg, PA 17104, which is located in the same building at the Harrisburg location of The Medicine Shoppe.

**For more information, visit**  
**[www.carecapitalmanagement.com](http://www.carecapitalmanagement.com)**

## 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 are now 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 VIIBRYD WELLBUTRIN ZOLOFT
ANTI-GLAUCOMA EYE PREPARATIONS	APRACLOnidine HCL BETAXOLOL BRIMONIDINE CARTEOLOL DORZOLAMIDE LATANOPROST LEVOBUNOLOL METIPRANOLOL PILOCARPINE TIMOLOL TRAVOPROST	ALPHAGAN AZOPT BETIMOL BETOPTIC COMBIGAN COSOPT IOPIDINE ISTALOL LUMIGAN PHOSPHOLINE RESCULA

<b>ANTI-GLAUCOMA EYE PREPARATIONS (con't)</b>		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 (ANTIHYPERTENSIVES)</b>	ACEBUTOLOL ATENOLOL BETAXOLOL BISOPROLOL METOPROLOL NADOLOL PINDOLOL PROPRANOLONOL SOTALOL TIMOLOL	BYSTOLIC
<b>CALCIUM CHANNEL BLOCKERS (ANTIHYPERTENSIVES)</b>	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>  <b>NOTE: BENEFITS WILL BE PROVIDED ONLY FOR NARCOTIC ANALGESICS PRESCRIBED AT THE MANUFACTURERS RECOMMENDED SCRIPT LEVEL.</b>	ACETAMINOPHEN-CODEINE HYDROCODONE-ACETAMINOPHEN HYDROMORPHONE MEPERIDINE METHADONE MORPHINE SULFATE OXYCODONE OXYCODONE-ACETAMINOPHEN OXYCODONE-ASPIRIN	DEMEROL DOLOPHINE LORTAB NORCO NUCYNTA OPANA OXYCONTIN PERCOCET PERCODAN

<b>NARCOTIC ANALGESICS</b> (con't)	OXYMORPHONE TRAMADOL	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
<b>RHEUMATOID ARTHRITIS</b>	<b>EFFECTIVE 3/8/16, THE FOLLOWING GENERIC DRUGS ARE NOW ADDED TO THE STEP 1 RHEUMATOID ARTHRITIS STEP THERAPY:</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 are currently taking a medication in one of these categories, 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

<b>ADD &amp; ADHD (con't)</b>		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 RELPAX 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 KEPRA 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	ACIPHEX DEXILANT ESOMEPRAZOLE LANSOPRAZOLE OMEPRAZOLE



PROTON PUMP INHIBITORS (con't)	PREVACID OTC PRILOSEC OTC ZEGERID OTC	LANSOPRAZOLE NEXIUM OMEPRazole OMEPRazole-BICARB PANTOPRAZOLE PREVACID PRILOSEC PROTONIX ZEGERID
ULCERATIVE COLITIS	AZULFIDINE BALSALAZIDE SULFASALAZINE SULFAZINE	APRISO ASACOL COLAZAL DELZICOL DIPENTUM GIAZO LIALDA PENTASA

## 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 and notices, investment reports, forms, wellness information and provider network links. Smart phone users can access the website by using the scanning feature on their phones. Users must first download a bar code or QR reader app to their smart phone. Simply scan the code and you will be directed to the website. Questions on accessing Fund website by scanning the QR code should be directed to the Fund's Information Resources Department.



## Have Health Care Questions? Call NurseLine.

NurseLine is a free service available 24 hours a day, 7 days a week to help you and your family with health issues. Call NurseLine toll-free, at 1-866-491-4462 for help when you are sick, injured or have a health care question.

## A SUGGESTION FROM THE HEALTH & WELFARE FUND

**Compare any provider bills with your Explanation of Benefits (EOB) before you pay an outstanding balance.** When you receive a doctor's or dentist's bill reflecting a balance due, please compare the bill with the Explanation of Benefits (EOB) you receive from the Fund. Do not pay any balances until after you have received and reviewed the EOB. The estimated balance on a bill generated before the claim is paid by the Fund may not be correct.

**Please note: the EOB reflects any co-pay amounts associated with the medical treatment, whether or not the co-pays were actually paid at the time of treatment.**

If you have any questions about a claim, be sure to contact the Health & Welfare Fund.

# CENTRAL PENNSYLVANIA TEAMSTERS HEALTH AND WELFARE FUND PRESCRIPTION BENEFIT PLANS

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

<b>RETAIL*</b>	<b>Generic</b> for up to a 34 day supply	\$ 5
	<b>Brand Preferred</b> for up to a 34 day supply	\$ 15
	<b>Brand Non-Preferred</b> for up to a 34 day supply	\$ 30
<b>MAIL ORDER</b>		
	<b>Generic</b> for up to a 90 day supply	\$ 15
	<b>Brand Preferred</b> for up to a 90 day supply	\$ 30
	<b>Brand Non-Preferred</b> for up to a 90 day supply	\$ 60
<b>SPECIALTY</b>		
	<b>RETAIL</b> up to a 30 day supply	\$ 150
	<b>MAIL ORDER</b> up to a 90 day supply	\$ 300

\*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.

## Plan 13Y

<b>RETAIL</b>	<b>Generic</b> for up to a 34 day supply	\$ 10
	<b>Brand Preferred</b> for up to a 34 day supply	\$ 30
	<b>Brand Non-Preferred</b> for up to a 34 day supply	\$ 50
<b>MAIL ORDER</b>		
	<b>Generic</b> for up to a 90 day supply	\$ 30
	<b>Brand Preferred</b> for up to a 90 day supply	\$ 60
	<b>Brand Non-Preferred</b> for up to a 90 day supply	\$ 100
<b>SPECIALTY</b>		
	<b>RETAIL</b> up to a 30 day supply	\$ 150

	<b>MAIL ORDER</b> up to a 90 day supply	\$ 300
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\*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.

