

GUARDIAN

Reading, Pennsylvania

HEALTH AND WELFARE/PENSION GUARDIAN NEWSLETTER



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

Our Union,
Our Label Here!

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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 JULY 1, 2020.

PLEASE SEE PAGES 3-4 FOR IMPORTANT INFORMATION ABOUT COVID-19

PLEASE CHECK WWW.CENTRALPATEAMSTERS.COM FOR IMPORTANT UPDATES ON OFFICE HOURS AND OTHER IMPORTANT ANNOUNCEMENTS DURING THIS TIME.

THE FUND OFFICE WILL BE CLOSED UNTIL FURTHER NOTICE TO IN-PERSON VISITS.

Out of necessity, we have shifted all member service interactions to be supported remotely by Phone or email. Any documents can be dropped off and placed in an envelope in the building's front door mail slot. They are picked up regularly. They will NOT be accepted at any other location at the Fund Office. You may contact the Fund office by phone between 9:00 a.m. to 3:00 p.m., Monday through Friday by calling 610-320-5500 and selecting the department that you are trying to reach when prompted.

- For the Health & Welfare department, Press 1
- For the Pension department, Press 2
- For the Cash Receipts department, Press 3
- For the Precertification department, Press 4
- For Prescriptions, Press 5
- For Coordination of Benefits, Press 6

You can also reach us by email through our contact section located on our website. Due to the Fund office being closed, there are a limited amount of staff who are working remotely to support member service needs. Please be patient with us as we know this will cause longer than normal phone wait times. The Funds will continue to maintain essential business operations while the office is closed.

Alliance Healthcare Clinic located at Local 429 will remain closed until further notice.

To all participants of the Central Pennsylvania Teamsters Health and Welfare Fund, you have Teladoc available to you for a \$0 copay. Teladoc is recommended by the CDC and other Governmental authorities during the COVID-19 Pandemic. Please refer to Page 4 of this newsletter for more information.

Please continue to check our website for any updates throughout this time.

www.centralpateamsters.com

Heart Health

Tips to keep you healthy for years to come

We all know that change takes time. However, there are some easy things you can do to be a healthier you! By incorporating healthy habits into your daily routine, you can add to the quality of your life. And that's something to celebrate! Your heart health is important so following the healthy habits below can help if you have any of the following conditions: Coronary Artery Disease (CAD), Congestive Heart Failure (CHF), Hypertension, High Cholesterol.

Healthy Heart Habit #1: Understanding cholesterol

It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy.

There are two types of cholesterol: "good" and "bad." Too much of one type — or not enough of another — can put you at risk for coronary heart disease, heart attack or stroke. Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat. Cholesterol is only found in animal products.

A cholesterol screening measures your level of HDL and LDL. HDL is the "good" cholesterol which helps keep the LDL (bad) cholesterol from getting lodged into your artery walls. A healthy level of HDL may also protect against heart attack and stroke, while low levels of HDL (less than 40 mg/dL for men and less than 50 mg/dL for women) have been shown to increase the risk of heart disease.

Healthy Heart Habit #2: Find time to exercise

Experts recommend 30 minutes per day of moderate physical activity at least five days per week. An easy way to incorporate daily exercise into your life is to take a walk. While that is a good form of exercise, simply increasing your movement while doing normal, daily tasks is beneficial as well.

Boosting your fitness can have a direct effect on your quality of life. Fitness improves your overall health and reduces your risk for disease. Physical activity is the key to building overall fitness. It helps you:



- Maintain a healthy weight.
- Have more energy.
- Reduce stress.
- Improve sleep habits.
- Tone your muscles.

Healthy Habit #3: Add fish and omega-3 fatty acids to your menu

Fish are a good source of protein, low in saturated ("bad") fat and high in omega-3 fatty acids, or "good" fat. Omega-3s have been shown to reduce the risk of heart disease. Fish such as mackerel, lake trout, herring, sardines, albacore tuna and salmon are good sources of omega-3 fatty acids. Other foods such as tofu and soy products, canola oil, walnuts and flax seed are also excellent sources of omega-3s.

Healthy Habit #4: Eat fruits and veggies

The ADA recommends at least five servings a day, and new research by the Centers for Disease Control (CDC) shows that even more may be better, indicating that as many as 7–13 servings a day of fruit and vegetables can aid in optimal health. Fruits and vegetables help to reduce the risk of some cancers, improve memory, promote heart health, and enhance the immune system.

