

GUARDIAN

Reading, Pennsylvania

HEALTH AND WELFARE/PENSION GUARDIAN NEWSLETTER



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

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IMPORTANT NOTICE

PLEASE BE SURE TO REVIEW THE UPDATED PREFERRED BRAND NAME DRUGS LIST FOUND ON PAGES 10-11 WHICH IS EFFECTIVE APRIL 1, 2020.

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

THIS NEWSLETTER CONTAINS INSERTS WITH IMPORTANT INFORMATION REGARDING CHANGES TO PLAN 13, 13Y, 14, 16 AND R7/R7-65. THE INSERTS SHOULD BE RETAINED WITH YOUR ACTIVE PLAN DOCUMENT FOR FUTURE REFERENCE.

*Happy Holidays and
Happy New Year from the*
**Central Pennsylvania Teamsters
Health & Welfare and Pension Funds!**

5 Health Tips for the Holiday Season

December is usually synonymous with an abundance of eating and a lack of exercise. We want to encourage you to start this New Year on the right foot. The holidays are a time for celebration and family, not to put on weight. It's almost as if we've come to accept that we are going to put on 10 pounds during each holiday season.

Celebration doesn't have to mean gluttonous eating, or deprivation for that matter. It's time to bring the focus back to the purpose of the holiday. Enjoy your friends and family, the time off and the traditions of the holidays.

The holiday season might not be a time to lose weight, but it doesn't have to be a time to lose your health. The key is to go into the holidays with a plan. Here are five ways to keep your health over the holidays.

Tip #1: Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

Tip #2: Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

Tip #3: Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

Tip #4: Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

Tip #5: Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Take These Steps for Your Home

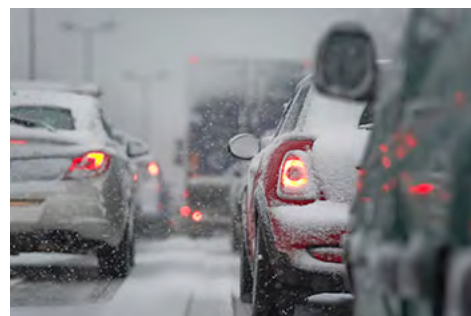
Many people prefer to remain indoors during winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- ✦ Winterize your home.
 - ✧ Install weather stripping, insulation, and storm windows.
 - ✧ Insulate water lines that run along exterior walls.
 - ✧ Clean out gutters and repair roof leaks.
- ✦ Check your heating systems.
 - ✧ Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - ✧ Inspect and clean fireplaces and chimneys.
 - ✧ Install a smoke detector. Test batteries monthly and replace them twice a year.
 - ✧ Have a safe alternate heating source and alternate fuels available.
 - ✧ Prevent carbon monoxide (CO) emergencies.
 - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
 - Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.

- ✦ Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
 - ✧ Keep gas tank full to avoid ice in the tank and fuel lines.
 - ✧ Use a wintertime formula in your windshield washer.
 - ✧ Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
 - cell phone, portable charger, and extra batteries;
 - blankets;
 - food and water;
 - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
 - compass and maps;
 - flashlight, battery-powered radio, and extra batteries;
 - first-aid kit; and
 - plastic bags (for sanitation).



Take These Precautions Outdoors

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- ✦ Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- ✦ Sprinkle cat litter or sand on icy patches.
- ✦ Learn safety precautions to follow when outdoors.
 - ✧ Work slowly when doing outside chores.
 - ✧ Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - ✧ Carry a cell phone.



Do This When You Plan to Travel

When planning travel, be aware of current and forecast weather conditions.

- ✦ Avoid traveling when the weather service has issued advisories.
- ✦ If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- ✦ Follow these safety rules if you become stranded in your car.
 - ✧ Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
 - ✧ Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
 - ✧ Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
 - ✧ Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
 - ✧ Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.



Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

Source: <https://www.cdc.gov/features/winterweather/index.html>



**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 رفوت، ان اجم، ةي وغلل اءءءاس مل اءاءء ةي بءرءا ةغلل اءءءءء تنك اذا ةي بءء.

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

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

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

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

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

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

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

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

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

Central Pennsylvania Teamsters Health and Welfare Fund Prescription Benefit Plans

Plans 13, 14P, R7 and R7/65

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

Plan 13Y

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

Plans 14 and 16

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

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

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



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.

