



Central Pennsylvania Teamsters

GUARDIAN

Health and Welfare/Pension Guardian Newsletter



Reading, Pennsylvania

May, 2017

Spring Greetings

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

Centers of Excellence

Institutes of Excellence Transplant Facilities

The Aetna National Medical Excellence Program coordinates care and provides access to covered transplant treatment through the national Institutes of Excellence™ network. Aetna has selected hospitals that have met extensive quality as well as cost-effectiveness criteria to participate in the Institutes of Excellence Transplant Facilities for solid organ transplants and bone marrow transplants. These facilities have been contracted on a transplant-specific basis and are considered only for the transplant type listed in the network directory. The directory is available on the Fund website (www.centralpateamsters.com-Health and Welfare-Pro-

viders-Aetna-Directories and Resources).

To be considered in-network for transplant-related services, including evaluation, transplant, and follow-up care, you must utilize an Institutes of Excellence participating facility that has been specifically contracted by Aetna for your transplant type. Services must be pre-authorized with Aetna for coverage to be effective. Any facility that is not specified as an Institutes of Excellence network facility is considered nonparticipating for transplant-related services, even if they are considered participating for other types of services. ■

Meritain Health, An Aetna Company

Please remember to use your new Health and Welfare ID cards

The Fund mailed new ID cards to participants in December (prior to the network changeover from HealthAmerica to Aetna). Please discard your old ID cards and be sure to show your medical providers your new ID card when seeking treatment.

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

Please call Meritain at 1-800-343-3140 or visit www.aetna.com/dse/search?site_id=mymeritain for help finding an in-network provider. Choose Aetna Choice POS II (open Access) under Select a Plan. Providers should also contact Meritain at the same phone number if they have a dispute regarding the contracted fee.

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

Attention Participants Covered by Death/AD&D Benefits through the Fund

Supplemental Life Open Enrollment Period

If your employer provides Death/Accidental Death benefits with Central PA Teamsters Health and Welfare Fund through your collective bargaining agreement, you have a unique opportunity to add additional life insurance through The Hartford's Supplemental Life program without providing medical evidence of insurability (something the individual insurance market requires). You can enroll in this coverage only during the Open Enrollment period, which is scheduled for late summer/early fall of 2017.

You may enroll for up to the following coverage amounts, in addition to any Death/AD&D benefits that are provided by the Fund under your collective bargaining agreement:

- Up to \$200,000 for yourself
- Up to \$50,000 for your spouse
- Up to \$10,000 for your child

You will be billed directly by The Hartford for your Supplemental Life benefits.

Look for details in the summer edition of *The Guardian*. Additional details on how to enroll will come in the next newsletter. Remember, your employer must contribute toward your Death/AD&D benefits through the Fund in order for you to be eligible for Supplemental Life.

Meritain Health's Disease Management Program

Through Meritain Health, you have access to a program called disease management at no cost to you as part of your health benefits. You can speak over the phone with a nurse coach about your condition.

Here's how it works:

- 1) You should have received a letter in the mail that explained the disease management program and its benefits.
- 2) If you are identified as being eligible for disease management, you may receive a phone call from an engagement specialist, who can explain the program.
- 3) If you have not received a letter or phone call and have one of the conditions listed, call the number below.
- 4) After you enroll in the program, you will speak with a nurse coach on a regular basis.
- 5) Phone calls with your nurse coach will be tailored to help with your specific condition. Your coach can send you educational information about your

condition and provide support when your condition is hard to manage.

You may be contacted to enroll if you have one or more of the following conditions:

- Asthma (Pediatric asthma program also available)
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Pain
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Diabetes (Pediatric diabetes program also available)
- High Cholesterol
- High Blood Pressure
- Chronic Kidney Disease (CKD)

To learn more about the program or to enroll today and start speaking to a nurse coach, call 1.888.610.0089

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.

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.

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

*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

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

		Option A	Option B	Option C
RETAIL*	Generic for up to a 34 day supply	\$ 5	\$ 10	\$ 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

*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.

*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.

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 I 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 SIMBRINZA

ANTI-GLAUCOMA EYE PREPARATIONS (con't)		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 PROPRANONOL 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 PRESCRIBED AT THE MANUFACTURERS RECOMMENDED SCRIPT LEVEL.	ACETAMINOPHEN-CODEINE HYDROCODONE-ACETAMINOPHEN HYDROMORPHONE MEPERIDINE METHADONE MORPHINE SULFATE OXYCODONE OXYCODONE-ACETAMINOPHEN OXYCODONE-ASPIRIN OXYMORPHONE	DEMEROL DOLOPHINE LORTAB NORCO NUCYNTA OPANA OXYCONTIN PERCOCET PERCODAN TYLENOL WITH CODEINE

NARCOTIC ANALGESICS (con't)	TRAMADOL	ULTRACET ULTRAM VICODIN VICOPROFEN
OSTEOPOROSIS	ALENDRONATE CALCITONIN-SALMON BANDRONATE RALOXIFENE RISEDRONATE	ACTONEL ATELVIA BINOSTO BONIVA EVISTA FORTICAL FOSAMAX MIACALCIN PROLIA
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
<p>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.</p>		
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