If you have a chronic condition we can help you manage your heart health

Members enrolled in a company sponsored medical plan and have one or more of the conditions listed above are eligible for the Meritain Health Nurse Health Coaching Program. Call 1.888.610.0089 to enroll or learn more.



Coronavirus Disease 2019 (COVID-19)

How to Protect Yourself & Others

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. More information on Are you at higher risk for serious illness? <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



Everyone Should

Wash your hands often



- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants will work.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues in the trash.**
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Avoid close contact



- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others



- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



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

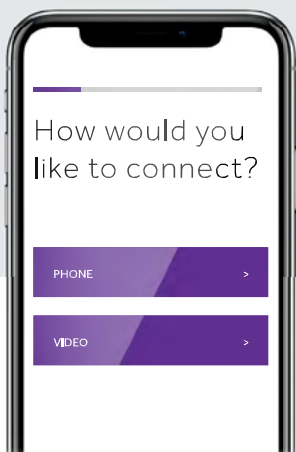
Use your device to request a visit and a Teladoc doctor will contact you at the requested time.

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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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 month 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 VIBRYD WELLBUTRIN ZOLOFT
ANTI-GLAUCOMA EYE PREPARATIONS	APRACLONIDINE 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	ADHANSIA XR CONCERTA COTEMPLA XR 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 RELPAK REYVOW SUMAVEL

		TOSYMRA TREXIMET UBRELVY ZEMBRACE SYMTOUCH 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 NAYZILAM NEURONTIN ONFI OXTELLAR PEGANONE PHENYTEK QUDEXY SYMPAZAN TEGRETOL TOPAMAX TRILEPTAL TROKENDI VALTOCO 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: July 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
Hysingla ER
Oxycontin

Misc

Depen

ANTI-ADDICTIVE AGENTS

Suboxone
Zubsolv

ANTI-INFECTIVES

Amebacides

Alinia

Hepatitis Agents

Epclusa
Epivir HBV Solution
Harvoni
Mavyret
Pegasys
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-hyperlipidemics

Praluent
Repatha
Vascepa

Beta Blockers & Combinations

Bystolic

Pulmonary Hypertension Agents

Adempas
Opsumit
Tracleer

Miscellaneous Anti-hypertensives

Tekturina 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

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

DDAVP 10 mcg/0.1 mg sol
Forteo
Glucagen Kit
Glucagon Kit
Increlex
Proglycem Susp
Samsca Tabs
Synarel Nasal Spray

PREFERRED BRAND NAME DRUG LIST

EFFECTIVE DATE: July 1, 2020

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GASTROINTESTINAL AGENTS

Anti-ulcer

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

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
with Iron 0.25
Quflora Tabs Chewable
Tri-Vi-Flor Drops

OB/GYN

Estrogenics

Climara Pro Patch
Duavee
Menest
Premarin
Premarin vaginal cream
Premphase
Prempo

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 Complete Petite
OB Complete Caplets
OB Complete Premier
OB Complete with DHA
Obstetrix EC

O-Cal Prenatal Tabs
O-Cal FA Tabs
Prena1 Tabs Chewable
Prena1 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
Xidra

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.

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 2020 of your rights under this important federal law.

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

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

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

HIPAA Privacy Rule Notice

In accordance with the Privacy Rule of the Health Insurance Portability and Accountability Act (HIPAA), the Central Pennsylvania Teamsters Health and Welfare Fund has adopted and implemented policies and procedures that protect your private health information. These policies and procedures were described in a Notice originally distributed to you in April 2003 and updated in 2013. If you would like a copy of this Notice, you can find it on our website at www.CentralPATeamsters.com. 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 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، اناج، ةيوعلل اءءءاسءل اءاءء ةيبرءلا ءءءء ءءء اءا ءيبنء.

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.

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. All new Retirees are required to have their checks directly deposited.

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

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

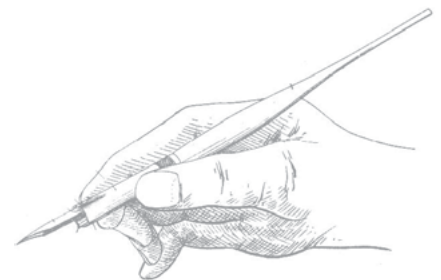


If you are a family member of a Participant and he/she passes away, please make sure to contact the Pension department.