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 & ALL OTHER GENERICS	ARICEPT EXELON NAMENDA RAZADYNE
ANGIOTENSIN RECEPTOR BLOCKERS (ANTIHYPERTENSIVES)	CANDESARTAN EPROSARTAN IRBESARTAN LOSARTAN TELMISARTAN VALSARTAN & ALL OTHER GENERICS	ATACAND AVAPRO BENICAR BYVALSON COZAAR DIOVAN EDARBI MICARDIS
ANTI-DEPRESSANTS	BUPROPION HCL CITALOPRAM DESVENLAFAXINE DULOXETINE ESCITALOPRAM FLUOXETINE NEFAZODONE SERTRALINE TRAZODONE VENLAFAXINE & ALL OTHER GENERICS	APLENZIN BRINTELLIX CYMBALTA EFFEXOR FETZIMA FORFIVO XL KHEDEZLA LEXAPRO PRISTIQ PROZAC SPRAVATO TRINTELLIX VIIBRYD WELLBUTRIN ZOLOFT
ANTI-GLAUCOMA EYE PREPARATIONS	APRACLOPIDINE HCL BETAXOLOL BRIMONIDINE CARTEOLOL DORZOLAMIDE LATANOPROST LEVOBUNOLOL METIPRANOLOL PILOCARPINE TIMOLOL & ALL OTHER GENERICS	ALPHAGAN AZOPT BETIMOL BETOPTIC COMBIGAN COSOPT IOPIDINE ISTALOL LUMIGAN PHOSPHOLINE SIMBRINZA TIMOPTIC TRAVATAN TRUSOPT XALATAN XELPROS ZIOPTAN
ANTIPSYCHOTICS	CLOZAPINE OLANZAPINE QUETIAPINE RISPERIDONE ZIPRASIDONE & ALL OTHER GENERICS	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 NADOLOL PINDOLOL PROPRANOLONOL SOTALOL TIMOLOL & ALL OTHER GENERICS	BYSTOLIC
CALCIUM CHANNEL BLOCKERS (ANTIHYPERTENSIVES)	AMLODIPINE ATORVASTATIN AMLODIPINE BESYLATE AMLODIPINE VALSARTAN DILTIAZEM FELODIPINE ISRADIPINE NICARDIPINE NIFEDIPINE NISOLDIPINE VERPAMIL & ALL OTHER GENERICS	ADALAT CADUET CALAN CARDENE CARDIZEM CARTIA XT EFIDITAB EXFORGE NORVASC PROCARDIA XL SULAR TIAZAC ER VERELA
CONTRACEPTIVES	All Generic Contraceptives	All Brand Contraceptives
DIABETES	ACARBOSE GLIMEPIRIDE GLIPIZIDE GLYBURIDE JANUMET JANUVIA METFORMIN PIOGLITAZONE REPAGLINIDE & ALL OTHER GENERICS	INVOKANA JARDIANCE JENTADUETO KAZANO QTERN SEGLUROMET STEGLATRO STEGLUJAN TRADJENTA
NARCOTIC ANALGESICS NOTE: BENEFITS WILL BE PROVIDED ONLY FOR NARCOTIC ANALGESICS PRESCRIBED AT THE MANUFACTURERS RECOMMENDED SCRIPT LEVEL.	ACETAMINOPHEN-CODEINE HYDROCODONE-ACETAMINOPHEN HYDROMORPHONE MEPERIDINE METHADONE MORPHINE SULFATE OXYCODONE OXYCODONE-ACETAMINOPHEN OXYCODONE-ASPIRIN OXYMORPHONE TRAMADOL & ALL OTHER GENERICS	APADAZ ARYMO DEMEROL DOLOPHINE LORTAB NORCO NUCYNTA OPANA OXYCONTIN PERCOCET TYLENOL WITH CODEINE ULTRACET ULTRAM VICODIN XTAMPZA
OSTEOPOROSIS	ALENDRONATE CALCITONIN-SALMON IBANDRONATE RALOXIFENE RISEDRONATE & ALL OTHER GENERICS	ACTONEL ATELVIA BINOSTO BONIVA EVENITY EVISTA FOSAMAX MIACALCIN PROLIA





Step Therapy

Continued

RHEUMATOID ARTHRITIS	HIGH DOSE IBUPROFEN AND NAPROXEN (PRESCRIPTION STRENGTH) CELECOXIB NABUMETONE PIROXICAM DICLOFENAC DIFLUNISAL INDOMETHACIN KETOPROFEN ETODOLAC PREDNISONE CYCLOPHOSPHAMIDE CYCLOSPORINE AZATHIOPRINE METHOTREXATE XELJANZ & ALL OTHER GENERICS	ACTEMRA CIMZIA ENBREL HUMIRA INFLECTRA KEVZARA KINERET OLUMIANT ORENCIA RENFLEXIS SIMPONI STELARA TALTZ
URINARY AGENTS	ATOZIAZ FLAVOXATE OXYBUTYNIN TOLTERODINE TROSPIMUM & ALL OTHER GENERICS	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.

ADD & ADHD	AMPHETAMINE SALTS D-AMPHETAMINE ER DEXMETHYLPHENIDATE DEXTROAMPHETAMINE METHAMPHETAMINE METHYLPHENIDATE & ALL OTHER GENERICS	CONCERTA DAYTRANA DESOXYN DEXEDRINE EVEKEO FOCALIN JORNAY METADATE METHYLIN PROCENTRA QUILLIVANT RELEXXII RITALIN VYVANSE ZENZEDI
ANTI-MIGRAINE	DIHYDROERGOTAMINE ERGOTAMINE-CAFFEINE TABLET NARATRIPTAN RIZATRIPTAN SUMATRIPTAN ZOLMITRIPTAN & ALL OTHER GENERICS	AAIMOVIG AJOVY AMERGE CAFERGOT D.H.E.45 EMGALITY ERGOMAR FROVA IMITREX MAXALT MIGERGOT MIGRANAL RELPA SUMAVEL TREXIMET ZOMIG

ANTI-CONVULSANTS	CARBAMAZEPINE CLONAZEPAM DIVALPROEX ETHOSUXIMIDE FELBAMATE FOSPHENYTOIN GABAPENTIN LAMOTRIGINE LEVETIRACETAM OXCARBAZEPINE PHENYTOIN PRIMIDONE TIAGABINE TOPIRAMATE VALPROATE VALPROIC ACID ZONISAMIDE & ALL OTHER GENERICS	APTIOM BANZEL CARBATROL CELONTIN CEREBYX DEPACON DEPAKENE DEPAKOTE DILANTIN EPIDIOLEX FANATREX FELBATOL FYCOMPA GABITRIL KEPPRA KLONOPIN LAMICTAL MYSOLINE NEURONTIN ONFI OXTELLAR PEGANONE PHENYTEK QUDEXY SYMPAZAN 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 NEXIUM OMEPRazole-BICARB PANTOPRAZOLE PREVACID PRILOSEC PROTONIX ZEGERID
ULCERATIVE COLITIS	AZULFIDINE BALSALAZIDE MESALAMINE SULFASALAZINE & ALL OTHER GENERICS	APRISO ASACOL COLAZAL DELZICOL DIPENTUM ENTYVIC HUMIRA LIALDA PENTASA SIMPONI STELARA

RX NEWS



To locate a pharmacy in your area please contact Global Pharmaceutical Benefits (formerly GPP) at 1-800-341-2234

PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: April 1, 2020

PLEASE GIVE TO YOUR PHYSICIAN

VERY IMPORTANT

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

ANALGESICS

Anti-Migraine

Aimovi

Emgality

Anti-Rheumatic

Rasuvo Injection

Non-steroidal anti-inflammatory agents

Indocin Supp 50 mg

Opioid Agonists

Belbuca

Embeda

Hysingla ER

Oxycontin

Misc

Depen

ANTI-ADDICTIVE AGENTS

Suboxone

Zubsolv

ANTI-INFECTIVES

Amebacides

Alinia

Hepatitis Agents

Epclusa

Epivir HBV Solution

Harvoni

Mavyret

Sovaldi

Vosevi

HIV Agents

Aptivus

Cimduo

Complera

Crixivan

Edurant

Emtriva

Evotaz

Fuzeon Vial

Intelence

Invirase

Isentress HD

Juluca

Kaletra Tabs

Lexiva Susp

Norvir Sol, Powder Pckt

Prezcobix

Prezista

Rescriptor

Reyataz Powder Packet

Selzentry

Symfi

Symfi Lo

Tivicay

Triumeq

Truvada

Tybost

Videx Solution

Viracept

Viread 150, 200, 250 mg Powder

Miscellaneous Anti-infectives

Emverm

Nebupent INH Powder

ANTINEOPLASTIC

Afinitor Tabs

Cabometyx Tabs

Caprelsa

Emcyt Caps

Erivedge

Jakafi Tabs

Leukeran Tabs

Lysodren Tabs

Matulane Caps

Mekinist Tabs

Myleran Tabs

Nexavar Tabs

Revlimid

Sprycel

Sutent

Tabloid Tabs

Tafinlar

Thalomid Caps

Tykerb Tabs

Xalkori Caps

Zolanza Caps

CARDIOVASCULAR

Angiotensin Receptor Blockers & Combinations

Entresto

Anti-adrenergic Agents

Bystolic

Anti-Arrhythmics

Lanoxin Tabs

Norpace CR 100mg,
150mg Caps

Anti-hyperlipidemias

Praluent

Repatha

Vascepa

Beta Blockers & Combinations

Bystolic

Pulmonary Hypertension

Agents

Adempas

Opsumit

Tracleer

Miscellaneous

Anti-hypertensives

Tekturra HCT

CNS AGENTS

Anti-depressants

Paxil Suspension

Anti-Parkinson

Apokyn

Anti-Psychotics

Saphris

Attention Deficit Disorder Treatment

Vyvanse

Multiple Sclerosis Agents

Aubagio

Avonex

Gilenya

Plegridy Pen & Syr

Tecfidera

Miscellaneous CNS agents

Namzaric Caps

DERMATOLOGICALS

Acne Agents

Aczone 7.5% Gel Pump

Retin-A Micro 0.08% gel

Anti-bacterial Agents

Mirvaso

Soolantra 1% Cream

Hemorrhoidal Preparations:

Proctofoam HC

Psoriasis & Eczema Agents:

Eucrisa 2% ointment

Other Dermatologicals:

Eurax Cream/Lotion

EARS, NOSE & THROAT

Nasal Products,

Antihistamines

Dymista

Otics

Ciprodex OTIC

Throat & Mouth Products

Prevident

ENDOCRINE

Androgens/Estrogens

Androderm Patch

Corticosteroids

Medrol 2mg Tablet

Millipred Tabs 5mg

Gout

Colcrys

Growth Hormones

Norditropin Flexpro

Hyperglycemics Dipeptidyl Peptidase-4 & Combos

Janumet

Janumet XR

Januvia

Jentadueto

Jentadueto XR

Tradjenta

GLP-1 Recep. Agonist

Bydureon

Bydureon BCise Autoinj

Byetta

Ozempic

Trulicity

Victoza

Insulins

Humalog

Humulin

Lantus

Levemir

Novolin

Novolog

Relion Novolin

Soliqua

Toujeo Solostar

Toujeo Max Solostar

Tresiba Vial, Flextouch

Sodium-Glucose Co Transporter 2 Inhib

Glyxambi

Invokamet

Invokamet XR

Invokana

Jardiance

Synjardy

Synjardy XR

Miscellaneous

Baqsimi Spray

DDAVP 10 mcg/0.1 mg sol

Forteo

Glucagen Kit

Glucagon Kit

PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: April 1, 2020

PLEASE GIVE TO YOUR PHYSICIAN

VERY IMPORTANT

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

Increlex
Proglycem Susp
Samsca Tabs
Synarel Nasal Spray

GASTROINTESTINAL AGENTS

Anti-ulcer

Omeclamox
Pylera

Digestants

Creon
Zenpep DR

Gastric Acid Secretion

Reducers

Dexilant

Miscellaneous Products,

Gastrointestinal

Apriso
Linzess
Movantik
Sfrowasa
Symproic Tabs

HEMATOLOGY

Anti-Coagulants,

Direct Factor X

Eliquis
Xarelto

Miscellaneous

Pradaxa

Anti-Platelet

Brilinta

Miscellaneous Agents

Aranesp
Mozobil
Mulpleta Tabs
Neulasta
Udenyca
Zarxio

IMMUNOSUPPRESSANTS

Dupixent
Enbrel
Humira
Otezla
Oxsoralen-UL Caps 10mg
Sandimmune SOL 100 mg/ml
Skyrizi
Stelara

Nutrition

Vitamins/Minerals/Electrolyte

Modifiers

Escavite Tabs Chewable

Escavite LQ Drops
Florical Tab & Cap
Fluorabon Drops
Flura-Drops
Folgard Rx Tablet
Hematron-AF SR Caplet
Icar-C Plus Tablet
Monocal Tab
Poly-Vi-Flor Tabs Chewable
Poly-Vi-Flor Tabs Chewable with Iron
Poly-Vi-Flor Drops 0.25
Poly-Vi-Flor Drops w/Iron 0.25
Quflora Tabs Chewable
Tri-Vi-Flor Drops

OB/GYN

Estrogenics

Climara Pro Patch
Duavee
Menest
Premarin
Premarin vaginal cream
Premphase
Prempro

Prenatal Products

Azesco
Citranatal Bloom
Citranatal RX Tabs
C-Nate DHA
Completenate Tab Chew
Concept DHA Caps
Concept OB Caps
Duet DHA Balanced
Elite OB Caplets
Enbrace HR Caps
Folivane-OB Caps
Marnatal-F Caps
M-natal Plus Tabs
Mynatal Advance Tabs
Mynatal Caps
Mynatal Plus Captab
Mynatal Ultracaplets
Mynatal-Z Captabs
Mynate 90 Plus Caplet SA
Natachew Tabs
Natelle One Caps
Neevo DHA
Nestabs Tabs
Nestabs DHA
Newgen Tabs
Niva-Plus Tabs
OB Complete One
OB Compete Petite
OB Complete Caplets