ADD & ADHD (con't)		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 RELPAX 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 TROKENDI 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



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 Health Nurse Line 24 hours a day, seven days a week
for your health-related questions.**

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

PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: June 1, 2017

PLEASE GIVE TO YOUR PHYSICIAN

VERY IMPORTANT

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

ANALGESICS

Anti-Migraine

Relpax
Zomig Nasal Spray

Anti-Rheumatic

Ridaura
Trexall

Non-steroidal anti-inflammatory agents

Flector Patch

Opioid Agonists

Butrans
Embeda
Hysingla ER
Oxycontin

Misc

Depen

ANTI-ADDICTIVE AGENTS

Suboxone

ANTI-INFECTIVES

Antibacterial, Cephalosporins

Ceftin Susp 125, 250

Antibacterial, Macrolides

Eryped 200
Zmax

Antibacterial, Penicillins

Augmentin 125-31.25

Tetracycline

Solodyn

Anti-Fungals

Gris-Peg

Anti-Virals

Hepatitis Agents

Peg Intron

ANTINEOPLASTIC

Fareston
Trexall

CARDIOVASCULAR

Angiotensin Receptor Blockers & Combinations

Azor
Benicar
Benicar HCT
Tribenzor

Anti-adrenergic Agents

Bystolic
Anti-Arrhythmic

Corlanor
Lanoxin
Lanoxin Ped

Norpace CR 100mg Cap

Ranexa

Anti-hyperlipidemics, Bile Acid

Sequestrants

Welchol

Anti-hyperlipidemics, HMG-CoA

Reductase Inhibitors/Combos

Crestor

Vytorin

Miscellaneous Cardiac Drugs

Zetia

Beta Blockers & Combinations

Bystolic

Nitrates

Dilatrate SR

Isordil 40mg

Nitro-Bid

Nitro-Dur 0.8mg patch

Nitrolingual

CNS AGENTS

Anti-anxiety/Sedative-Hypnotics

Belsomra

Intermezzo

Anti-convulsants

Carbatrol ER

Depakote ER tablets

Depakote Sprinkle 125

Dilantin

Gabitril 12mg, 16mg

Lyrica

Phenytek

Tegretol XR

Topamax

Zarontin

Zonegran Caps

Anti-depressants

Pristiq

Anti-Psychotics

Seroquel XR

Attention Deficit Disorder Treatment

Quillivant XR Susp

Strattera

Vyvanse

Cholinesterase Inhibitors

Mestinon syrup

Miscellaneous CNS agents

Nuedexta

DERMATOLOGICALS

Acne Agents

Acanya

Atralin

Epiduo Gel

Epiduo Forte

Onexton

Ziana

Anti-bacterial Agents

Mirvaso

Soolantra 1% Cream

Anti-fungal Agents:

Ertaczo

Anti-viral Agents

Xerese

Zovirax Cream 5%

Hemorrhoidal Preparations:

Proctofoam HC

Psoriasis & Eczema Agents:

Elidel

Other Dermatologicals:

Carac

Elidel

Fluoroplex

Lidorex 3% Gel

Zyclara

EARS, NOSE & THROAT

Anti-histamines/Allergenic Extracts:

