

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 9-12 WHICH ARE EFFECTIVE JANUARY 1, 2021 AND APRIL 1, 2021.

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

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

THE FUND OFFICE WILL REMAINED CLOSED UNTIL FURTHER NOTICE TO MEMBERS.

Due to the spike in COVID-19 cases and changes to guidelines we will continue to be closed to members. You may contact the Fund office by phone between 8:00 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. Please continue to check out the website for any important changes throughout this time.

**CENTRAL PENNSYLVANIA TEAMSTERS
HEALTH & WELFARE FUND
NOTICE OF NONDISCRIMINATION**

The Central Pennsylvania Teamsters Health & Welfare Fund ("Fund") complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Fund does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Central Pennsylvania Teamsters Health & Welfare Fund:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Joseph J. Samolewicz, Administrator.

If you believe that the Fund has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Joseph J. Samolewicz, Administrator, 1055 Spring Street, Wyomissing, PA 19610-1747, Toll Free in PA: 1-800-422-8330; Toll Free in USA: 1-800-331-0420, email address: jjsamolewicz@CentralPaTeamsters.com. You can file a grievance in person or by mail or email. If you need help filing a grievance, Mr. Samolewicz is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-868-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

1-610-320-5500. لكل رفوتت، ان اجم، ةي وغللا اءءع اسمل اءامءء، ةي برعلا ةغللا ءءءءء تنك اذا ءي بنء.

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.

COVID and winter safety:

Tips for staying safe this winter

As we close the year still in the midst of a pandemic, it's important to approach the winter months with safety in mind. If you've let some of your COVID safety habits slip, now's the time to brush up on how to keep you and your loved ones safe and well.

Stay vigilant with hand hygiene

Excellent hand hygiene continues to be one of the most effective ways to prevent the spread of infection, whether that's COVID-19, the flu or the common cold. The germs that cause these infections can live on surfaces for hours or even days. If someone has a cold or the coronavirus infection and touches a doorknob or a grocery cart, it's possible for germs to transfer to that surface. If you touch that surface and then touch your eyes, nose or mouth without washing your hands, the probability of catching the virus increases. Wash your hands with soap and water or hand sanitizer with at least 60% alcohol multiple times a day. In particular, wash hands before and after visiting public spaces, before eating, after using the restroom and before touching your face.

Besides washing your hands regularly, it's also important to clean high-touch surfaces frequently. This includes doorknobs, counters, tables, light switches, cell phones, keyboards and any other shared spaces. Use soap and water to clean dirt, then follow with a household disinfectant to kill germs on surfaces.

Wear your mask

The most common way that COVID-19 spreads is through respiratory droplets. When people cough, sneeze or even talk, these droplets travel through the air and onto others. This is why, if your coworker has a cold, you can catch their cold even if they don't cough or sneeze on you.

When you wear a cloth covering over your nose and mouth, it reduces the amount of respiratory droplets that can land on other people. That's why it's important to wear a mask whenever you are around people who don't live in your household, especially when social distancing is not possible. If you are unable to wear a mask, consider a face shield that wraps around the sides of your face and below the chin. It's also crucial to practice other COVID-19 precautions, including handwashing and social distancing, even if you're wearing a mask.

Distance yourself

Whenever you are with people who don't live in your household—whether that's strangers, friends or extended family—stay at least six feet apart at all times, even if you're wearing a mask. Experts recommend this social distancing because COVID-19 spreads most easily between people who are in close contact for a prolonged period. Additionally, people can have the infection and experience no symptoms. This means that, even if both you and your friend feel healthy, socializing in close proximity still carries the risk of catching or spreading the virus.

When necessary, don't feel bad about saying no to unsafe social events. If the gathering doesn't adhere to the proper safety protocols, including social distancing and mask-wearing, it's better to stay home.

What makes this year different?

We deal with cold and flu season every winter. In years past, you may have still gone into the office, visited family or boarded a plane with a head cold. What makes this year different?

If you have cold or flu symptoms, there's no way to be 100% sure that it's not COVID-19 unless you get tested. While doctors and researchers are learning more about the virus every day, there is still no proven treatment or available vaccine. Unlike the flu, if you or a loved one does experience coronavirus complications, doctors may not be able to offer an effective treatment.