## Plans 14 and 16

		<b>OPTION A</b>	<b>OPTION B</b>	<b>OPTION C</b>
<b>RETAIL</b>	<b>Generic</b> for up to a 34 day supply	\$ 5	\$ 10	\$ 10
	<b>Brand Preferred</b> for up to a 34 day supply	\$ 15	\$ 20	\$ 30
	<b>Brand Non-Preferred</b> for up to a 34 day supply	\$ 30	\$ 40	\$ 50
<b>MAIL ORDER</b>				
	<b>Generic</b> for up to a 90 day supply	\$ 15	\$ 30	\$ 30
	<b>Brand Preferred</b> for up to a 90 day supply	\$ 30	\$ 40	\$ 60
	<b>Brand Non-Preferred</b> for up to a 90 day supply	\$ 60	\$ 80	\$ 100
<b>SPECIALTY</b>				
	<b>RETAIL</b> up to a 30 day supply	\$ 150	\$ 150	\$ 150
	<b>MAIL ORDER</b> up to a 90 day supply	\$ 300	\$ 300	\$ 300

\*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.



## Routine Physicals at Urgent Care Facilities Not Covered

The Fund has contracted with certain urgent care facilities to cover the treatment of *illness and injuries only*. The Fund has not contracted with any urgent care facilities to cover routine physicals for adults or children. Therefore, the Fund will consider payment for the treatment of illness and injuries at an urgent care facility, but will not pay for routine physicals.

In order to receive Fund coverage for routine physicals for yourself or your eligible dependents, please select treatment with a primary care provider, and not at an urgent care facility.

If you need assistance in locating a primary care provider, you may visit the Fund website, click on Health and Welfare, and select “Providers” to do a provider search. Or you may contact the Health and Welfare Fund.

### December 2015 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, 2015. 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	-1.1%

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.”

## Hamilton Health Center in Harrisburg, PA Provides Primary Care with a \$0 co-pay

Hamilton Health Center in Harrisburg, PA offers primary care for adults and children with a \$0 co-pay for your medical office visit. Hamilton has a team of well-trained health care providers available to meet the primary care needs of Fund members and their families. Their services include: Internal Medicine, Adult Medicine, Pediatrics, Obstetrics and Gynecology, Podiatry, Behavioral/Mental Health Services, X-Ray and Laboratory, and Dental Services.

Members who are looking for “one-stop shopping” primary care are encouraged to visit the center for treatment.

Additional benefits include:

- A dedicated phone number just for Fund participants and their eligible dependents (717-230-3909) is provided in order to streamline the appointment process.
- Hamilton will make every attempt to provide you and your family with a same-day appointment if you call in at 7 am.
- Walk-in services are available on a first-come, first-serve basis.
- Coordinated care is available if a specialist is needed.
- A pharmacy and lab are located on-site for your convenience.

Treatment at the Hamilton Health Center is completely voluntary.

**Hamilton Health Center is conveniently located at 110 South 17<sup>th</sup> Street, Harrisburg, PA 17104.**

**Their hours are:**

**Monday and Wednesday: 7 am – 7 pm**

**Every other Saturday: 8 am – 12 pm**

**Tuesday and Thursday: 7 am – 8 pm**

**(for Dental, Adult Medicine and Pediatrics)**

**Friday: 8 am – 5 pm**

For more information, please contact Hamilton Health Center or visit their website, [www.hamiltonhealthcenter.com](http://www.hamiltonhealthcenter.com).

# 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.
9. **Urgent Care Facilities** - coverage for Urgent Care Facilities is for medical conditions only. Physical exams at Urgent Care Facilities are not covered.

# 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.

## 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 2016 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.

## DAVIS VISION NEWS

### Vision Services for Medical Conditions

Your vision plan through Davis Vision only pays claims for well vision checkups in order to determine the need for glasses or contacts. If you are in need of a vision visit for a medical condition, such as glaucoma, the Fund would consider that visit payable under the medical provisions of your plan. Office visit services provided by a participating provider would be subject to the appropriate specialist co-pay. If the provider that you utilize is non-participating, the Fund will pay up to the usual and customary fee minus the appropriate specialist co-pay. If the doctor also performs a charge for a refraction, the refraction would not be payable under the medical provisions of your plan, and would be covered only if you are eligible for vision coverage through the Davis Vision program. Before you decide which provider to utilize, you must consider the reason for which the visit is needed. Please contact the Fund Office if you are in doubt about the network that you should be using to select a provider.

### Vision Works Benefits through Davis Vision

Vision Works' allowance for eyeglass frames is different from other participating vision providers.

Vision Works is a participating provider through Davis Vision for routine eye exams. You will not owe anything for a routine vision exam (adults are eligible every two years; dependent children under 19 are eligible every year). Lenses and coatings are covered the same as other participating providers. As with all Davis Vision providers, there is an 18 month eyeglass breakage warranty and scratch coating warranty included at no additional cost.

*Please note that frames are covered differently at Vision Works.* Vision Works does not offer Davis Vision's Frame Collection at no cost. At Vision Works, if you select a frame that costs up to \$149.99, the frame is covered in full and you would not owe anything. If you select a frame that costs over \$149.99, the selection is then considered a non-plan frame. There is an allowance of \$90 for a non-plan frame. You would pay the difference between the price of the non-plan frame minus the \$90 allowance.

In order to be sure that you know the cost of your eyeglasses at Vision Works before you make a purchase, please identify yourself as a Davis Vision and Central Pennsylvania Teamsters Health and Welfare Fund participant or dependent when you make your appointment. Vision Works can then verify your eligibility for benefits.

If you have any questions or need assistance with selecting a vision provider, please contact the Health and Welfare Fund, or visit the Fund website under Health and Welfare (Active Vision Benefits or Providers).