Grastek

Ragwitek

Nasal Products, Antibistamines

Astepro

Bactroban Nasal

Dymista

Nasonex

Otics

Ciprodex OTIC

ENDOCRINE

Androgens/Estrogens

Androderm Patch

Androgel 1.62

Corticosteroids

Dexamethasone Intensol

Medrol 2mg Tablet

Millipred Tablet

Millipred DP 5mg 12-day Pack

Prednisone 5mg/ml SOL

Diabetic Aids

Novofine Plus Pen Needles

Novofine Autocover 30G

Novotwist Needles

Gout

Colcrys

Uloric

PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: June 1, 2017

PLEASE GIVE TO YOUR PHYSICIAN

VERY IMPORTANT

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

Hyperglycemics

Aylin/Analog Type

Symlinpen

Hyperglycemics

Combination Products

Actoplus Met XR

Dipeptidyl Peptidase-4 & Combos

Janumet XR

Januvia

Jentaduet

Kombiglyze

Onglyza

Tradjenta

GLP-1 Recep. Agonist

Bydureon

Byetta

Trulicity

Victoza

Insulins

Humalog

Humulin

Lantus

Levemir

Novolin

Novolog

Relion Novolin

Toujeo Solostar

Miscellaneous

Welchol

Sodium-Glucose Co Transporter 2 Inhib

Farxiga

Invokamet

Invokamet XR

Invokana

Jardiance

Synjardy

Xigduo XR

Thiazolidinedione

Avandia

Thyroid Products

Synthroid

Miscellaneous

Glucagen Kit

Glucagon Kit

GASTROINTESTINAL AGENTS

Anti-ulcer

Carafate Susp

Pylera

Anti-vertigo and Anti-emetic

Transderm-Scop

Digestants

Creon

Zenpep DR

Miscellaneous Products, Gastrointestinal

Amitiza

Apriso

Canasa Supp

Lialda

Linzess

Viberzi

P.A.M.O.R.A

Movantik

HEMATOLOGY

Anti-Coagulants, Direct Factor X

Savaysa

Xarelto

Miscellaneous

Coumadin

Pradaxa

Anti-Platelet

Brilinta

Effient

Miscellaneous Agents, Hematology

Mephyton

IMMUNOSUPPRESSANTS

Prograf Caps

OB/GYN

Estrogenics

Climara Pro Patch

Divigel Pkt

Duavee

Estrace vaginal cream

Estring vaginal ring

Menest 0.3

Premarin

Premarin vaginal cream

Premphase

Prempro

Topical Anti-infectives

Cleocin Vag Ovules

OPHTHALMIC AGENTS

Anti-infectives

Moxeza

Vigamox

Glaucoma Agents:

Alphagan P 0.1%

Azopt

Combigan

Lumigan

Timoptic ocudose

Travatan

Miscellaneous

Acuvail

Restasis

PHOSPHATE BINDERS

Fosrenol Chew Tablets

Renvela

RESPIRATORY AGENTS

Anti-muscarinic and Combos

Incruse Ellipta

Spiriva Handihaler

Spiriva Respimat

BetaAdrenergic & Combos

Anoro Ellipta

Combivent

Dulera

Proair HFA

Proair Respiclick

Proventil HFA

Serevent Diskus

Stiolto Respimat

Striverdi Respimat

Symbicort

Ventolin HFA

Glucocorticoids, Inhalation

Aerospan

Arnuity Ellipta

Asmanex

Flovent Diskus

Flovent HFA

Pulmicort Flexhaler

Pulmicort Respules

Qvar 40, 80

Symbicort

Miscellaneous Agents, Respiratory

Epipen

Epipen Jr

UROLOGICAL AGENTS

Antispasmodics:

Gelnique

Toviaz

Vesicare

Benign Prostatic Hypertrophy Agents

Rapaflo

WEIGHT MANAGEMENT

Saxenda

* Please note, certain drugs contained in this list are subject to Step Therapy. Please refer to the Step Therapy List of drugs on page 5-9 of this newsletter.

**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. لكل رفوتت، أن اجم، ةي وغلل اددع اسمل اتام دخ، ةي بر عل ا ةغلل ائدحتت تنك اذا: ةيبنت

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 हद्दल बोलते, भाषा सहायता सेवाओं, नः शुल्क, आप के लऱे उपलब्ध है। 1-610-320-5500 कहते है।

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, kannsch du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprouch. 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.

MARCH 2017 RETIREMENT INCOME PLAN (RIP) INVESTMENT RETURN

The following is the approximate net investment return for the Central PA Teamsters RIP 1987 retirement plan for the 3 month period ending March 31, 2017. The net investment return equals the gross investment return less investment and administrative expenses plus the reallocation of forfeited account balances from terminated non-vested participants who incurred a 5-year break in service.

Plan	Approximate Net Investment Return
RIP 1987	4.9%

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."



Health & Welfare Notice — 3D Mammography Update

As an update to the Health and Welfare Notice published in the December 2016 newsletter, the Health and Welfare Fund will now cover 3D Mammograms.

The Fund will provide benefits for 3D Mammograms where the patient is at high risk for breast cancer based on indicators including, but not limited to the following:

- BRCA I or BRCA II genetic mutation;
- A first degree relative with one of these mutations, regardless of whether the patient has been tested for the mutation;
- Radiation treatment to the chest area between ages 10-30;
- Li-Fraumeni, Cowden, or Bannayan-Riley-Ruvalcaba syndrome (or a TP53 or PTEN gene mutation)
- An ATM, CHEK2 or PALB2 gene mutation;
- A greater than 20 percent lifetime risk of invasive breast cancer based mainly on family history.

Annual Pension Statements Mailed in April

Annual pension statements for 2016 were mailed in April to participants in the Central Pennsylvania Teamsters Pension Fund. Please review your statement carefully to make sure that the information the Fund has on file for you is correct.

Please keep your statement in a safe place for review as you plan for retirement. The Pension Fund cannot provide you with an exact benefit amount until you actually apply for your pension benefits and declare a retirement date. Your annual pension statement provides you with the best estimate of your

pension benefits at various retirement ages.

The Pension Fund now includes a beneficiary section. The statement lists the names of your beneficiaries. Please review your beneficiary information carefully to make sure it is up to date.

If you wish to name or change your beneficiary, you must complete a Pension Designation of Beneficiary form and submit it to the Pension Fund. The forms are available on the Fund website (Pension-Forms) or by calling the Pension Fund.