OB Complete Premier
OB Complete with DHA
Obstetrix EC
O-Cal Prenatal Tabs
O-Cal FA Tabs
Prenal Tabs Chewable
Prenal Pearl
Prenata Chewable Tabs
Prenatal-U Caps
Prenate AM Tabs
Prenate Elite Tabs
Primacare
Provida OB Caps
Select-OB Caps Chewable
Se-Natal 19 Tabs & Tabs Chew
Taron
Thrivite 19 Tabs
Thrivite RX Tabs
Tricare Tabs
Trinatal Rx 1 Tab
Vitafof Gummies
Vitafof Nano Tabs
Vitafof OB Caplets
Vitamed MD Redichew Tabs
Vitapearl Softgels
Zatean-PN Plus

Topical Anti-Infectives

Cleocin Vaginal Ovules

Miscellaneous

Orilissa Tab

OPHTHALMIC AGENTS

Anti-histamines

Pazeo

Anti-infectives

Moxeza
Natacyn

Glaucoma Agents:

Alphagan P 0.1%, 0.15%
Azopt
Combigan
Lumigan
Phospholine Iodide
Rhopressa
Simbrinza
Travatan Z

Steroids

FML Ointment
FML Forte
Pred Mild

Miscellaneous

Prolensa
Restasis
Xiidra

RESPIRATORY AGENTS

Anti-muscarinic and Combos

Incruse Ellipta
Spiriva Handihaler
Spiriva Respimat

BetaAdrenergic & Combos

Anoro Ellipta
Combivent
Proair HFA
Proair Respiclick
Serevent Diskus
Stiolto Respimat
Symbicort
Trelegy Ellipta
Ventolin HFA

Glucocorticoids, Inhalation

Arnuity Ellipta
Flovent Diskus
Flovent HFA
Pulmicort Flexhaler
QVAR redihaler
Symbicort

Miscellaneous Agents,

Respiratory

Bethkis
Pulmozyme

UROLOGICAL AGENTS

Anesthetics

Elmiron

Antispasmodics

Myrbetriq

Weight Management

Contrave

* Please note, certain drugs contained in this list are subject to Step Therapy. Please refer to the Step Therapy List of drugs on page 6-9 of this newsletter.

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

COMING SOON:

Access to a doctor anytime, anywhere



Starting January 1, 2020.

**\$0 copay for participants in the Central Pennsylvania Teamsters
Health and Welfare Fund.**

MEET OUR DOCTORS

Teladoc is simply a new way to access qualified doctors. All Teladoc doctors:

- Are practicing PCPs, pediatricians, and family medicine physicians
- Average 20 years experience
- Are U.S. board-certified and licensed in your state
- Are credentialed every three years, meeting NCQA standards

GET THE CARE YOU NEED

Teladoc doctors can treat many medical conditions, including:

- **Cold & flu symptoms**
- **Allergies**
- **Sinus problems**
- **Urinary tract infection**
- **Respiratory infection**
- **Skin problems**
- **And more!**

WHY TELADOC?

It is a convenient and affordable option for quality care.

- When you need care now
- If you're considering the ER or urgent care for a non-emergency issue
- On vacation, on a business trip, or away from home
- For short term prescription refills

Visit **www.centralpateamsters.com** for more information.

Teladoc is just a click or call away!



MyDrConsult.com



1-800-DOC-CONSULT (362-2667)





You've got **Teladoc.**
24/7 access to doctors
by phone or video



\$0 copay for participants in the Central Pennsylvania Teamsters Health and Welfare Fund.

You already have Teladoc as part of your benefits. Our U.S. board-certified doctors can diagnose, treat, and even prescribe medicine, if needed, for a wide range of medical needs, including the flu, allergies, rash, upset stomach and much more.

1



Create account

Use your phone, the app, or our website to create an account and quickly complete your medical history.

2



Request a visit

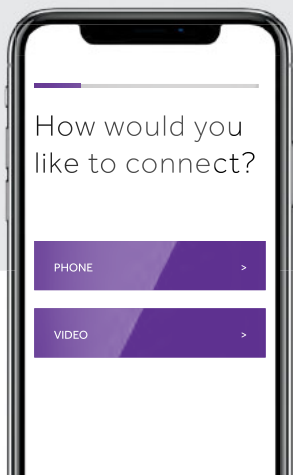
Use your device to request a visit and a Teladoc doctor will contact you at the requested time.

3



Feel better

Your doctor will diagnose your symptoms and even prescribe medicine, if needed.



Visit **www.centralpateamsters.com** for more information.

Download the app and talk to a doctor anytime!

MyDrConsult.com ☎ 1-800-DOC-CONSULT (362-2667)



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Know Your Pension Plan

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

1. **Beneficiary Updates/Change in Marital Status** –

Please review your beneficiary designation if you change your marital status. Please notify the Fund if you get married, divorced, or become widowed. If you get divorced, please forward a copy of the divorce decree. You will need to complete a new beneficiary form for your Pension Benefits after your divorce is finalized. If you become widowed, you will need to forward a copy of the death certificate and also complete a new beneficiary form. Downloadable beneficiary forms are available on the Fund’s website. You cannot name your pet as a beneficiary.

2. **Retirement Applications** – Contact the Pension Fund three months prior to your retirement date to begin the application process (6 months if you have time in another Fund and are applying for a reciprocal pension). The Pension Fund offers appointments to assist you with completing your Application for Pension paperwork. Please be sure to review your benefit options on your paperwork so that you are familiar with them prior to your appointment.

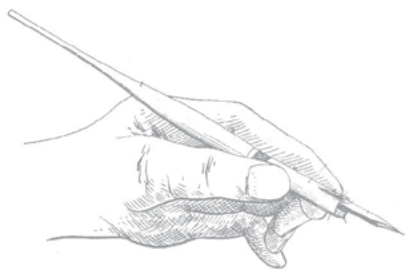
3. **Your Retirement Income Plan (RIP) 1987** balance is updated by the 15th of each month and subject to net gains or losses through the last day of the month in which your application is approved for payment.