### Davis Vision Phone App Now Available

It's no surprise that more people are reading content on their smart phones than ever before. To provide you quick access to the information you need, Davis Vision has launched a smart phone app that allows you to locate a provider, check the status of a claim, download your ID card, or contact us. Your managed vision care benefits are now available right in the palm of your hand! You can download the Davis Vision Mobile app for your iPhone or Android at the app store.

## 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, you must provide the Fund with a Durable Power of Attorney before any information can be given to the person who you designate to handle your affairs.
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.





# FINANCIAL FITNESS

## PENNSYLVANIA ADVANCE CARE DIRECTIVE AND LIVING WILL

*Note: The following is not a substitute for legal advice. The information below pertains to the state of Pennsylvania only. Rules vary by state. Contact your attorney if you need additional information.*

You have the right to decide the type of health care you want. Should you become unable to understand, make or communicate decisions about medical care, your wishes for medical treatment are most likely to be followed if you express those wishes in advance by:

- (1) naming a health care agent to decide treatment for you; and
- (2) giving health care treatment instructions to your health care agent or health care provider.

An advance health care directive is a written set of instructions expressing your wishes for medical treatment. It may contain a health care power of attorney, where you name a person called a “health care agent” to decide treatment for you, and a living will, where you tell your health care agent and health care providers your choices regarding the initiation, continuation, withholding or withdrawal of life-sustaining treatment and other specific directions.

You may limit your health care agent’s involvement in deciding your medical treatment so that your health care agent will speak for you only when you are unable to speak for yourself or you may give your health care agent the power to speak for you

immediately. This combined form gives your health care agent the power to speak for you only when you are unable to speak for yourself. A living will cannot be followed unless your attending physician determines that you lack the ability to understand, make or communicate health care decisions for yourself, and you are either permanently unconscious or you have an end-stage medical condition, which is a condition that will result in death despite the introduction or continuation of medical treatment.

You, and not your health care agent, remain responsible for the cost of your medical care. If you do not write down your wishes about your health care in advance, and if later you become unable to understand, make or communicate these decisions, those wishes may not be honored because they may remain unknown to others.

A health care provider who refuses to honor your wishes about health care must tell you of its refusal and help to transfer you to a health care provider who will honor your wishes. You should give a copy of your advance health care directive (a living will, health care power of attorney or a document containing both) to your health care agent, your physicians, family members and others whom you expect would likely attend to your needs if you become unable to understand, make or communicate decisions about medical care. If your health care wishes change, tell your physician and write a new advance health care directive to replace your old one. It is important in selecting a health care agent that you choose a person you trust who is likely to be available in a medical situation where you cannot make decisions for yourself. You should inform that person that you have appointed him or her as your health care agent and discuss your beliefs and values with him or her so that your health care agent will understand your health care objectives.

You may wish to consult with knowledgeable, trusted individuals such as family members, your physician or clergy when considering an expression of your values and health care wishes.

To obtain the forms, contact your attorney. The forms are also available on the Pennsylvania Medical Society website, [www.pamedsoc.org](http://www.pamedsoc.org).

*Source: Pennsylvania Medical Society*

## DELTA DENTAL NEWS

### Dental Predetermination

Predetermination enables you and your dentist to know in advance what the Delta Dental payment will be for any service that may be in question.

Delta strongly recommends a predetermination if total charges are expected to exceed \$300.

Your dentist should submit the pre-determination request before performing services.

Delta acts promptly in returning the predetermination voucher to your dentist (with a copy to you), explaining patient eligibility, scope of benefits, and the period of time for completion of services.

Delta’s payment of the predetermined amount is dependent upon continued participant eligibility. Payment may be reduced due to coordination of benefits with other coverage for which the patient is eligible.

Once the service is completed, a claim with service dates and signatures should be submitted to Delta for prompt payment.

### Where’s My Dental ID Card?

If you’ve been looking for your dental plan ID card, we have good news for you: **You don’t need one!**

When you visit the dentist, simply tell the dental office staff that you are covered by Delta Dental. You will need to provide the following information:

- Your name
- Your date of birth
- Your enrollee ID number as issued by the Fund and as printed on your medical ID card issued to you by the Fund

If you are covered through your employer, you may also be asked the name of your company. Family members covered under your plan will be required to provide your details.

### Want an ID card anyway?

On your computer:

- Go to [deltadentalins.com](http://deltadentalins.com), and log in to **Online Services**. (Click **Register** to sign up if you haven’t already.) Click on **My ID card** in the left column. A new window with your ID card should pop up, which you can print out for your records. (If nothing happens, check whether your browser is blocking pop-ups.)

On your smartphone:

- Go to [deltadentalins.com](http://deltadentalins.com), log in to your account and select **My ID card** from the main menu. You can pull up this electronic ID card at your dental office.

### Dental Benefits on the Go!

- Delta Dental’s free mobile app gives you access to recent claims and coverage information from the convenience of your phone. You can also access your ID card. Looking for an in-network dentist? The app can help. Search for a dentist by network, dental specialty, location or a provider’s last name. And by clicking on a dentist’s name, you can view additional information, add the dentist to your contacts and even get directions to the dental office.

You can also access this information on your computer or tablet by visiting [www.centralpateamsters.com](http://www.centralpateamsters.com) — Health and Welfare-Providers-Dental. Follow the steps described above to register.

## VITAMINS THAT MAY REDUCE CANCER RISK

A healthy diet serves as a potent weapon in the battle to ward off cancer. Though researchers still have much to learn about the best foods to include, they've found a few specific nutrients that may reduce your risk for malignant tumors. Shore up your defenses with:

**FOLATE** – Some studies suggest getting enough of this B vitamin helps prevent colorectal, lung, pancreatic, breast and other cancer. One way it may work: by preventing abnormal cell division, which is the hallmark of cancer cells. You can find vitamin B in spinach, black-eyed peas, asparagus, Brussels sprouts, and romaine lettuce.