If your bank is purchased and changes names, account numbers or routing numbers please contact the Pension Department to complete a new Direct Deposit form, or visit our website.

Pension Annual Statements were mailed on April 20, 2020. If you would like to change your Beneficiary information please refer to the website for a new Beneficiary form.

If you made an appointment with the Pension Department for assistance filling out your Pension Application and decide you no longer need the appointment or have to cancel for any reason, please make sure that you contact the Pension Department to cancel the appointment.



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 Active Plan Document 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



Please remember to check your mail for letters the Fund may have sent requesting additional information that is needed to process your claims.

Effective 4/1/2020, the Health and Welfare Fund will no longer allow participants to pick up their disability check at the Fund office located at 1055 Spring Street Wyomissing, PA 19610. Please make sure the Fund office has your correct address on file.



Retirees Approved for Pensions November 2019 through February 2020

Name	Local	Employer	Name	Local	Employer
November 2019			December 2019		
BECK, DOUGLAS K	429	JOHN PFROMMER INC	ALDINGER, TODD	776	ROADWAY EXPRESS INC
BELLES, DAVID	229	TOPPS CHEWING GUM INC	ALVAREZ, ALEXANDER	429	QUAKER MAID KITCHENS
BOLDING, STEVEN A	776	FLEMING COMPANIES INC	APPEGATE, MARK E	429	BOYERTOWN AUTO BODY WORKS INC
BURT, DONALD X	776	ARKANSAS BEST FREIGHT SYS INC	BABIO, ARDELL B	773	ONE SOURCE
BYLER, DONALD	776	YRC FREIGHT	BASEHORE, BRAD E	776	ROADWAY EXPRESS INC
COVER JR, WILLIAM R	771	YELLOW FREIGHT SYSTEM INC	BECK, HARRY	229	ROADWAY EXPRESS INC
CZARNECKI, ANTHONY J	401	ARAMARK UNIFORM SERVICES INC	BENFER JR, HAROLD	764	UNITED PARCEL SERVICE INC
DOTTERRER, DAVID C	429	STROEHMANN BAKERIES	BOOTH, PAULA	229	HARPER COLLINS PUBLISHERS INC
EVANS, LARRY G	229	TOPPS CHEWING GUM INC	BOSSLER, MILES S	429	EXETER TOWNSHIP BD OF SUPV
EVONITS, LORI R	229	HARPER COLLINS PUBLISHERS INC	BRENNER, KEVIN L	776	CONSOLIDATED FREIGHTWAYS
FIEGL, JOHN	776	UNITED PARCEL SERVICE INC	CASTERLINE JR, RICHARD	771	YRC FREIGHT
FLICK, JEFFREY	776	YRC FREIGHT	CITRO, NICHOLAS	776	MOTOR FREIGHT EXPRESS INC
FRANKOW, ANDREW	776	ARKANSAS BEST FREIGHT SYS INC	DAVIS, MICHAEL R	429	LEHIGH VALLEY DAIRIES INC
GALLAGHER, WILLIAM J	229	NEW PENN MOTOR EXPRESS INC	DECK, KENNETH LEE	429	ROADWAY EXPRESS INC
GANS, EDEANA	429	LENTZ MILLING CO LLC	DLUZESKI, JACQUELINE A	776	YRC FREIGHT