4. **Power of Attorney** – If you cannot handle your own affairs, your Power of Attorney must provide the Fund with a copy of the Durable Power of Attorney before any information. The Pension Fund also requires, the Power of Attorney’s to contact the Pension Fund Office and provide their mailing address and your physical address. As Power of Attorney, you must sign the Participant’s name first and your name as Power of Attorney. For example – John J. Smith, Jane J. Smith, POA.

5. **Pension Checks** – Your checks from the Defined Benefit Plan (or monthly installments from the Retirement Income Plan if elected) are dated the first of each month. If you elect direct deposit, your check will be deposited on the first business day of the month. For example, if the first of the month falls on Sunday, your check will be deposited on Monday.

6. **Website** – Please visit the website for Summary Plan Descriptions, Forms and Notices, Important Items to Remember or to view your RIP 1987 balance.

7. **Signatures on Fund Documents** – Please sign all Fund documents with your legal name, which must match what is on file with the Fund Office. Please be sure to use your full name (no nicknames) and suffix (Jr., Sr., III), if applicable.



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

Know Your Health & Welfare Plan

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

- 1. Dental Implants** – All requests for dental implants must be submitted for pre-determination for review under the implant policy. Failure to do so could mean higher out of pocket expenses.
- 2. Health Savings Accounts for Dependents** – If your spouse (or eligible dependent) is covered under a high-deductible health plan with a health savings account (HSA), this spouse or dependent may not be covered under the Central PA Teamsters Health and Welfare Plan. If your employer pays on a Component basis, the Employer will not be responsible for contributions for this spouse or dependent.
- 3. Motor Vehicle Accidents** – The Fund will consider payment of medical expenses only after the benefits from the auto insurance carrier have been exhausted. In addition, the Fund will not provide coverage for Short Term Disability Benefits (except for the first 5 days of missed work). Contact your auto insurance carrier to make sure that your policy includes payment for missed work due to injuries sustained in an auto accident.
- 4. Illegal Acts** – The Fund does not cover medical services rendered as a result of your committing an illegal act (misdemeanor or felony). This includes driving while intoxicated (DUI).
- 5. Change in Family Status** – Please review your beneficiary designation if there is a change in your family status. Please notify the Fund if you get married, divorced, are widowed or have a child. The Fund does not allow divorced spouses to continue to be covered under the member's coverage.
- 6. Moonlighting** – The Fund does not cover participants or eligible dependents for illness or injuries that occur as a result of performing non-covered employment for wage or profit.
- 7. Dependent Daughter Pregnancies** – The Fund does not cover medical expenses associated with a dependent's pregnancy.
- 8. Address Change** – Please remember to contact the Fund office if your address changes.

Visit our website at www.CentralPATeamsters.com



IMPORTANT NOTE: The Central Pennsylvania Teamsters have elected Lincoln Financial as of 8/1/2019 to handle all death benefits.

Please be aware that childhood and adult immunizations are not payable through a pharmacy.



Retirees Approved for Pensions July 2019 through October 2019

Name	Local	Employer
July 2019		
ANTONELLI, MICHAEL	776	ROADWAY EXPRESS INC
BARNETT, JOSEPH W	229	ROADWAY EXPRESS INC
BAYURA, DAVID G	776	YRC FREIGHT
BEKELJA, JOHN M	776	UNITED PARCEL SERVICE INC
BOLLING, KEITH B	773	PENSKE TRUCK LEASING CO LP
BORST, MICHAEL J	429	ROADWAY EXPRESS INC
BUSH, SCOTT O	773	ROCK HILL TRUCKING CO INC
CHURCHEY, LINDA A	776	PERK FOODS C/O HEINZ PET
DWIRE, RANDY A	776	PRESTON TRUCKING CO INC
DYBALSKI JR, EDWARD F	429	ARKEMA INC
EINHERST, RICHARD D	429	CARL R BIEBER INC
FLANNERY, MICHAEL E	429	L J DAVISON FURNITURE CO
FRABLE, KARL A	773	ROCK HILL TRUCKING CO INC
FREE, BRAD W	776	ANDERSON LOGISTICS
GAYMAN, DOUGLAS	776	UNITED PARCEL SERVICE INC
GIFT, DAVID W	429	SCHROCK CABINET COMPANY
HARMAN, TIMOTHY L	776	SNYDERS OF HANOVER INC
HUDGICK, MARIE	229	HARPER COLLINS PUBLISHERS INC
HUNT, ROBERT	229	UNITED PARCEL SERVICE INC
JONES JR, ROBERT D	429	COTT BEVERAGES WYOMISSING INC
KEITH SR, DOUGLAS M	570	MAIERS BAKERY
KUSHNER, OYCE A	429	COTT BEVERAGES WYOMISSING INC
LESAGONICZ, MICHELLE A	429	CLOVER FARMS DAIRY
LINDENMUTH, MIRIAM	429	CLOVER FARMS DAIRY
LUCE, LAWRENCE E	764	P I E NATIONWIDE INC
LYON JR, RICHARD	999	ROADWAY EXPRESS INC
MARTIN, BRUCE A	429	SUPERVALU INC
MCCOLLAM, SHELDON	771	UNITED PARCEL SERVICE INC
MCKELLIN, DAVID R	773	MACINTOSH LINEN & UNIFORM
MIHALIK, JOHN J	401	SCHULTZ'S INC.
PARKS, CHESTER E	776	ROADWAY EXPRESS INC
POLUMBO, PATRICIA	229	TOPPS CHEWING GUM INC
QUINTER, TIMOTHY	429	UNITED PARCEL SERVICE INC
ROBY, ROBERT L	776	YRC FREIGHT
SCHLEGEL, DAVID R	776	HESS TRUCKING COMPANY
SENTZ II, WAYNE	776	UNITED PARCEL SERVICE INC
SHEELY, PETER E	776	DRIVERS INC
SHEETZ, MICHAEL L	771	UNITED PARCEL SERVICE INC
SIPE, DAVID B	776	FLEMING COMPANIES INC
STACHOWIAK, WILLIAM	401	ACME MARKETS INC
STARR, RICHARD D	429	QUAKER MAID KITCHENS
STRANGARITY JR, NICHOLAS	429	ASSOCIATED WHOLESALERS INC
STROUP, LEE A	773	HARRY E ORKIN INC
SWARTZEL JR, GORDON	429	STROEHMANN BAKERIES
THOMAS, JAMES R	773	PRAXAIR DIST. MID-ATLANTIC LLC
WAGNER, TYRONE P	776	USF RED STAR
WORKMAN, KATHY A	776	ASSOCIATED WHOLESALERS INC
YORDY, DANIEL W	764	CENTRAL BUILDERS SUPPLY CO
ZELNO, JOSEPH S	401	COON INDUSTRIES INC.