Retirees Approved for Pensions December 2016 through January 2017

Name	December 2016		Name	January 2017	
	Local	Employer		Local	Employer
ALTLAND, CINDY	776	UNITED PARCEL SERVICE INC	ABELLA, DANILO L	776	UNITED PARCEL SERVICE INC
AULENBACH, CHARLES W	429	SCHROCK CABINET COMPANY	AUGE JR, JOSEPH B	776	UNITED PARCEL SERVICE INC
BARON, WILLIAM	429	ASSOCIATED WHOLESALERS INC	BICKEL, THOMAS	764	YRC FREIGHT
BATES, DALE E	776	ARKANSAS BEST FREIGHT SYS INC	BIDELSPACH, MARC K	776	ARKANSAS BEST FREIGHT SYS INC
BATTISTA, JANICE E	229	HARPER COLLINS PUBLISHERS INC	BLACK, GERALD A	776	PRESTON TRUCKING CO INC
BISH, GWEN A	776	BOARD OF COMMISSIONERS	BOROWSKI, MATTHEW S	771	YRC FREIGHT
BOCK, GREGORY ALAN	429	CLOVER FARMS DAIRY	BROSSO, DOMINICK F	776	ARKANSAS BEST FREIGHT SYS INC
BURKE, MICHAEL J	771	BABYS DY-DEE SERVICE	BUCCI, LINDA M	229	TOPPS CHEWING GUM INC
CROAK, SHERRY	764	UNITED PARCEL SERVICE INC	CAMPBELL, PATRICIA A	776	CONSOLIDATED FREIGHTWAYS
CUBIDES, JUAN A	429	POWER PACKAGING AN EXEL CO	DEAN JR, JOHN P	229	HARPER COLLINS PUBLISHERS INC
DABROWSKI, RICHARD	773	UNITED PARCEL SERVICE INC	EDWARDS, ROBERT H	773	EASTERN INDUSTRIES INC DIV OF
DAVENPORT, LARRY G	401	WISE FOODS	EMLET, ROBERT L	776	R F TRUESDELL COMPANY INC
DAYD, MERLE	429	POWER PACKAGING INC	GILMARTIN, WILLIAM	229	UNITED PARCEL SERVICE INC
DIETRICH, LEROY W	429	E.S. SAVAGE INC	GONZALEZ, LUIS A	773	WELCO/CGI
DITZLER, GLENN D	776	ROADWAY EXPRESS INC	GRAHAM, MARK R	771	UNITED PARCEL SERVICE INC
DOUGHERTY, THOMAS	773	J C EHRlich CO INC	GUEST, TERRY W	429	BERKS PRODUCTS CORP
DUBBS, RANDY	429	ASSOCIATED WHOLESALERS INC	HERNE, RAYMOND J	229	PRESTON TRUCKING CO INC
FAHRINGER, BRAD W	764	NEW PENN MOTOR EXPRESS INC	HESS, HARVEY S	776	YRC FREIGHT
FENSTERMAKER, WILLIAM A	773	BIMBO BAKERIES USA INC	INNERST, DOUGLAS	776	FLEMING COMPANIES INC
FISHER, GARY L	429	BRENNTAG NORTHEAST IN	JONES, WILLIAM M	771	YRC FREIGHT
FORNOS JR, WERNER H	773	SILVER LINES INC	JUNKER, PATRICK W	776	CENTRAL STORAGE & TRANSFER CO
GARMAN, ANN L	429	ASSOCIATED WHOLESALERS INC	KEENEY JR, WILLIAM D	776	FLEMING COMPANIES INC
GROVE, CARL L	776	YRC FREIGHT	KELLY, WILLIAM P	401	FALCONE BEVERAGE
HALDEMAN, BRUCE E	429	ASSOCIATED WHOLESALERS INC	KENYON SR, RONALD H	229	DIMARE FRESH INC
HILTON, ROBERT D	776	YRC FREIGHT	KRICZKY JR, JOHN S	429	CLOVER FARMS DAIRY
HOUCK, DENNIS L	429	MAIERS BAKERY	LESSIG, DENNIS	429	POWER PACKAGING AN EXEL CO
JONES, JAMES W	229	CONSOLIDATED FREIGHTWAYS	LYSAKOWSKI, JOHN K	429	ASSOCIATED WHOLESALERS INC
KAROLY, RAYMOND J	773	STROEHMANN BAKERIES L.L.C.	MEISELL, GARY C	773	CHEMICAL LEAMAN TANK LINES INC