**VITAMIN C** – Early research suggests people who get enough of this immune-boosting nutrient from fruits and veggies have a lower chance of developing lung, breast and colon cancer. Red peppers serve as a one of the best sources – just half a cup of this raw, sweet veggie boasts more than 150% of your daily needs! Also peel some citrus fruits, slice some strawberries, or steam some broccoli – they're also rich in vitamin C.

**VITAMIN D** – Researchers noticed something interesting when they looked at geography and cancer risk. People in southern latitudes – where sunlight is more abundant – showed lower rates of developing and dying from some cancers. Since human skin produces vitamin D in response to sunlight, they hypothesized this nutrient may play a role in cancer prevention. So far, lower rates of colorectal, breast, prostate, and pancreatic cancer have been linked to getting enough vitamin D. To boost your intake, eat fatty fish like salmon and tuna, drink fortified milk or orange juice, or crack open some eggs. Even though sunlight and skin means more vitamin D, limiting sun exposure and using sunscreen on both sunny and cloudy days helps prevent common forms of skin cancer. Take a vitamin D supplement if you need to boost your levels.

**VITAMIN E** – This nutrient acts as an antioxidant, repairing damage to cells that occur over time. As a group, antioxidants may play a role in reducing cancer risk. But while scientists once thought vitamin E might ward off prostate cancer, studies have found evidence that vitamin E supplements can actually boost men's odds of developing this disease. Food sources of this nutrient, though, can fit into a healthy diet. Try almonds, peanut butter, sunflower seeds, and boiled spinach.

**YOUR COMPLETE CANCER-FIGHTING DIET** – Always talk to your doctor before taking supplements – if you're already getting enough of a particular vitamin, they could hurt instead of help your health. For the greatest protection against cancer and other health problems, focus on your overall dietary pattern. Eating more fruits and veggies, less red and processed meats, and drinking less alcohol may be the smartest moves to stay cancer-free.

*Source: Pharmaceutical Update, General Prescription Programs, Inc. Jan/Feb 2016*



### ZIKA VIRUS

Zika is a virus that is spread by mosquitoes. A pregnant mother can pass it to her baby during pregnancy or around the time of birth. There have also been reports that the virus has spread through blood transfusions and sexual contact. There have been outbreaks of Zika virus in Africa, Southeast Asia, the Pacific Islands, parts of the Caribbean, and Central and South America.

No local mosquito-borne Zika virus disease cases have been reported in US states, but there have been travel-associated cases.

With the recent outbreaks, the number of Zika cases among travelers visiting or returning to the United States will likely increase. It is predicted that 80% of cases will not be diagnosed. These imported cases could result in local spread of the virus in some areas of the United States.

Most people who get the virus do not get sick. One in five people do get symptoms, which can include a fever, rash, joint pain, and conjunctivitis (pinkeye). Symptoms are usually

mild, and start 2 to 7 days after being bitten by an infected mosquito.

A blood test can tell whether you have the infection. There are no vaccines or medicines to treat it. Drinking lots of fluids, resting, and taking acetaminophen might help.

There have been reports of microcephaly (a serious birth defect of the brain) and other problems in babies whose mothers were infected while pregnant. The Centers for Disease Control and Prevention recommends that pregnant women do not travel to areas where there is a Zika virus outbreak. If you do decide to travel, first talk to your doctor. You should also be careful to prevent mosquito bites:

- Use insect repellent
- Wear clothes that cover your arms, legs, and feet
- Stay in places that have air conditioning or that use window and door screens

For the most current travel information about Zika virus, please visit [www.cdc.gov/zika](http://www.cdc.gov/zika).

*Source: Centers for Disease Control and Prevention*

# Retirees Approved For Pensions November 2015 through March 2016

## November 2015

Name	Local	Employer
ALWOOD, RICHARD C.	776	KEEBLER COMPANY
BECKER, CHARLOTTE D.	764	TEAMSTERS LOCAL UNION 764
BECKWITH, ROBERT	773	EASTERN INDUSTRIES INC.
BOSSERMAN, CYNTHIA A.	776	ASSOCIATED WHOLESALERS INC.
BRAUCHLE, LINDA	773	PEOPLE FIRST
BRINK, JOHN P.	229	HARPER COLLINS PUBLISHERS INC.
BUNCH, ANDREW J.	771	PENNSY SUPPLY INC.
CALVARESI, DENNIS G.	429	LUDENS INCORPORATED
COONEY, THOMAS R.	401	COON INDUSTRIES INC.
CORSON JR., HARRY W.	764	UNITED PARCEL SERVICE INC.
CYR, HARRY J.	429	CARL R BIEBER INC.
DALOISIO, JEFFREY J.	429	UNITED PARCEL SERVICE INC.
DUNLEAVY, STEPHEN F.	429	INTERNATIONAL PAPER
ECKERT, TERRY E.	776	MATLACK INC.
EVANS, CLIFFORD T.	773	PRESTON TRUCKING CO INC.
GRAZIUL, DEBRA C.	229	C&S WHOLESALE GROCERS
HAGENBUCH, HAROLD L.	764	NEW PENN MOTOR EXPRESS INC.
HARRISON, WALTER G.	776	UNITED PARCEL SERVICE INC.
HAWTHORNE, WILLIAM	771	UNITED PARCEL SERVICE INC.
HUTTER, FLOYD R.	429	ARKANSAS BEST FREIGHT SYS INC.
LEINBACH, DAVID J.	429	ARKANSAS BEST FREIGHT SYS INC.
MAST, JOHN C.	773	J D M MATERIALS CO INC.
MILLS, CURTIS J.	776	ARKANSAS BEST FREIGHT SYS INC.
NEE, CLYDE R.	401	WISE FOODS
NESTORICK, DAVID W.	999	ALLIED SYSTEMS LTD.
NEWTON, ROBERT L.	429	COTT BEVERAGES WYOMISSING INC.
NOWELL, LOUISE A.	229	HARPER COLLINS PUBLISHERS INC.
NULTON, EDWARD	401	MAS OLD FASHION BOTTLING INC.
OBER, STEVEN M.	771	UNITED PARCEL SERVICE INC.
PEREZ BAEZ, JUAN	429	WINDSOR SERVICE TRUCKING
PIDCOE, BARRY G.	764	BRANCH MOTOR EXPRESS CO.
RIVERA, MARK	429	BERKS PRODUCTS CORP.
SCHWALM, ROBERT Z.	429	UNITED PARCEL SERVICE INC.
SHANK, LELAND W.	776	CONSOLIDATED FREIGHTWAYS
SNYDER, MARK	312	INT SCRAP IRON & METAL CO INC.
SOUTHWORTH, MARYBETH	429	PETRO OIL
STAUFFER, DAVID E.	776	FLEMING COMPANIES INC.
STRAKA SR., CARL J.	429	CLOVER FARMS DAIRY
STRAYER, RONALD E.	771	YELLOW FREIGHT SYSTEM INC.
THOMPSON, JOHN R.	776	ARKANSAS BEST FREIGHT SYS INC.
THUMMA, CLARK G.	776	ANDERSON LOGISTICS
TYRRELL, LISA	764	SCHNEIDER-VALLEY FARMS INC.
VERDETTO, MARY LOUISE	229	TOPPS CHEWING GUM INC.
WENRICH, KERRY E.	429	SUPERVALU INC.
WOLF, JOANN D.	771	MILLER & HARTMAN INC.
ZAFFUTO, JOSEPH L.	771	YRC FREIGHT