August 2019

AMERSHEK, NEIL	776	YRC FREIGHT
AMICK, WESTON	570	MAIERS BAKERY
BADGER, KENNETH H	776	YRC FREIGHT
BENNETT, ALBERT M	776	ST JOHNSBURY TRUCKING CO INC
BINDUS, THOMAS W	401	KEYSTONE COCA-COLA BOTTLING CO

Name	Local	Employer
BOND, DAVID S	776	ARKANSAS BEST FREIGHT SYS INC
BRANDT JR, JAMES RICHARD	999	ARKANSAS BEST FREIGHT SYS INC
BUCHER, JEFFREY L	776	WILSBACH DISTRIBUTORS INC
CARGAS, JAMES M	771	MILLER & HARTMAN INC
CLAAR, FRANCIS P	776	ASSOCIATED WHOLESALERS INC
CRAMER, JEFFERY L	771	THE SICO COMPANY
CURVEY, JON	771	ROADWAY EXPRESS INC
DAVIS, GLENN B	401	GLEN SUMMIT SPRINGS WATER CO
FETTER, JOSEPH A	776	USF RED STAR
FIGUEROA, MARTHA C	773	ABM INDUSTRIES
FISHER, ELOISE J	429	UNITED PARCEL SERVICE INC
FLEMING, KENNETH J	771	THE SICO COMPANY
GEHMAN, DALE L	429	CLOVER FARMS DAIRY
GOWER, DONNA	229	TEAMSTERS LOCAL UNION 229
GREEN, CHARLES D	776	CONSOLIDATED FREIGHTWAYS
GRIERSON, RONALD J	771	WEYERHAEUSER COMPANY
GROCKI, JOHN	229	TOPPS CHEWING GUM INC
HANNA, DAVID E	429	EASTERN INDUSTRIES INC
HARRIS, JAMIE M	776	ASSOCIATED WHOLESALERS INC
HELLER, MICHAEL J	429	WINDSOR SERVICE TRUCKING
HILL, KENNETH R	429	SCHROCK CABINET COMPANY
HOSTER, GENE A	429	A T V BAKERY
KELLY, GLADSTONE	776	YRC FREIGHT
KOCHANSKI, ALBYN C	401	G R SCHALL TRUCKING
LEIBY, BARRY	776	UNITED PARCEL SERVICE INC
LOUREIRO, PHILIP E	773	MATERIALS TRANSPORT SERVICE
LOWE, BILLY J	776	FLEMING COMPANIES INC
MALEY JR, ELVIN J	429	LEHIGH VALLEY DAIRIES INC
MARKEY, T KEITH	776	MARKEY TRUCKING INC
MAUL, WILLIAM C	771	BABYS DY-DEE SERVICE
MELLINGER, ROBERT A	776	ADAM WHOLESALERS INC
MODITCH, MATTHEW M	773	PRAXAIR DIST. MID-ATLANTIC LLC
MOYER, GARRY R	429	POWER PACKAGING
NASH, MICHAEL TODD	429	ASSOCIATED WHOLESALERS INC
OSATCHUCK, LAURIE A	764	UNITED PARCEL SERVICE INC
PHILLIPS, DANIEL G	773	ASHLAND CHEMICAL COMPANY
PROBST, KENNETH LEE	776	WILSBACH DISTRIBUTORS INC
PROCTOR, RUSSELL	771	APEX EQUIPMENT COMPANY
QUIGLEY, JOHN M	773	CHEMICAL LEAMAN TANK LINES INC
REICHENBACH, DENNIS L	764	LEASEWAY PERSONNEL CORP
REICHWEIN, A JOSEPH	429	LEHIGH VALLEY DAIRIES DIV OF
RHOADES, SCOTT A	776	PACIFIC RAIL SERVICE
RODRIGUEZ, SARA	429	VICTUS LTD
SAGER, JOSEPH	773	BIMBO BAKERIES USA
SALERNO, MARY ROSE	229	TOPPS CHEWING GUM INC
SCHOLATO, JAMES	771	YRC FREIGHT
SEIDERS, TRACIE	776	ARKANSAS BEST FREIGHT SYS INC
SHINGLER, GLENN G	773	MACK TRUCKS INC NVSSC
SHOWERS, ROBERT	429	UNITED PARCEL SERVICE INC
SMITH JR, DANIEL D	771	PENNCAST CORPORATION
SPERANZA, PHILIP	776	UNITED PARCEL SERVICE INC
STRAUSE, JEFFREY D	429	TEAMSTERS LOCAL UNION 429
TORQUATO JR, JOSEPH M	229	SUPER MARKET SERVICE CORP
WALLACE JR, JOHN	401	ARKANSAS BEST FREIGHT SYS INC
WEAVER, JOSEPH ANTHONY	776	YRC FREIGHT
ZIEMBA, TODD W	429	ARKEMA INC