KAUTZ, RONALD L	771	TRANS-MATERIALS INC	MILLER, CHARLES A	229	TEAMSTERS LOCAL UNION 229
KEGARISE, JAMES G	773	MYERS MEN INC	MILLER, JACK D	771	UNITED PARCEL SERVICE INC
KENDALL, KATHY L	429	SCHROCK CABINET COMPANY	MILLER, MICHAEL WILLIS	401	UNITED PARCEL SERVICE INC
KORDA, PAULA	229	LWR LACKAWANNA VLY SANITARY AU	MORRIS, JUDY R	776	TEAMSTERS & CHAUFFERS FEDERAL
LAPP, RANDALL	771	YRC FREIGHT	NARDELLI, MICHAEL A	229	ROADWAY EXPRESS INC
LENIG, RAYMOND S	776	YRC FREIGHT	NESTER, COLLEEN	429	ARAMARK REFRESHMENT SERV. INC
LENTZ, TERRY	776	PERK FOODS C/O HEINZ PET	NOALIS JR, CHARLES J	429	BRENNTAG NORTHEAST INC
MATOUSHEK, SANDRA	773	DICK MILHAM CHEVROLET INC	PATTON, CHRISTINE	229	TOPPS CHEWING GUM INC
MCCLINTOCK JR, ALFRED JAMES	776	ARKANSAS BEST FREIGHT SYS INC	PEVEC SR, DAVID F	229	AFFILIATED FOOD DISTR INC
NAROZNY, RONALD	429	INTERSTATE CONTAINER LLC	RAVER, JAMES K	776	UNITED PARCEL SERVICE INC
PAGE, MARK W	776	YRC FREIGHT	REEM, TIM	776	CONSOLIDATED FREIGHTWAYS
PALM, SAMUEL D	776	YRC FREIGHT	RICHARDS SR, THOMAS A	229	FRIEDMANS EXPRESS INC
QUINN JR, J WILSON	764	BRANCH MOTOR EXPRESS CO	SCHOENENBERGER, TIMOTHY W	773	SILVER LINES INC
REESE, JEFFREY L	776	PRESTON TRUCKING CO INC	SIEGFRIED, DENNIS L	776	NEW PENN MOTOR EXPRESS INC
RENNINGER, DAVID C	776	YRC FREIGHT	SLANTIS JR, DANIEL L	776	776 NEW PENN MOTOR EXPRESS INC
ROPER, ROBERT S	773	USF RED STAR	SNYDER, LARRY E	776	YORK COUNTY TRANSP AUTHORITY
SAYLOR III, WILLIAM E	312	MATLACK INC. TERMINAL 5	SOWDEN, ROGER	776	KEEBLER COMPANY
SCHILDT, THOMAS M	776	ARKANSAS BEST FREIGHT SYS INC	SPEDDING, MICHAEL	773	WELCO/CGI
SHAFER, JAMES C	771	YELLOW FREIGHT SYSTEM INC	ULRICH, DAVID B	776	ARKANSAS BEST FREIGHT SYS INC
SHEARER, MICHAEL J	429	MAIERS BAKERY	URENOVITCH, JOHN	401	R F TRUESDELL COMPANY INC
SIMONETTI, LEO P	229	HARPER COLLINS PUBLISHERS INC	VANHORN, HARRY J	776	YRC FREIGHT
SMERDON, KENNETH	229	YRC FREIGHT	WAGNER, LYMAN	776	YRC FREIGHT
SPRINGER, CHERYL	776	YORK COUNTY TRANSP AUTHORITY	WARREN, WALTER W	764	NEW PENN MOTOR EXPRESS INC
STANCAVAGE, ROBERT	229	C&S WHOLESALE GROCERS	WEISS, DAVID A	229	ROADWAY EXPRESS INC
STRICKLER, DEBRA A	429	ASSOCIATED WHOLESALERS INC	WELKER, BOYD E	776	ARKANSAS BEST FREIGHT SYS INC
SULLIVAN, WILLIAM	429	KANE STEEL COMPANY	WILLIAMS, CHARLES R	776	YORK COUNTY TRANSP AUTHORITY
SWEITZER, BONNIE L	776	YORK COUNTY TRANSP AUTHORITY	WINOWICH, NORMA JEAN	229	YRC FREIGHT
SWINGLE, MICHAEL E	229	NEW PENN MOTOR EXPRESS INC	WYNN (LJ 1371 CA 13), DAVID A	764	CENTRE CONCRETE COMPANY
WALKER, DAVID E	776	ARKANSAS BEST FREIGHT SYS INC	ZWEIZIG, LARRY D	429	BRENNTAG NORTHEAST INC
YOUSE, DENNIS P	773	MAIERS BAKERY			