## December 2015

Name	Local	Employer
ALBRIGHT, RICHARD L.	771	BEAR DISTRIBUTING CO INC.
ANDERSON, MICHAEL R.	776	UNITED PARCEL SERVICE INC.
BATEN, MICHAEL D.	776	NEW PENN MOTOR EXPRESS INC.
BEHLER, CURTIS D.	429	ARAMARK REFRESHMENT SERV. INC.
BOYER, ANDREW A.	429	ASSOCIATED WHOLESALERS INC.
BREIDENSTEIN JR., PAUL N.	429	UNITED PARCEL SERVICE INC.
BYERLY, RANDOLPH I.	776	ROADWAY EXPRESS INC.
CHEPANONIS, KATHRYN	401	COON INDUSTRIES INC.
COLKITT, FRED J.	771	MILLER & HARTMAN INC.
DAISLEY, DANIEL F.	776	ARKANSAS BEST FREIGHT SYS INC.
DRUCK, RONALD E.	776	FLEMING COMPANIES INC.
EIGENBROD, WENDY	764	GARDNER AVIS WAREHOUSE CORP.
FREY, JEFFREY D.	776	NEW PENN MOTOR EXPRESS INC.
GEHRING, DENISE E.	429	SAVOR STREET FOODS INC.
GENOVA, MARION E.	229	HARPER COLLINS PUBLISHERS INC.
GINTER, RODNEY W.	776	ROADWAY EXPRESS INC.
GOOD, ALAN R.	429	STELWAGON MANUFACTURING CO.
GOOD, EUGENE L.	429	NEW PENN MOTOR EXPRESS INC.
GRAZER, JOSEPH W.	773	MACINTOSH LINEN & UNIFORM
GROVE, JEANNE M.	776	ASSOCIATED WHOLESALERS INC.
GROVE, WILLIAM L.	776	ASSOCIATED WHOLESALERS INC.
HAPPEL, JAMES W.	773	BIMBO BAKERIES USA INC.
JIMISON, JAMES M.	401	WYOMING VALLEY DIST CO INC.
JONES, DWAYNE FRANKLIN	776	YRC FREIGHT

JORDAN SR., STEVEN E.	776	ARKANSAS BEST FREIGHT SYS INC.
KAUFFMAN, GARY L.	771	HERMAN R EWELL INC.
KILLIAN, GORDON	429	OROGRAIN BAKERIES SALES INC.
KING, ERNEST E.	776	UNITED PARCEL SERVICE INC.
KITNER, DONALD	776	PRESTON TRUCKING CO INC.
KOCH SR., TERRY L.	429	ARAMARK UNIFORM & CAREER APPAR
LAUDENSLAGER, RICHARD R.	773	USF RED STAR
MARTIN, DENNIS R.	429	KURTZ BROS CONCRETE INC.
MARTINELLI, TIM	776	YRC FREIGHT
MCCABE, THOMAS	429	UNITED PARCEL SERVICE INC.
MERGO, THOMAS C.	401	GLEN SUMMIT SPRINGS WATER CO.
MORAN, THOMAS J.	773	FRIEDMANS EXPRESS INC.
MURPHY, JOHN A.	401	KEYSTONE COCA-COLA BOTTLING CO.
NOVITSKI, DENNIS	429	UNITED PARCEL SERVICE INC.
OLAUGHLIN, ROBERT T.	229	QUAKER LEASING COMPANY INC.
OSTROWSKI, DENNIS J.	229	ROADWAY EXPRESS INC.
POPE, RICHARD	229	AKZO NOBEL SALT INC.
RAISH, FREDERICK J.	776	NEW PENN MOTOR EXPRESS INC.
RECCEK, JACK F.	773	MACINTOSH LINEN & UNIFORM
RHOADS, WILLIAM RODGER	776	YRC FREIGHT
RILEY, JOSEPH	776	ARKANSAS BEST FREIGHT SYS INC.
RITTER, JAMES R.	764	PROFESSIONAL DRIVERS SERVICE
ROSENBAUM, GENE D.	771	YRC FREIGHT
RUDA, DANIEL	229	TOPPS CHEWING GUM INC.
SADLER, RICHARD W.	773	SILVER LINES INC.
SELL, ROBERT A.	429	SWANN OIL INC.
SHADE, DON A.	429	OROGRAIN BAKERIES SALES INC.
SHEPHERD, RALPH	771	YRC FREIGHT
SMITH, JERRY D.	764	PROFESSIONAL DRIVERS SERVICE
SMITH, MARK A.	776	CONSOLIDATED FREIGHTWAYS
STARTZMAN, MICHAEL	776	ARKANSAS BEST FREIGHT SYS INC.
STOY, DARRELL F.	773	ARAMARK UNIFORM & CAREER APPAR.
STUCK JR., JAMES	771	HERMAN R EWELL INC.
TOMULAITIS, JOHN P.	401	UNITED PARCEL SERVICE INC.
WALTERS, DAVID K.	773	MARTY'S EXPRESS INC.
WERKHEISER, KENT J.	229	ROADWAY EXPRESS INC.
WIERZBICKI, TED A.	429	MAIERS BAKERY
WILSON, SANDRA L.	429	COTT BEVERAGES WYOMISSING INC.
WINDHAM, LYNNE D.	771	UNITED PARCEL SERVICE INC.
YOCUM, JAMES E.	776	ST JOHNSBURY TRUCKING CO INC.
ZEIGLER, SHERRY M.	776	ASSOCIATED WHOLESALERS INC.
ZERBE, ROGER W.	429	COTT BEVERAGES WYOMISSING INC.