GAUKER, GLENN A	776	ARKANSAS BEST FREIGHT SYS INC	DONOVAN, DONALD	776	ARKANSAS BEST FREIGHT SYS INC
GIFFORD, MARK	229	PEPSI COLA BOTTLING	FISHER, WILLIAM	776	UNITED PARCEL SERVICE INC
GILLIS, MICHAEL	401	ACME MARKETS INC	FISK, MARY JO	401	ARAMARK UNIFORM SERVICES INC
GROUP, RICKY E	776	ADAM WHOLESALERS INC	FOLK, JEFFREY P	773	ARAMARK SERVICES
HENNION, STEWART G	773	ARKANSAS BEST FREIGHT SYS INC	FREGIA, WOODY V	776	YRC FREIGHT
HORNBERGER, CHARLES	773	PENSKE LEASING	GLADFELTER III, ALBERT	776	UNITED PARCEL SERVICE INC
HURST, MITCHEAL R	771	YRC FREIGHT	GOSHERT, JAMES L	429	ASSOCIATED WHOLESALERS INC
HUSS, DONALD L	776	ARKANSAS BEST FREIGHT SYS INC	GROOME, THOMAS	776	UNITED PARCEL SERVICE INC
HYSER, DAVID E	776	MAIERS BAKERY	HAMMAN, MICHAEL G	776	ARKANSAS BEST FREIGHT SYS INC
KELLY, ROBERT A	429	PLYMOUTH ROCK TRANSPRTATN CORP	HOPPLE, ERVIN J	776	FLEMING COMPANIES INC
KLINE, ROBERT M	776	ARKANSAS BEST FREIGHT SYS INC	HORST, PAUL N	429	NEW PENN MOTOR EXPRESS INC
KOEHLER, MICHAEL	773	UNITED PARCEL SERVICE INC	HOUCK JR, KENNETH	429	SAVOR STREET FOODS INC
KOVALCHIK, EDWARD J	773	UNITED PARCEL SERVICE INC	KEISER, GLENN	773	EASTERN INDUSTRIES INC DIV OF
LEANCH, KENNETH G	773	ARAMARK SERVICES	KERSTETTER, HEIDI	776	UNITED PARCEL SERVICE INC
LONG, VALERIE ANN	429	LENTZ MILLING CO LLC	KRAFT, LAWRENCE R	776	PRESTON TRUCKING CO INC
LORAH, KIM H	429	ARKEMA INC	KRICHTEN, THOMAS E	776	MOTOR FREIGHT EXPRESS INC
MAKOWSKI, PATRICIA ANN	229	HARPER COLLINS PUBLISHERS INC	LEHR, DOUGLAS A	776	PRESTON TRUCKING CO INC
MANGUS, RONALD J	776	ARKANSAS BEST FREIGHT SYS INC	LOOPE, DANIEL	776	UNITED PARCEL SERVICE INC
MANN JR, JAMES J	429	BOYERTOWN AUTO BODY WORKS INC	MCCULLOUGH, WENDY	771	UNITED PARCEL SERVICE INC
MARKOWITZ, VICTOR P	773	ABBOTTS DAIRIES DIVISION OF	MERRICK, PATRICK	229	CRYSTAL SODA WATER CO
MARTIN, WAYNE FRANKLIN	776	SHANAHANS EXPRESS	MESSNER, TORY	776	UNITED PARCEL SERVICE INC
MCCORMICK, RONALD	776	YRC FREIGHT	MUSSELMAN, CAROL A	429	ASSOCIATED WHOLESALERS INC
MCKOWN, JAMES	776	YRC FREIGHT	NEY, KENNETH DAVID	776	ARKANSAS BEST FREIGHT SYS INC
MELCHER, GREGORY C	429	CENTRAL DOOR & PLYWOOD CO	NORTH, LESTER E	776	ROADWAY EXPRESS INC
MELLOTT, TODD B	776	NEW PENN MOTOR EXPRESS INC	OLSAKOVSKY, NICHOLAS J	776	YRC FREIGHT
MILLER, C KENNETH	771	YELLOW FREIGHT SYSTEM INC	PEIFFER JR, HARRY E	429	ASSOCIATED WHOLESALERS INC
MURAWSKI, RAYMOND	229	AFFILIATED FOOD DISTR INC	PIERICH, LOWRY	776	UNITED PARCEL SERVICE INC
MURPHY, MICHAEL	773	UNITED PARCEL SERVICE INC	PORTER, KRISTIN	773	UNITED PARCEL SERVICE INC
MYERS, LARRY D	776	PRESTON TRUCKING CO INC	RAPP, MICHAEL J	429	UNITED PARCEL SERVICE INC
NOSIA, RICKY J	429	MCLEAN TRUCKING CO DOCK	RIVERA MATOS, FERDINAND	429	POWER PACKAGING