Retirees Approved for Pensions February 2017 through March 2017

Name	February 2017 Local Employer
ALBERTSON, DAVID M	776 ARKANSAS BEST FREIGHT SYS INC
BAKER, J KEVIN	771 YRC FREIGHT
BOLTZ, JERRY E	429 NEW PENN MOTOR EXPRESS INC
BREHONY, MICHAEL F	429 BRENNTAG NORTHEAST INC
BRENNEMAN, JEFFREY	776 ST JOHNSBURY TRUCKING CO INC
BROWN, RODNEY E	771 YELLOW FREIGHT SYSTEM INC
BUCKHEIT, WILLIAM L	776 UNITED PARCEL SERVICE INC
CARE, GREG S	429 SAVOR STREET FOODS INC
CASAZZA JR, JOSEPH C	776 CENTRAL STORAGE & TRANSFER CO
DELONG, JIMMY D	429 EASTERN INDUSTRIES INC
DIETRICH, ROBERT E	429 BERKS PRODUCTS CORP
DOBITAS, KEITH	776 YRC FREIGHT
ETTINGER, JOAN A	229 DAIRYLEA COOPERATIVE INC
EVANS JR, ROBERT W	771 UNITED PARCEL SERVICE INC
EYRICH, DENNIS C	429 BOYERTOWN AUTO BODY WORKS INC
FAKE, GARY	776 YRC FREIGHT
FOUNTAIN, MICHAEL J	771 UNITED PARCEL SERVICE INC
GAWELKO, BRIGITTE	229 TOPPS CHEWING GUM INC
GERBER, LYNN E	773 SCHWERMAN TRUCKING CO
GRINNAGE, JEFFREY	429 NEW PENN MOTOR EXPRESS INC
GUYER, JUNE M	776 ASSOCIATED WHOLESALERS INC
HAMILTON, GERALD K	776 ANDERSON LOGISTICS
HARTMAN, DENNIS L	429 ASSOCIATED WHOLESALERS INC
HAUS, LARRY D	776 ROADWAY EXPRESS INC
HEMERLY JR, EARL J	429 BERKS PRODUCTS CORP
HENDRICKSON, DANNY JAY	773 ALPO PETFOODS INC
HENKE, KIM ANN	429 RACHLIN FURNITURE INC
HILNER, KAREN K	764 DAY EQUIPMENT COMPANY
HUGHES, DAVID E	429 SWANN OIL INC
KAUFFMAN, RICK W	776 TRANSCON LINES
KISSINGER, DONALD W	776 YRC FREIGHT
KLOPP, DONNA M	429 ASSOCIATED WHOLESALERS INC
KNIGHT, KERRY E	771 KEREK AIR FREIGHT CORP
KREISHER, DAVID J	429 APEX EQUIPMENT COMPANY
KURTZ, MICHAEL L	771 HERMAN R EWELL INC
LEIBIG, RICHARD L	429 LEHIGH VALLEY DAIRIES INC
LEVAN, RONALD K	764 BRANCH MOTOR EXPRESS CO
LONGENBACH, DAVID K	771 YRC FREIGHT
MAPLE, PERCY L	776 NEW PENN MOTOR EXPRESS INC
MARTZ, LEONARD E	776 FLEMING COMPANIES INC
MATENUS, RAYMOND S	401 KEYSTONE COCA-COLA BOTTLING CO
MCCARTY, BRIAN F	776 YRC FREIGHT
MEIXSELL, GARY C	773 CHEMICAL LEAMAN TANK LINES INC
MINDY, BRUCE A	429 POWER PACKAGING AN EXEL CO
MOUL JR, CARL E	776 BOARD OF COMMISSIONERS
MUNGER, HENRY E	429 NEW PENN MOTOR EXPRESS INC
MYERS, CHRISTINA	771 YELLOW FREIGHT SYSTEM INC
MYSLAK, LEON	229 CONSOLIDATED FREIGHTWAYS
NAVATIER, THOMAS	229 YRC FREIGHT
NOCERA, MICHAEL J	429 YEAGER SUPPLY INC
OPEIL, GERALD	229 UNITED PARCEL SERVICE INC
PREBISH, MICHAEL	401 UNITED PARCEL SERVICE INC
REICHLEY, THOMAS L	776 WILSBACH DISTRIBUTORS INC
REINSEL, DAVID E	429 BERKS PRODUCTS CORP
SCHILDT, KERRY L	429 CLOVER FARMS DAIRY
SCHOFIELD, GERARD	229 DIMARE FRESH INC
SCHRIVER, BARRY L	771 YRC FREIGHT
SHARP, JOEL E	776 ARKANSAS BEST FREIGHT SYS INC
SHULENBERGER, DAVID R	229 PENN AUTO SERV & SUPPLY CO INC
STAHLEY, RANDALL S	773 UNITED PARCEL SERVICE INC
STOLTZFUS, MOSES R	771 JOHN S EWELL INC
STROUSE, BRIAN R	429 MAIERS BAKERY
SYMEON, CAROL	229 TOPPS CHEWING GUM INC
TICKOWSKI, ANTHONY	229 TOPPS CHEWING GUM INC
TOPPING, JOHN C	773 MAKOVSKY BROTHERS INC
VITALE, THOMAS	229 M & G CONVOY INC
WELSH JR, EDWARD C	429 ASSOCIATED WHOLESALERS INC
WILLIAMS, JAMES R	229 TOPPS CHEWING GUM INC
WINTERS, MICHAEL A	776 ANDERSON LOGISTICS
YOUSE, ALLEN L	429 SUPERVALU INC