## January 2016

Name	Local	Employer
ACKER, JEFFREY B.	776	FLEMING COMPANIES INC.
ANSPACH, LUKE	429	ASSOCIATED WHOLESALERS INC.
BARDO, GARY E.	776	YRC FREIGHT
BERNINGER, GEORGE D.	764	UNITED PARCEL SERVICE INC.
BEVAN, THOMAS R.	429	SCHROCK CABINET COMPANY
BREDBENNER, KEITH	429	BRENNTAG NORTHEAST INC.
BRESSI, VINCENT F.	776	YRC FREIGHT
BUTARI, JOHN A.	776	UNITED PARCEL SERVICE INC.
CARBAUGH, BRADLEY	776	NEW PENN MOTOR EXPRESS INC.
DINUNZIO, PATRICK H.	776	ARKANSAS BEST FREIGHT SYS INC.
DOMAN, JON-KEN	776	YRC FREIGHT
DONALDSON, TAMARA I.	776	UNITED PARCEL SERVICE INC.
DWYER, JAMES J.	999	COMMERCIAL CARRIERS INC.
EDWARDS, DANNY DALE	776	ARKANSAS BEST FREIGHT SYS INC.
ERHARD JR., ROY P.	771	HERMAN R EWELL INC.
FINK, ROBERT T.	776	CONSOLIDATED FREIGHTWAYS
FLORES, BETTYJANE	773	WELCO/CGI
GARMAN SR., DENNIS J.	429	BRENNTAG NORTHEAST INC.
GARR, ROBERT W.	771	YRC FREIGHT
GOINES JR., JOHN A.	429	LEHIGH VALLEY DAIRIES DIV OF
GREENAWALT, LARRY L.	776	ARKANSAS BEST FREIGHT SYS INC.
HELM JR., JOHN E.	771	HERMAN R EWELL INC.
HODOBA, WALTER L.	764	SCHNADIG CORPORATION
HUBLER, WILLARD MARK	776	PERK FOODS C/O HEINZ PET
KAVULICH, MICHAEL	229	HARPER COLLINS PUBLISHERS INC.
KELLER, DALE L.	771	CPC TANKER LLC
KULL, DAVID R.	429	BRENNTAG NORTHEAST INC.
LASKOSKI, JOSEPH C.	776	UNITED PARCEL SERVICE INC.
LININGER, BYRON B.	229	YRC FREIGHT
MAFFEO, CARL	429	UNITED PARCEL SERVICE INC.



# Retirees Approved For Pensions November 2015 through March 2016

MARKEL, JEFFREY L.	776	ARKANSAS BEST FREIGHT SYS INC.
MCDANIEL, KENNETH D.	429	GENERAL COMMODITIES WAREHOUSE
MILLER SR., DENNIS R.	773	GENERAL SUPPLY COMPANY
MORGAN, GAIL M.	229	SCRANTON SEWER AUTHORITY
MUSSER JR., GEORGE	429	SCHROCK CABINET COMPANY
NYCE, RONALD R.	773	UNITED PARCEL SERVICE INC.
PETERSON, WILLIE C.	776	YORK COUNTY TRANSP AUTHORITY
PIRO, GERHARD H.	429	UNITED PARCEL SERVICE INC.
PLANER, MERLIN J.	429	BERKS PRODUCTS CORP.
PLATT SR., RONALD LEE	401	WISE FOODS
RATAY, FRANK J.	229	CRYSTAL SODA WATER CO.
RUDY JR., DALE R.	771	UNITED PARCEL SERVICE INC.
SCHAEFFER JR., GUY W.	429	ASSOCIATED WHOLESALERS INC.
SCHUCHART II, KENNETH R.	776	YRC FREIGHT
SEIFRIT, CHRISTOPHER C.	771	YRC FREIGHT
SHAFFER, RICHARD P.	776	ARKANSAS BEST FREIGHT SYS INC.
SILVA JR., JULIO	771	YRC FREIGHT
STRAUB, EDWARD K.	776	ARKANSAS BEST FREIGHT SYS INC.
SWARTZ, MARSHA A.	776	ASSOCIATED WHOLESALERS INC.
WILKERSON, CHRISTOPHER J.	776	ARKANSAS BEST FREIGHT SYS INC.
WOLCOTT, RONALD	401	KEYSTONE COCA-COLA BOTTLING CO.
WOLFE, WILLIAM C.	429	UNISOURCE READING
YENOLEVICH, BARBARA A.	773	LEHIGH VALLEY BLOCK DIVISION
YODER, SAMUEL T.	429	BRENNTAG NORTHEAST INC.