PETERS, DAVID R	429	JONES MOTOR CO INC	RUPPERT, DANIEL J	776	FLEMING COMPANIES INC
PRIBISH, EDWARD W	429	EXETER TOWNSHIP BD OF SUPV	SANTANIELLO III, MICHAEL	776	UNITED PARCEL SERVICE INC
REDSVILLE, ROBERT F	776	HESS TRUCKING COMPANY	SCHELL, ROSS E	776	ARKANSAS BEST FREIGHT SYS INC
RORAPPAUGH, SALLY	776	NEW PENN MOTOR EXPRESS INC	SCHEURER, BRIAN	773	LEVEL LINE PENN-EAST
ROTHENBERGER, BRIAN K	429	BERKS PRODUCTS CORP	SHEAFFER, DAVID	776	UNITED PARCEL SERVICE INC
RUSSELL, GEORGE M	776	CONSOLIDATED FREIGHTWAYS	SKIERSKI, STEPHEN T	229	DICKSON CITY BOTTLING WKS
SAMSEL, DAVID T	773	OROGRAIN BAKERIES SALES	SOCHOVKA, ALBERT I	229	A-P-A TRANSPORT CORPORATION
SCHAEFFER, RANDY I	429	VICTUS LTD	SULLIVAN, RITA	429	PA HAULAGE-A DIV OF TRANSRVCE
SCHWARZ JR, ANTON	776	USF HOLLAND INC	SWOPE, ALLEN R	776	YRC FREIGHT
SEIBERT, RICHARD	776	UNITED PARCEL SERVICE INC	TANKALAVAGE, ARTHUR G	429	CARL R BIBER INC
SHIELDS, JOSEPH J	229	HARPER COLLINS PUBLISHERS INC	TUCKER, DONNA M	229	C&S WHOLESALE GROCERS
SICKLE, FRANCIS J	771	YRC FREIGHT	TURANO, JOSEPH	771	YRC FREIGHT
SIGNORE, SETH	776	UNITED PARCEL SERVICE INC	WOTRING, RUSSELL E	773	FRANK CASILIO & SONS INC
SMITH, GREG	776	UNITED PARCEL SERVICE INC	YANTORN, DEBORAH	229	C&S WHOLESALE GROCERS
STEIN, HERBERT L	773	EASTERN INDUSTRIES INC DIV OF	ZELLER, RAMON	429	UNITED PARCEL SERVICE INC
STOUDT, DALE R	429	ASSOCIATED WHOLESALERS INC			
SULLIVAN, MARK	429	LEHIGH VALLEY DAIRIES INC	January 2020		
SWOPE, BRIAN M	776	ARKANSAS BEST FREIGHT SYS INC	ARMSTRONG, DENNIS R	229	CONSOLIDATED FREIGHTWAYS
VAN PELT, JAY A	776	BOARD OF COMMISSIONERS	ASHE JR, CHARLES E	776	QUALITY CARRIERS
WALKER, NATHAN	429	DIETRICH'S MILK PRODUCTS	AYALA, NILDA	773	ABM INDUSTRIES
WALTERMYER, JEFFREY E	776	FLEMING COMPANIES INC	BARINGER, GARY D	429	SWANN OIL INC
WEAVER, YOHANN	776	YRC FREIGHT	BECK JR, WILLIAM R	776	YORK CONCRETE SEPTIC TANKS CO
WILLIAMS, CAROL A	229	SUPER MARKET SERVICE CORP	BEWLEY, ALVIN	429	GROCERY HAULERS INC
WILSON, WILLIAM	776	HIGHWAY FILM DELIVERY INC	BROWN, EARL T	429	POWER PACKAGING
WITMER, JEFFREY	771	UNITED PARCEL SERVICE INC	BURGER, HARVEY L	776	CONSOLIDATED FREIGHTWAYS
WITTEN, RICHARD N	776	BOARD OF COMMISSIONERS	BURKINS, WILLIAM A	776	SHANAHANS EXPRESS
WOLFE, BRADLEY L	401	ACME MARKETS INC	CARROLL, BRET	776	FLEMING COMPANIES INC
WOLZANSKI, FRANK	776	UNITED PARCEL SERVICE INC	CHRISTMAN, ROY H	429	BRENNTAG NORTHEAST LLC
WOOLEVER, DEBRA	764	VALLEY FARMS TRANSPORT INC	CLARK, TIM	764	YRC FREIGHT
YACHERA, ROBERT S	429	LUDENS INCORPORATED	CLEAVER, JAMES E	776	YRC FREIGHT
YENTZER, WILLIAM K	776	DRIVERS INC	DELGROSSO, ANTHONY M	773	MACINTOSH LINEN & UNIFORM