Name	March 2017 Local Employer
AUNGST, MEADE A	771 YRC FREIGHT
BARTON, JOHN RICHARD	776 PRESTON TRUCKING CO INC
BILHEIMER, TIMOTHY K	773 PENSKE TRUCK LEASING CO LP
BIXLER, DON E	776 ARKANSAS BEST FREIGHT SYS INC
BOWERS, GREGORY S	776 HIGHWAY FILM DELIVERY INC
BOWMAN, DANIEL C	429 JOHN PFROMMER INC
BUTTERY, STEPHEN J	776 CONSOLIDATED FREIGHTWAYS
CARTER, WILSON B	429 APEX EQUIPMENT COMPANY
CASEY, JAMES S	764 INTERSTATE MTR FREIGHT SYS INC
CHROBAK, DIANE	229 HARPER COLLINS PUBLISHERS INC
CONVERSE, WAYNE J	764 MCCORMICK DRAY LINE INC
CORNETT, DANIEL C	229 HARPER COLLINS PUBLISHERS INC
COWITCH, LEONARD	773 FRANK CASILIO & SONS INC
DAVIS, DEBORAH D	429 EXETER TOWNSHIP BD OF SUPV
DIBBLE, BERNARD A	429 SAVOR STREET FOODS INC
DUNKLE, ROBERT R	764 MARY MACINTOSH OF PA INC
ELLERBE III, EUGENE	429 ASSOCIATED WHOLESALERS INC
EMIG, LARRY E	776 USF RED STAR
ERDMAN JR, ARTHUR J	771 CPC TANKER LLC
FITZGERALD, BARRY	229 UNITED PARCEL SERVICE INC
FRAILEY JR, GEORGE E	229 TRANSPERSONNEL INC
GALLAGHER, KAREN	229 HARPER COLLINS PUBLISHERS INC
HAGAMAN SR, DAVID L	429 BERKS PRODUCTS CORP
JOHNSON, NANCY	776 ASSOCIATED WHOLESALERS INC
JOHNSON, VICTOR B	764 B & D TRANSFER
KNOPSNYDER, WALLY	776 ARKANSAS BEST FREIGHT SYS INC
KUNTZ, STEVEN E	776 CAROLINA FREIGHT CARRIERS CORP
LAU, SANNI L	776 YORK CONCRETE CO.
LEACH, JOEL MICHAEL	776 UNITED PARCEL SERVICE INC
MCDEVITT, MICHAEL J	771 KENOSHA AUTO TRANSPORT CORP
MCGINNIS, JOHN P	401 HERSHEY ICE CREAM COMPANY
MORAN, MATTHEW J	229 ROADWAY EXPRESS INC
MORRISON, GEORGE	776 YRC FREIGHT
MUTH, SCOTT ALAN	776 YRC FREIGHT
NOWAKOWSKI, JOSEPH F	229 TOPPS CHEWING GUM INC
PIEL, JOSEPH	429 SCHROCK CABINET COMPANY
REIFF, JERRY M	771 HERMAN R EWELL INC
RITTLE, JOHN C	776 HESS TRUCKING COMPANY
SENKUS, CHARLES W	773 UNITED PARCEL SERVICE INC
SNELL, LINDA J	776 FLEMING COMPANIES INC
VOELKER, ROBERT A	429 J C EHRlich CO INC
WENHOLD, DEAN	773 EASTERN INDUSTRIES INC
WOODWARD, JOHN N	429 CARL R BIEBER INC
YOCUM, RANDALL K	776 HESS TRUCKING COMPANY
YORDY, JAMES C	429 ASSOCIATED WHOLESALERS INC





U.S. Melanoma Rate is Rising, Study Finds

More Americans are developing the potentially deadly skin cancer known as melanoma than in the past, new research shows. In 2016, one out of every 54 Americans was expected to develop a potentially lethal, invasive melanoma over their lifetime— up from the one in 58 estimate when the same tally was performed in 2009. Overall, an estimated 76,380 Americans will be diagnosed with melanoma in 2016, said a team led by Dr. Alex Glazer of the National Society for Cutaneous Medicine in New York City. “The overall burden of disease for melanoma is increasing,” Glazer’s team reported in a study published online December 21 in *JAMA Dermatology*. Skin cancers are by far the most common cancer for Americans. Most are easily treated and removed, but melanomas can be much more serious. According to the American Cancer Society, “Melanoma accounts for only about 1 percent of skin cancers but causes a large majority of skin cancer deaths.” The new study found that the number of early stage, thinner “in situ” (without spread) melanomas has increased dramatically – from one in every 78 people in 2009 to one in every 58 people by 2016. That could point to better detection, the study authors noted. But, overall, more Americans are encountering melanomas in both early and later stages, the researchers said.

While melanomas are curable if caught early, invasive tumors can prove deadly. The researchers esti-

mated that about 10,100 Americans will die from melanoma in 2016, up from 8,650 deaths calculated in 2009. None of these statistics surprised skin cancer specialists. “This study reflects what I have personally seen in my practice – there is a definite increase in melanoma in situ that I have detected in my office,” said Dr. Michele Green, a dermatologist at Lenox Hill Hospital in New York City. While she believes better detection has played a role in the increase, she suggested certain lifestyle habits are pushing the numbers up, as well. “It may be due to tanning and tanning beds, and more exposure to UV light,” Green said. “With further decrease of the ozone layer, we may be even more susceptible to skin cancer in the future,” she added. Dr. Katy Burris is a dermatologist at Northwell Health in Manhasset, N.Y. She stated that “we still seem to unfortunately be seeing an increase in the absolute number of [and more dangerous] tumors, which is likely impacting mortality rates.” However, both Burris and Green stressed that melanomas are treatable, especially if caught early. “Due to the early diagnosis of melanoma in the “in situ” and thin phase, we are also having more long-term survival of these patients,” Green said. ■

*Source: Pharmaceutical Update, Jan/Feb 2017
General Prescription Programs*

Employer Group Coverage Requirements under USERRA

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

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

months. Prior to December 10, 2004, eligible individuals could elect coverage for up to 18 months.