## February 2016

Name	Local	Employer
ARTER SR., MICHAEL J.	776	YRC FREIGHT
ATKINSON, JOHN J.	229	DIMARE FRESH INC.
BAYLIFF, JAMES H.	429	WINDSOR SERVICE INC.
BECKER, GLENN A.	773	EASTERN INDUSTRIES INC.
BESTRYCKI, MARY M.	229	C&S WHOLESALE GROCERS
BRESSLER, TIMOTHY R.	776	ST JOHNSBURY TRUCKING CO INC.
BROWN, CHARLES V.	429	HALLS MOTOR TRANS
CARPENTER, KIM R.	429	NEW PENN MOTOR EXPRESS INC.
CARVELL, RODNEY L.	429	EASTERN INDUSTRIES INC.
CLEARY II, RICHARD T.	776	ROADWAY EXPRESS INC.
CONRAD, RONNEY L.	776	ARKANSAS BEST FREIGHT SYS INC.
DAVIS, RICHARD H.	764	KEPLER BROTHERS
DERR, ROBERT A.	776	ANDERSON LOGISTICS
DUNLEVY, JAMES E.	776	CONSOLIDATED FREIGHTWAYS
ESPOSITO, IRENE	229	TOPPS CHEWING GUM INC.
GABELLO, LOUIS	229	TOPPS CHEWING GUM INC.
GAIEWSKI, THOMAS M.	429	SUPERVALU INC.
GARL, RONALD S.	429	YEAGER SUPPLY INC.
GLICK, DONALD E.	771	UNITED PARCEL SERVICE INC.
GRAHAM, DAVID	771	PENNSY SUPPLY INC.
GREGORY, KURT D.	776	PRESTON TRUCKING CO INC.
HAAS, DOUGLAS J.	429	EAGLE DISTRIBUTING COMPANY
HERMAN, FRANCIS S.	773	W S REICHENBACH & SON INC.
HESS, CHARLES EDWARD	776	R J C INDUSTRIES INC.
HINCHEY, EDWARD P.	429	LEHIGH VALLEY DAIRIES INC.
HOUCK, PAULA L.	776	UNITED PARCEL SERVICE INC.
JACK, NANCY L.	429	EXETER TOWNSHIP BD OF SUPV.
JACOBS, KENNETH A.	776	WALTER W ZEIGLERS SONS INC.
KANIECKI, WALDEMAR	229	ROADWAY EXPRESS INC.
KOBAL, VERONICA	229	TOPPS CHEWING GUM INC.
KOSER, ROLAND D.	764	PROFESSIONAL DRIVERS SERVICE
KOWALCZYK, THOMAS J.	429	BERKS PRODUCTS CORP.
LAUDENSLAGER, RICHARD R.	773	USF RED STAR
LEIDY, GREGORY M.	773	P I E NATIONWIDE INC.
LONG, DAVID GEORGE	773	P I E NATIONWIDE INC.
LUTKE, LARRY L.	771	ARKANSAS BEST FREIGHT SYS INC.
MADERA, ISIDORO	429	POWER PACKAGING AN EXEL CO.
MARTORANA, BARRY A.	429	BERKS PACKING COMPANY INC.
MELLENDEZ, MERCEDES	773	ABM INDUSTRIES
MITCHELL, JAMES J.	429	LEHIGH VALLEY DAIRIES DIV OF
MOCK, NED	776	ARKANSAS BEST FREIGHT SYS INC.
MORALES, MARIA E.	773	ABM INDUSTRIES
MORROW, CRAIG A.	776	UNITED PARCEL SERVICE INC.
NEWSWANGER, LESTER GLENN	776	JAGTRUX INC.
ORWIG, LARRY E.	776	PRESTON TRUCKING CO INC.
PENTZ, DUANE E.	771	YELLOW FREIGHT SYSTEM INC.
PETROVICH, STEPHEN A.	773	ABM INDUSTRIES
PITTMAN, KENNETH R.	429	QUAKER MAID KITCHENS

POLLIN, DAVID M.	401	PENSKE TRUCK LEASING CO LP
ROUPP, STEVEN	764	LOYALSOCK TOWNSHIP
RUSIN, STEVEN J.	229	FERRANTI BEER DIST CO.
SADOWSKI, DANIEL	229	AFFILIATED FOOD DISTR INC.
SCHAUM JR., ROBERT W.	771	HERMAN R EWELL INC.
SCHOENENBERGER, PETER C.	999	ALLIED SYSTEMS LTD.
SEAMAN, DAVID R.	773	EASTERN INDUSTRIES INC.
SHOMO JR., DAVID E.	429	ALL-STAR DISTRIBUTING INC.
SHUTE, GARY W.	312	MATLACK INC TERMINAL 52
SLANTIS JR., DANIEL L.	776	NEW PENN MOTOR EXPRESS INC.
STANFORD, KENNETH S.	771	HERMAN R EWELL INC.
STEGE, ROBERT L.	776	SNYDERS OF HANOVER INC.
SWARTZ, MARSHA A.	776	ASSOCIATED WHOLESALERS INC.
TARBET, CHARLES T.	771	HERMAN R EWELL INC.
TRAYES, ROBERT J.	771	YRC FREIGHT
TUCKER JR., JOSEPH D.	229	SCRANTON SEWER AUTHORITY
UMBERGER, JOHN G.	429	ASSOCIATED WHOLESALERS INC.
WAGNER, TERRY L.	429	POLLOCK-READING INC.
WAHL, RICHARD L.	429	SINGER EQUIPMENT CO INC.
WILSON III, ALBERT W.	776	UNITED PARCEL SERVICE INC.
WOMER, PHILIP G.	764	CENTRAL BUILDERS SUPPLY CO.
ZAJACZKOWSKI, LARRY	229	ROADWAY EXPRESS INC.
ZAVADA, JOAN M.	229	TOPPS CHEWING GUM INC.