Name	Local	Employer
DIANGELO JR, RONALD	776	UNITED PARCEL SERVICE INC
DOBBS, DAVID	776	ANDERSON LOGISTICS
DOVE, GARY	776	YRC FREIGHT
FERGUSON, KEVIN	229	UNITED PARCEL SERVICE INC
FISHER, SCOTT R	776	CAROLINA FREIGHT CARRIERS CORP
GRANDLE JR, THOMAS B	771	PENNSY SUPPLY INC
HANNAHOE, STEVEN	429	UNITED PARCEL SERVICE INC
HAYES, WESTLEY	776	ROADWAY EXPRESS INC
HERMAN, WILLIAM E	229	CRYSTAL SODA WATER CO
HERNANDEZ, FRANCISCO	429	BRENNTAG NORTHEAST LLC
HESS, FREDERICK L	771	PENNSY SUPPLY INC
HILE, FRANCISCO	776	UNITED PARCEL SERVICE INC
HILLER, WILSON E	401	WISE FOODS
HUMPHREY, DOUGLAS W	776	ARKANSAS BEST FREIGHT SYS INC
JABCO, GARRY N	764	ARROW CONCRETE
JUNKER, THOMAS	776	USF HOLLAND INC
KEEFER, DAVID	776	BROCKER REBAR CO INC
KEEFER, JAMES O	429	WEINER IRON & METAL CORP
KORDA, LESLIE	401	ACME MARKETS INC
LACORTE, PAUL R	229	ROADWAY EXPRESS INC
LAMBERT JR, JOHN	771	YRC FREIGHT
LAUCHLE, CURTIS	764	YRC FREIGHT
LAWSON, BARRY	776	UNITED PARCEL SERVICE INC
LEEDOM, RICHARD F	429	NEW PENN MOTOR EXPRESS INC
LEHMAN, CLAUDIA	776	UNITED PARCEL SERVICE INC
LEITZEL, DALE M	771	ARAMARK UNIFORM SERVICES INC
LESCHINSKY, HELEN E	229	TOPPS CHEWING GUM INC
MARQUITZ, MARJORIE J	229	TOPPS CHEWING GUM INC
MASON JR, RAYMOND D	401	WISE FOODS
MCCOLLUM JR, ROSS	764	YRC FREIGHT
MOYER, BRIAN A	429	BERKS PRODUCTS CORP
MULLIGAN, WAYNE T	401	WISE FOODS
NOVAJOSKY, FRANCIS J	401	GLEN SUMMIT SPRINGS WATER CO
O'HARE, MICHAEL D	773	ASHLAND CHEMICAL COMPANY
PAGUE, JOHN W	776	NEW PENN MOTOR EXPRESS INC
PICARELLI, STEVEN	776	YRC FREIGHT
PLANAS, JOSE ANTONIO	773	UNITED PARCEL SERVICE INC
POTTS, JEFFREY L	776	YELLOW FREIGHT SYSTEM INC
RANDALL, AUSTIN	776	UNITED PARCEL SERVICE INC
RHOADES, SCOTT A	776	PACIFIC RAIL SERVICE
ROSADO BERRIOS, ARNALDO	429	POWER PACKAGING INC
SAROSCEK, EDWARD C	401	ARKANSAS BEST FREIGHT SYS INC
SEAMAN, CHARLES	429	BRENNTAG NORTHEAST LLC
SHEFFER, CATHERINE J	776	ASSOCIATED WHOLESALERS INC
SICHER, TERRY L	773	MARY MACINTOSH OF PA INC
SMITH, HAROLD	429	UNITED PARCEL SERVICE INC
SMITH, KENNETH W	401	WISE FOODS
SOBJAK, KEVIN C	429	ARAMARK UNIFORM & CAREER APPAR
TREESE, JOHN M	764	ROADWAY EXPRESS INC
TREIBLEY, ALLEN	764	AIRGAS EAST
TROLIO, JOHN	401	UNITED PARCEL SERVICE INC
ULRICH, DENNIS	771	YRC FREIGHT
UMBRELL, JAY K	776	DRIVERS INC
WALKER, WADE H	773	ST JOHNSBURY TRUCKING CO INC
WALSHAW, JAMES R	764	CENTRAL BUILDERS SUPPLY CO
WALTERMYER, PHILIP R	776	CONSOLIDATED FREIGHTWAYS
WEATHERHOLTZ, RICHARD L	429	VICTUS LTD
WENNER, MARK L	401	WISE FOODS
WERLEY, RALPH W	429	DAIRY FARMERS OF AMERICA INC
WIECHECKI JR, DANIEL	312	INT SCRAP IRON & METAL CO INC
WILHELM III, DAVID E	776	RANGER TRANSPORTATION INC
WIXON SR, LEE D	429	CLOVER FARMS DAIRY
ZAJAC, MITCHELL J	429	J C EHRLICH CO INC
ZYMBLOSKY, RONALD	229	YRC FREIGHT