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

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

The Women's Health and Cancer Rights Act of 1998

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

The Women's Health and Cancer Rights Act requires the Fund to provide benefits for mastectomy-related services, including reconstruction of the breast on which the mastectomy was performed and surgery to achieve symmetry between the breast, prostheses, and complications resulting from a mastectomy, including lymphedema. Any Fund deductibles and co-payments that apply to other conditions also apply to the treatment related to the mastectomy. You should feel free to contact the Fund Administrator if you have any questions about your coverage. You can reach the Fund Administrator at 610-320-5500.

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

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





FINANCIAL FITNESS

A Summary of Your Rights under the Fair Credit Reporting Act

The federal Fair Credit Reporting Act (FCRA) promotes the accuracy, fairness, and privacy of information in the files of consumer reporting agencies. There are many types of consumer reporting agencies, including credit bureaus and specialty agencies (such as agencies that sell information about check writing histories, medical records, and rental history records). Here is a summary of your major rights under the FCRA. **For more information, including information about additional rights, go to www.consumerfinance.gov/learnmore or write to: Consumer Financial Protection Bureau, 1700 G Street N.W., Washington, DC 20552.**

- **You must be told if information in your file has been used against you.** Anyone who uses a credit report or another type of consumer report to deny your application for credit, insurance, or employment – or to take another adverse action against you – must tell you, and must give you the name, address, and phone number of the agency that provided the information.
- **You have the right to know what is in your file.** You may request and obtain all the information about you in the files of a consumer reporting agency (your “file disclosure”).
 - o You will be required to provide proper identification, which may include your Social Security number. In many cases, the disclosure will be free. You are entitled to free file disclosure if:

- a person has taken adverse action against you because of information in your credit report;
- you are the victim of identity theft and place a fraud alert in your file;
- your file contains inaccurate information as a result of fraud;
- you are on public assistance;
- you are unemployed but expect to apply for employment within 60 days.

- In addition, all consumers are entitled to one free disclosure every 12 months upon request from each nationwide credit bureau and from nationwide specialty consumer reporting agencies. See www.consumerfinance.gov/learnmore for additional information.
- **You have the right to ask for a credit score.** Credit scores are numerical summaries of your credit-worthiness based on information from credit bureaus. You may request a credit score from consumer reporting agencies that create scores or distribute scores used in residential real property loans, but you will have to pay for it. In some mortgage transactions, you will receive credit score information for free from the mortgage lender.
- **You have the right to dispute incomplete or inaccurate information.** If you identify information in your file that is incomplete or inaccurate, and

report it to the consumer reporting agency, the agency must investigate unless your dispute is frivolous. See www.consumerfinance.gov/learnmore for an explanation of dispute procedures.

- **Consumer reporting agencies must correct or delete inaccurate, incomplete, or unverifiable information.** Inaccurate, incomplete or unverifiable information must be removed or corrected, usually within 30 days. However, a consumer reporting agency may continue to report information it has verified as accurate.
- **Consumer reporting agencies may not report outdated negative information.** In most cases, a consumer reporting agency may not report negative information that is more than seven years old, or bankruptcies that are more than 10 years old.
- **Access to your file is limited.** A consumer reporting agency may provide information about you only to people with a valid need – usually to consider an application with a creditor, insurer, employer, landlord, or other business. The FCRA specifies those with a valid need for access.
- **You must give your consent for reports to be provided to employers.** A consumer reporting agency may not give out information about you to your employer, or a potential employer, without

your written consent given to the employer. Written consent generally is not required in the trucking industry. For more information, go to www.consumerfinance.gov/learnmore.

- **You may limit “prescreened” offers of credit and insurance you get based on information in your credit report.** Unsolicited “prescreened” offers for credit and insurance must include a toll-free phone number you can call if you choose to remove your name and address from the lists these offers are based on. You may opt out with the nationwide credit bureaus at 1-888-5-OPTOUT (1-888-567-8688).
- **You may seek damages from violators.** If a consumer reporting agency, or, in some cases, a user of consumer reports or a furnisher of information to a consumer reporting agency violates the FCRA, you may be able to sue in state or federal court.
- **Identity theft victims and active duty military personnel have additional rights.** For more information, visit www.consumerfinance.gov/learnmore. ■

Source: Consumer Financial Protection Bureau

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. 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

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

ADDRESS SERVICE REQUESTED

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

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

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

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
Income Research & Management
Loomis, Sayles & Company
LSV Asset Management
Northern Trust Investments, Inc.
Oakbrook Investments
Parametric Portfolio Associates, LLC
Penn Capital Management
PGIM Real Estate
Pictet Asset Management, Ltd.
Principal Financial Group
Segall Bryant & Hamill
Tortoise Capital Advisors, LLC
Walter Scott & Partners, Ltd.
Westfield Capital Management
Company, LLC
William Blair & Company, LLC