## March 2016

Name	Local	Employer
ALBRIGHT II, CHARLES L.	776	ARKANSAS BEST FREIGHT SYS INC.
BAILEY, STEWART H.	229	SCRANTON SEWER AUTHORITY
BARTON, MICHAEL D.	776	UNITED PARCEL SERVICE INC.
BASHORE, IRA E.	429	LENTZ MILLING COMPANY
BENAVIDES, JOHN A.	776	PRESTON TRUCKING CO INC.
BOND, JAMES A.	776	YRC FREIGHT
COLEMAN, ROBERT D.	771	HERMAN R EWELL INC.
CRIMMINS SR., TIMOTHY A.	776	ARKANSAS BEST FREIGHT SYS INC.
DOMMES, JOSEPH	229	WILLIAM ROSENSTEIN & SONS
DONOVAN, PETER L.	429	NEW PENN MOTOR EXPRESS INC.
FENNER, RAY P.	429	UNISOURCE READING
FRABLE, LUCILLE M.	229	HARPER COLLINS PUBLISHERS INC.
GILPIN, MELVIN R.	229	HARPER COLLINS PUBLISHERS INC.
GOULD, RUSSELL A.	229	CONSOLIDATED FREIGHTWAYS
GULDIN JR., SAMUEL F.	429	PETRO OIL
HARTMAN JR., WILLIAM R.	429	SUPERVALU INC.
HELD, GERALD ALLEN	776	ARKANSAS BEST FREIGHT SYS INC.
HOGAN, JOHN F.	229	PEPSI COLA BOTTLING
HUGHES, SUSAN	229	NEW PENN MOTOR EXPRESS INC.
KINLEY, DAVID	771	ARKANSAS BEST FREIGHT SYS INC.
KNODE, THEODORE E.	776	ARKANSAS BEST FREIGHT SYS INC.
KOPPENHAVER, JAMES H.	776	USF RED STAR
LEHMAN, BLAINE E.	312	MATLACK INC TERMINAL 52
LIGHT, GARRY V.	429	ASSOCIATED WHOLESALERS INC.
LITTLE JR., ALBERT F.	776	CONSOLIDATED FREIGHTWAYS
MADARA, RANDALL R.	429	INTERSTATE CONTAINER LLC
MATTHEWS III, JOSEPH A.	776	ARKANSAS BEST FREIGHT SYS INC.
MCCONNELL, CLINTON	776	UNITED PARCEL SERVICE INC.
MOYER, GARY L.	773	EASTERN INDUSTRIES INC.
MYERS, GLEN D.	401	WISE FOODS
OBSITOS, DAVID R.	401	PEPSI-COLA BOTTLING COMPANY
OLIVER, JOSEPH R.	401	KEYSTONE COCA-COLA BOTTLING CO.
RESPRESS, CHARLES	771	YRC FREIGHT
RING, LOIS R.	773	PEOPLE FIRST
ROBERTSON III, HOWARD M.	229	CONSOLIDATED FREIGHTWAYS
RUCH, SHARON LEE	229	ROADWAY EXPRESS INC.
SEIBERT, JEFFREY J.	771	YELLOW FREIGHT SYSTEM INC.
SEIDERS, ROBERT A.	429	STROEHMANN BAKERIES L. C.
SHEPHERD JR., GERALD E.	776	YRC FREIGHT
SMITH, NEIL D.	776	PRESTON TRUCKING CO INC.
SPEESE, BRET W.	776	ST JOHNSBURY TRUCKING CO INC.
STAMBAUGH JR., IRVIN E.	776	LIQUID CARBONIC SPEC GAS CORP
STOCK, HARRY	429	INTERSTATE CONTAINER LLC
STRICKLER, JESSICA J.	429	VICTUS LTD
SWAVELY, MICHAEL J.	429	SCHROCK CABINET COMPANY
VALO JR., JOSEPH	776	ARKANSAS BEST FREIGHT SYS INC.
WILLEVER JR., WILLIAM D.	429	PLYMOUTH ROCK TRANSPRTATN CORP
WITMER, EMMA JANE	771	TEAMSTERS LOCAL #771 FED CR UN
YANDRASITZ, RONALD	773	SEVEN UP BOTTLING CO.

## Central PA Teamsters

P.O. BOX 15223

Reading, PA 19612-5223

Address Service Requested

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### 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 offices 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)

### 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 and Welfare Fund Actuary  
& Consultant*

**Morgan Lewis**

*Legal Co-Counsel*

**Novak Francella, LLC**

*Certified Public Accountants*

**Summit Strategies**

*Investment Consultant*

**Stevens & Lee**

*Legal Co-Counsel*

**The Savitz Organization**

*Pension Fund Actuary & Consultant*

**Willig, Williams and Davidson**

*Legal Co-Counsel*

#### **Investment Managers for the Central Pennsylvania Teamsters Health and Welfare Fund**

Aronson+Johnson+Ortiz, 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**

Aronson+Johnson+Ortiz, LP

Causeway Capital Management, LLC

Entrust Capital, Inc.

Income Research & Management

Loomis, Sayles & Company

LSV Asset Management

Mesirow Financial, Inc.

Northern Trust Investments Inc.

Oakbrook Investments

Penn Capital Management

Pictet Asset Management Ltd.

Principal Financial Group

Prudential Insurance Company  
of America

Segall Bryant & Hamill

Tortoise Capital Advisors, LLC

Walter Scott & Partners, Ltd.

Westfield Capital Management

Company, LLC

William Blair & Company, LLC