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ADAMS, KENNETH L	429	CLOVER FARMS DAIRY
ARNDT, RODGER L	771	HERMAN R EWELL INC
ASHE JR, CHARLES EDWARD	776	QUALITY CARRIERS
BAILEY, GLENN R	429	E J BRENNEMAN
BEACH, FREDERICK C	429	BAY-MOR PET FEEDS
BENDER, GARY F	776	HESS TRUCKING COMPANY
BOLTON, SCOTT R	776	CONSOLIDATED FREIGHTWAYS
BOROWIEC, JOSEPH	764	UNITED PARCEL SERVICE INC
BOYKO, CONSTANCE M	773	UNITED PARCEL SERVICE INC
BROWN JR, WILLIAM D	773	EASTERN INDUSTRIES INC
CLOUSER, CHERYL E	776	ASSOCIATED WHOLESALERS INC

Name	Local	Employer
COMUNALE, ANTHONY	229	YRC FREIGHT
CONNORS, PAT D	401	TEAMSTERS LOCAL UNION 401
CONWAY, TOM	401	UNITED PARCEL SERVICE INC
COUDRIET, RICHARD	764	CENTRE CONCRETE COMPANY
DETWEILER, PERRY P	429	BIRDSBORO BOROUGH
DUNHAM, GEORGE A	776	CONSOLIDATED FREIGHTWAYS
DZURKOVICH, MICHAEL A	429	SCHROCK CABINET COMPANY
ECKERD, KEVIN M	771	YELLOW FREIGHT SYSTEM INC
FETROW JR, LEON	776	YRC FREIGHT
FIDLOY, JEFFREY L	429	SCHROCK CABINET COMPANY
FLOYD, MICHAEL	776	RYDER TRUCK RENTAL OF PA INC
FOOSE, TIMOTHY	776	YRC FREIGHT
FRANTZ III, GEORGE J	429	ASSOCIATED WHOLESALERS INC
GANZ, JAMES H	429	ASSOCIATED WHOLESALERS INC
GEIST III, ARTHUR E	229	KEYSTONE COCA-COLA BTLG CO INC
HAFNER, WILLIAM K	773	ARAMARK COFFEE
HAGNER, WILLIAM D	312	MATLACK INC TERMINAL 52
HAMPTON, KEITH W	429	BOYERTOWN AUTO BODY WORKS INC
HARTMAN, CRAIG R	429	MORRIS KREITZ & SONS INC
HARTMAN, CURTIS LEE	429	CLOVER FARMS DAIRY
HAWK, ROGER D	776	YRC FREIGHT
HECKMAN, EDWARD	764	CENTRE CONCRETE COMPANY
HETRICK, ALLEN C	429	PETRO OIL
HORNER, BRUCE S	776	UNITED PARCEL SERVICE INC
JONES, JAY E	776	YRC FREIGHT
KNAUB, MICHAEL H	776	MARKEY TRUCKING INC
KORSHNAK, MICHAEL P	229	TOPPS CHEWING GUM INC
MAUGER, ROBERT E	771	HERMAN R EWELL INC
MCALPINE, HORACE W	429	BRENNTAG NORTHEAST LLC
MILLER, FRANKLIN R	429	ASSOCIATED WHOLESALERS INC
MILLER JR, RONALD R	401	YRC FREIGHT
MOHN, DENNIS L	429	WESTERN BERKS REFUSE AUTHORITY
MONTALVO, NORBERTO	429	BRENNTAG NORTHEAST LLC
MOORE, FREDERICK	771	YRC FREIGHT
NUDD, MICHAEL E	764	SCHNEIDER-VALLEY FARMS INC
PARKER, ROBBIE C	776	ARKANSAS BEST FREIGHT SYS INC
PAVLICK, THOMAS J	429	SCHROCK CABINET COMPANY
PRESLOVICH, MARLENE	764	UNITED PARCEL SERVICE INC
RATHVON JR, JOHN H	771	KUNZLER & COMPANY INC
REICHEL, JAMES	773	EASTERN INDUSTRIES INC DIV OF
REX, BRUCE S	773	UNITED PARCEL SERVICE INC
RICE, SUZANNE	776	UNITED PARCEL SERVICE INC
RITTER, ANGELITA	773	PEOPLE FIRST
ROTH JR, DONALD R	429	MAIERS BAKERY
RUSSELL, RONALD	401	WISE FOODS
SHEATLER, WAYNE	401	WISE FOODS
SMITH, THOMAS B	429	J C EHRLICH CO INC
SPRENKLE, DEAN B	776	FLEMING COMPANIES INC
STAMBAUGH, RONALD	776	UNITED PARCEL SERVICE INC
STAVITZSKI, EUGENE M	401	ACME MARKETS INC
STELLAR, MICHAEL	771	YRC FREIGHT
STIRRUP, WILLIE RAY S	771	HERMAN R EWELL INC
THOMASON JR, KENNETH L	429	GOODMAN VENDING SERVICE
TROUT, CRAIG L	771	A-P-A TRANSPORT CORPORATION
UMBENHAUR, PAUL M	429	TEAMSTERS LOCAL UNION 429
VAIL, JAMES E	429	LENTZ MILLING CO LLC
VOGELSONG, CRAIG A	776	ARKANSAS BEST FREIGHT SYS INC
WAGNER, ROBERT	773	INTERNATIONAL DISTR CENTER INC
WOLFE, PHILLIP J	429	ARAMARK REFRESHMENT SERV.
WOLFENBERGER JR, CHARLES L	776	ROADWAY EXPRESS INC
YINGLING, WALTER H	776	EAGLE SNACKS INC
YOHN, LARRY E	776	ARKANSAS BEST FREIGHT SYS INC
ZELLER, RAMON	429	UNITED PARCEL SERVICE INC
ZIEGLER, FORREST J	773	EASTERN INDUSTRIES INC DIV OF
ZIMMERMAN, CLARKSON	429	LENTZ MILLING CO LLC