Name	Local	Employer
September 2019		
AMBROSIUS, JEANNETTE M	776	ASSOCIATED WHOLESALERS INC
ARMS, RICHARD	429	UNITED PARCEL SERVICE INC
BARRY SR, RAYMOND C	776	EAGLE SNACKS INC
BATT, VICTOR	776	YRC FREIGHT
BIELMYER, HENRY R	776	YRC FREIGHT
BROWELL JR, ROBERT L	776	ARKANSAS BEST FREIGHT SYS INC
BULTED-SAEZ, HERBERTO	773	ONE SOURCE
CAMPBELL, STEVEN D	764	UNITED PARCEL SERVICE INC
CARLSON, JAN	429	COTT BEVERAGES WYOMISSING INC
CHOFFEL, JAMES B	776	ARKANSAS BEST FREIGHT SYS INC
DETTREY, CHRISTOPHER	776	NEW PENN MOTOR EXPRESS INC
DRICK, GLENN A	764	P I E NATIONWIDE INC
DUNDORE JR, EARL L	429	ASSOCIATED WHOLESALERS INC
EBERSOLE, STEVEN D	776	ARKANSAS BEST FREIGHT SYS INC
FEISTER, CRAIG E	776	UNITED PARCEL SERVICE INC
FIORE JR, ROCCO	229	HARPER & ROW PUBLISHERS INC
FRYMYER, LINDA	776	CONSOLIDATED FREIGHTWAYS
GAETANI, MICHAEL J	429	MAIERS BAKERY
HARMAN, KEITH G	764	VALLEY FARMS TRANSPORT INC
HASKO SR, DOUGLAS P	764	UNITED PARCEL SERVICE INC
HATT, DAVID S	771	WEYERHAEUSER COMPANY
HECKMAN, CATHERINE	229	TOPPS CHEWING GUM INC
JOYCE, ERIN	229	HARPER COLLINS PUBLISHERS INC
KIRKPATRICK, TIMOTHY M	776	ANDERSON LOGISTICS
LEHMAN, STEVEN	776	UNITED PARCEL SERVICE INC
LEHTO, RICHARD E	229	CONSOLIDATED FREIGHTWAYS
LEWIS, DALE ROBERT	429	SUPERVALU INC
LONG, JOHN E	764	SCHNEIDER-VALLEY FARMS INC
MARTIN, FREDERICK	429	CENTRAL DOOR & PLYWOOD CO
MARTINEZ-VELLON, RUPERTA	773	ABM INDUSTRIES
MCDONOUGH, ROBERT	229	DEDICATED DELIVERY SERVICE INC
MECCA, ANTHONY J	401	ARKANSAS BEST FREIGHT SYS INC
MILEY, DOUGLAS R	771	YELLOW FREIGHT SYSTEM INC
OSWALD, DALE R	429	ASSOCIATED WHOLESALERS INC
PROWELL, KEITH P	776	BOARD OF COMMISSIONERS
RANKIN, MICHAEL C	429	A T V BAKERY
RANSOME, MICHAEL	776	MAIERS BAKERY
REISINGER, KENNETH E	776	FLEMING COMPANIES INC
ROBERTS, LEE J	429	APEX EQUIPMENT COMPANY
SCHLAPPICH, BARRY L	429	NEW PENN MOTOR EXPRESS INC
SHEFFIELD, CURT L	776	ARKANSAS BEST FREIGHT SYS INC
SOELLNER, CLAUDIA	429	POWER PACKAGING
STERNER, HOWARD B	429	D J WITMAN OIL COMPANY
STETTLE, PAUL I	773	PA SUPPLY & MANUFACTURING CO
STRAUB, JEFFREY ROY	776	ARKANSAS BEST FREIGHT SYS INC
TEMPLIN, LARRY E	776	HESS TRUCKING COMPANY
TEMPLIN, ROBERT J	429	BRENNTAG NORTHEAST LLC
TURNER, JAMES	401	UNITED PARCEL SERVICE INC

October 2019

BAMBERGER, JEFFREY T	776	NEW PENN MOTOR EXPRESS INC
BANGERT SR, FREDERICK G	429	PA HAULAGE-A DIV OF TRANSRVCE
BATCHLER, RICHARD F	771	YRC FREIGHT
BEISSEL, ROBERT M	429	E J BRENNEMAN
BENTZ SR, JOHN A	776	FLEMING COMPANIES INC
BOYER, VAUGHN E	776	ARKANSAS BEST FREIGHT SYS INC

Winter 2019

Name	Local	Employer
BURRIS, BEVERLY A	776	CONSOLIDATED FREIGHTWAYS
CASE III, CHARLES J	773	NORTH PENN TRANSFER INC
CHESBRO, ALLEN	776	UNITED PARCEL SERVICE INC
COMOSS, CHARLES S	776	YRC FREIGHT
CORNELIUS, JAMES	776	UNITED PARCEL SERVICE INC
DEGLER, DAVID J	429	LENTZ MILLING CO LLC
ELCHISAK, MICHAEL R	429	LEHIGH VALLEY DAIRIES DIV OF
ENOCH, THOMAS A	429	BERKS PRODUCTS CORP
ETCHBERGER, KEVIN R	429	YEAGER SUPPLY INC
FALCIGLIA, LOUISE ANN	229	HARPER COLLINS PUBLISHERS INC
FOLK, GLEN	776	UNITED PARCEL SERVICE INC
FRANTZ, NILES H	773	PENNA TRUCK LINES INC
GEESEY, BRIAN E	776	MAIERS BAKERY
HARAKAL, GREGORY M	773	COCA-COLA BTLNG CO LEHIGH VLLY
HIMES, KENNETH P	776	YRC FREIGHT
HOUCK, MELVIN L	771	HERMAN R EWELL INC
HOYSAN JR, RUSSELL	773	UNITED PARCEL SERVICE INC
HUGHES, GARY J	229	C&S WHOLESALE GROCERS
JOHNSON, JEFFERY S	764	CPC LOGISTICS
KRAMER, DONALD E	776	YRC FREIGHT
KROTT, STEVEN M	429	ARKANSAS BEST FREIGHT SYS INC
KURA, RICHARD P	229	PEPSI COLA BOTTLING
LINDERMAN, GREGORY	429	POWER PACKAGING
LONG, WILLIAM R	429	LENTZ MILLING CO LLC
LUTZ, ERNEST E	429	CLOVER FARMS DAIRY
MANNING, BONNIE L	771	MILLER & HARTMAN INC
MARTIN, JAMES D	773	A-P-A TRANSPORT CORPORATION
MATEJCEK, MICHAEL J	773	MARY MACINTOSH OF PA INC
MATHIAS, KENNETH L	429	LENTZ MILLING CO LLC
MILLER JR, ROBERT B	429	MAIERS BAKERY
MORNINGSTAR, DOUGLAS K	776	FLEMING COMPANIES INC
MOTISKO, ALLAN	401	YRC FREIGHT
NYMAN, RODNEY A	429	READING FOUNDRY & SUPPLY CO
OGDEN, RICHARD C	771	THE SICO COMPANY
OKEEFE, RAYMOND E	776	CONSOLIDATED FREIGHTWAYS
PARKER, JULIUS	771	YRC FREIGHT
PYNE, JOSEPH M	773	UNITED PARCEL SERVICE INC
REINHART, ALLEN D	429	STROEHMANN BAKERIES
RIVAS, MILAGROS A	773	ABM INDUSTRIES
ROBISON, JEFFREY L	776	PERK FOODS C/O HEINZ PET
SHIPPY, MARK A	776	YRC FREIGHT
SMILEY, HARVEY	776	UNITED PARCEL SERVICE INC
SMITH, BELINDA M	229	TOPPS CHEWING GUM INC
STEIN, JAMES	429	SINGER EQUIPMENT CO INC
SWOPE, DAVID A	776	YRC FREIGHT
TAYLOR, HARRY DAVID	229	ROADWAY EXPRESS INC
VARGAS, CARLOS E	776	PRESTON TRUCKING CO INC
WENTZEL, KERRY K	429	DIETRICH'S MILK PRODUCTS
WILBUR, KATHLEEN A	229	SUPER MARKET SERVICE CORP
WILCOM JR, JEROME J	229	PEPSI COLA BTLG OF SCRANTON
ZIMMERMAN, KEITH T	776	ARKANSAS BEST FREIGHT SYS INC