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FEBRUARY 2020 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 2 month period ending February 29, 2020. 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	-6.2%

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.



4 tips to spring clean your finances

Here are a few ways to get started spring cleaning your finances:

1. Request a free credit report

You can request a free credit report every 12 months from each of the three major consumer reporting companies (Equifax, Experian and TransUnion).

2. Address debt

First, review your bills and make sure you understand what you owe. Our bill tracker can help you stay on top of your payment due dates.

Second, contact your lender to see if alternative payment options are available. You may be able to change your due date so that a payment is due closer to when you receive your income. Or, you could explore extended repayment options depending on your financial situation.

3. Review your spending

Gain control over your credit card spending by taking a close look at your credit card purchases over the past couple months. If you're looking to cut back, try breaking down necessary expenses vs. wants. Once you see how you're spending, try creating a “rule to live by” to make sure you stay on track. These kinds of simple personal guidelines, such as using cash for smaller purchases, make it easier to stick to your goals over time.

4. Save automatically

After checking your budget, you may see some more opportunities to boost your savings. For example:

- If you have a bank account and direct deposit, you may be able to arrange to automatically deposit some of your paycheck to a savings account every time you're paid, instead of all of it going into a checking account.
- You can check with your employer to see if it's possible to split your paycheck into two accounts. You may also be able to transfer some of the money in your checking account into a savings account.
- You can check with your bank or credit union to see if you can set up automatic transfers.
- You may also be able to use a prepaid card to set aside money for savings.

SOURCE: <https://www.consumerfinance.gov/about-us/blog/its-not-too-late-spring-clean-your-finances/>

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

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

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

Trustees:

William M. Shappell
Chairman & Union Trustee

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

Mark Gladfelter
Employer Trustee

Jim Geise
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 Mgmt., LLC
Northern Trust Investments, Inc.
SEI Investments

Walter Scott & Partners, Ltd.

William Blair & Company, LLC

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

Ashmore Group, LLC

Boyd Watterson Asset Mgmt., LLC

Causeway Capital Mgmt., LLC

Loomis, Sayles & Company

LSV Asset Management

Northern Trust Investments, Inc.

PGIM Real Estate

Principal Financial Group

Segall Bryant & Hamill

Siguler Guff & Company, LP

Tortoise Capital Advisors, LLC

Walter Scott & Partners, Ltd.

Wellington Trust Company, NA

Westfield Capital Mgmt. Co., 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