Smoking and Tobacco Use: Benefits and Tips to Help You Quit

Quitting smoking is one of the best things you can do to improve your health

Did you know...

- If you quit smoking (or chewing tobacco) now, you can decrease your risk for coronary heart disease, stroke, cancers and other vascular diseases? The best news is after one year of being tobacco-free, your risk for heart disease is cut in HALF! After 5–15 years of being tobacco-free, the risk of heart disease is as if you never used tobacco!
- Many products are available for tobacco cessation. Studies show better success with a combination of medication and supportive counseling.

Tips to help you quit

- Set a date for quitting
- When you want a cigarette or tobacco, wait a few minutes
- Get rid of all your cigarettes or tobacco
- Reward yourself at the end of the day for not smoking or chewing tobacco
- Try to exercise
- When you feel tense, try to keep busy
- Let others know that you have quit and ask for their support
- If you slip up, don't be discouraged



A tobacco-free timeline for your body

In the first 20 minutes without tobacco, your blood pressure and pulse return to normal. Circulation to your hands and feet improves. In the first eight hours, your body's carbon monoxide level lowers to where it should be. In the first 24 hours—just one day—your chance of having a heart attack decreases.

If you are a tobacco user with a chronic condition, we can help!

Members enrolled in a company sponsored medical plan are eligible for the Meritain Health Nurse Health Coaching Program. Call 1.888.610.0089 to enroll or learn more.

From American Council on Science and Health (ACSH), National Institutes of Health, and the National Cancer Institute, 2007

OCTOBER 2019 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 period ending October 31 2019. 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 – October 31, 2019 13.3% YTD

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.”



*Members and their families
can receive primary care with
a \$0 co-pay*

This partnership benefits you and your family and the Fund in several important ways:

- ▶ You and your eligible dependents with Central Pennsylvania Teamsters Health & Welfare as your primary insurance can receive primary care at the Local 429 building with a **\$0 co-pay**.
- ▶ Also, **\$0 co-pays** for covered name brand drugs prescribed through Alliance Health Group and filled through Pharmaceutical Prescription Services (PPS). This program does not include generics. Currently only mail order.
- ▶ A dedicated phone number just for Fund participants (551)256-8418 is provided in order to streamline the appointment process.
- ▶ Walk-in services are available on a first-come, first-serve basis.
- ▶ Coordinated care is available.

Alliance Community Health Center is conveniently located at the Local 429 building at 1055 Spring Street, Wyomissing PA 19610. Hours of operation are currently Monday's and Wednesday's from 9am to 3pm.

For more information, please contact Alliance Community Health Center at (551)256-8418 or visit their website, <http://www.alliancecommunityhealth.org/>.



Visit our website at www.centralpateamsters.com for important changes throughout the year.

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

ADDRESS SERVICE REQUESTED

**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
Bryan A. Swaim
Employer Trustee
Howard W. Rhinier
Union Trustee
Kenneth A. Ross
Employer Trustee
Daniel W. Schmidt
Employer Trustee
Charles Shafer
Union Trustee
Kevin E. Moyer
Union Trustee
Joseph J. Samolewicz
Administrator
Martin L. Cullen
Assistant Administrator

Professional Advisors:

Beyer-Barber
*Health & Welfare Fund Actuary
& Consultant*
CBIZ Retirement Plan Services
Pension Fund Actuary & Consultant
Morgan Lewis
Legal Co-Counsel
Novak Francella, LLC
Certified Public Accountants
Mercer
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**
Causeway Capital Management, LLC
Northern Trust Investments, Inc.
SEI Investments

Walter Scott & Partners, Ltd.
William Blair & Company, LLC

**Investment Managers for the
Central Pennsylvania
Teamsters Pension Fund**

AJO, LP
Ashmore Group, LLC
Causeway Capital Management, LLC
Loomis, Sayles & Company
LSV Asset Management
Northern Trust Investments, Inc.
PGIM Real Estate
Principal Financial Group
Segall Bryant & Hamill
Tortoise Capital Advisors, LLC
Walter Scott & Partners, Ltd.
Westfield Capital Management
Company, LLC
William Blair & Company, LLC

**IMPORTANT INFORMATION
FROM THE FUND OFFICE**

Fund Office Contact Information

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

Telephone Numbers:

Health & Welfare

(610) 320-5500

Toll free in PA 1-800-422-8330

Nationwide 1-800-331-0420

Pension

(610) 320-5505

Toll free in PA 1-800-343-0136

Nationwide 1-800-331-0420

REMINDER

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

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

Visit Our Website at: www.CentralPATeamsters.com