Additionally, getting the flu and COVID-19 in succession can lead to severe symptoms. In other words, when you're already sick with the flu, it's harder for your body to effectively fight COVID-19 if you become exposed to it. For all these reasons, if you develop cold or flu symptoms this winter, stay home. It's not worth risking your long-term health or the health of your loved ones.

Source: www.adventisthealth.org

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	Generic for up to a 30 day supply	\$150
	Brand Preferred for up to a 90 day supply	\$300

Plan 13Y

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	Generic for up to a 30 day supply	\$150
	Brand Preferred for 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.

Effective March 8, 2016, the following generic drugs are now added to the Step 1 Rheumatoid Arthritis step therapy: high dose ibuprofen and naproxen (requiring a prescription), celecoxib, nabumetone, piroxicam, diclofenac, diflunisal, indomethacin, ketoprofen, etodolac, prednisone, cyclophosphamide, cyclosporine, azathioprine, methotrexate, and xeljanz.

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 VERELAN
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 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	TOVIAZ 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	ADDERALL ADHANSIA XR ADZENYS 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 RELPAX REYVOW SUMAVEL

		TOSYMRA TREXIMET UBELVY 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	APTOM 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

Effective 4/1/2020
rev. 3/3/2020

PREFERRED BRAND NAME DRUG LIST

****PLEASE GIVE TO YOUR PHYSICIAN****

EFFECTIVE DATE: January 1, 2021

VERY IMPORTANT

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

ANALGESICS

Anti-Migraine

Aimovi
Emgality

Opioid Agonist

Xtampza ER

Misc

Depen
Ridaura Caps

ANTI-ADDICTIVE AGENTS

Suboxone
Zubsolv

ANTI-INFECTIVES

Hepatitis Agents

Epclusa
Harvoni
Mavyret
Sovaldi
Vosevi

Miscellaneous Anti-infectives

Emverm

ANTINEOPLASTIC

Trexall

CARDIOVASCULAR

Angiotensin Receptor Blockers & Combinations

Entresto

Anti-adrenergic Agents

Bystolic

Anti-Arrhythmics

Lanoxin Tabs
Norpac CR 100mg,
150mg Caps

Anti-hyperlipidemics

Livalo
Praluent
Repatha

Beta Blockers & Combinations

Bystolic

Diuretics

Carospir 25mg/5ml sus

Nitrates

Nitro-Bid 2% ointment

CNS AGENTS

Attention Deficit Disorder Treatment

Vyvanse

Multiple Sclerosis Agents

Aubagio
Avonex
Gilenya
Plegridy Pen & Syr
Tecfidera

Miscellaneous CNS agents

Nuedexta Caps

DERMATOLOGICALS

Anti-bacterial Agents

Mirvaso

Hemorrhoidal Preparations:

Proctofoam HC

Psoriasis & Eczema Agents:

Eucrisa 2% ointment

EARS, NOSE & THROAT

Nasal Products, Antihistamines

Dymista

Otics

Ciprodex OTIC

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
Jentaduetto
Jentaduetto XR
Tradjenta

GLP-1 Recep. Agonist

Bydureon
Bydureon BCise Autoinj
Byetta
Ozempic
Rybelsus Tab
Trulicity
Victoza

Insulins

Humalog
Humulin
Lantus/Solostar
Levemir/Flextouch
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

Thiazolidinediones

Avandia

Miscellaneous

Baqsimi Spray
Glucagen Kit
Glucagon Kit
Symlinpen

PREFERRED BRAND NAME DRUG LIST

****PLEASE GIVE TO YOUR PHYSICIAN****

EFFECTIVE DATE: January 1, 2021

VERY IMPORTANT

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GASTROINTESTINAL AGENTS

Anti-ulcer

Pylera

Digestants

Creon

Zenpep DR

Gastric Acid Secretion Reducers

Dexilant

Miscellaneous Products,

Gastrointestinal

Apriso

Linzess

Movantik

Symproic Tab

Viberzi Tabs

HEMATOLOGY

Anti-Coagulants,

Direct Factor X

Eliquis

Xarelto

Miscellaneous

Pradaxa

Anti-Platelet

Brilinta

Miscellaneous Agents

Aranesp

Neulasta

Udenyca

Zarxio

IMMUNOSUPPRESSANTS

Dupixent

Enbrel

Humira

Otezla

Skyrizi

Stelara

Trexall

OB/GYN

Estrogenics

Climara Pro Patch

Divigel Packets

Duavee

Estring

Menest 0.3 mg

Premarin

Premarin vaginal cream

Premphase

Prempro

Topical Anti-Infectives

Cleocin Vaginal Ovules

Miscellaneous

Orilissa Tab

OPHTHALMIC AGENTS

Anti-histamines

Pazeo

Anti-infectives

Moxeza

Glaucoma Agents:

Alphagan P 0.1%, 0.15%

Azopt

Combigan

Lumigan

Rhopressa

Rocklatan

Simbrinza

Travatan Z

Xelpros

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

UROLOGICAL AGENTS

Anesthetics

Elmiron

Antispasmodics

Myrbetriq

* Please note, certain drugs contained in this list are subject to Step Therapy. Please refer to the Step Therapy List of drugs on page 5-8 of this newsletter.

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

PREFERRED BRAND NAME DRUG LIST

****PLEASE GIVE TO YOUR PHYSICIAN****

EFFECTIVE DATE: April 1, 2021

VERY IMPORTANT

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ANALGESICS

Anti-Migraine

Aimovi
Emgality

Opioid Agonist

Xtampza ER

Misc

Depen
Ridaura Caps

ANTI-ADDICTIVE AGENTS

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Miscellaneous Anti-infectives

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Bystolic

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Norpac CR 100mg,
150mg Caps

Anti-hyperlipidemics

Livalo
Praluent
Repatha

Beta Blockers & Combinations

Bystolic

Diuretics

Carospir 25mg/5ml sus

Nitrates

Nitro-Bid 2% ointment

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Miscellaneous CNS agents

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Mirvaso

Hemorrhoidal Preparations:

Proctofoam HC

Psoriasis & Eczema Agents:

Eucrisa 2% ointment

EARS, NOSE & THROAT

Nasal Products, Antihistamines

Dymista

Otics

Ciprodex OTIC

ENDOCRINE

Androgens/Estrogens

Androderm Patch

Corticosteroids

Medrol 2mg Tablet

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
Rybelsus Tab
Trulicity
Victoza

Insulins

Humalog
Humulin
Lantus/Solostar
Levemir/Flextouch
Novolin
Novolog
Relion Novolin
Soliqua
Toujeo Solostar
Toujeo Max Solostar
Tresiba Vial, Flextouch

Sodium-Glucose Co Transporter 2 Inhib

Farxiga
Glyxambi
Jardiance
Synjardy
Synjardy XR
Trijardy XR
Xigduo XR

Thiazolidinediones

Avandia

Miscellaneous

Baqsimi Spray
Glucagen Kit
Gvoke
Symlinpen

PREFERRED BRAND NAME DRUG LIST

****PLEASE GIVE TO YOUR PHYSICIAN****

EFFECTIVE DATE: April 1, 2021

VERY IMPORTANT

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

GASTROINTESTINAL AGENTS

Anti-ulcer

Pylera

Digestants

Creon

Zenpep DR

Gastric Acid Secretion Reducers

Dexilant

Miscellaneous Products,

Gastrointestinal

Apriso

Linzess

Movantik

Symproic Tab

Viberzi Tabs

HEMATOLOGY

Anti-Coagulants,

Direct Factor X

Eliquis

Xarelto

Miscellaneous

Pradaxa

Anti-Platelet

Brilinta

Miscellaneous Agents

Aranesp

Neulasta

Retacrit

Udenyca

Zarxio

IMMUNOSUPPRESSANTS

Dupixent

Enbrel

Humira

Otezla

Rinvoq ER

Skyrizi

Stelara

Trexall

OB/GYN

Estrogenics

Climara Pro Patch

Divigel Packets

Duavee

Estring

Menest 0.3 mg

Premarin

Premarin vaginal cream

Premphase

Prempro

Topical Anti-Infectives

Cleocin Vaginal Ovules

Miscellaneous

Orilissa Tab

OPHTHALMIC AGENTS

Anti-histamines

Pazeo

Anti-infectives

Moxeza

Glaucoma Agents:

Alphagan P 0.1%, 0.15%

Azopt

Combigan

Lumigan

Rhopressa

Rocklatan

Simbrinza

Xelpros

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

Xolair

UROLOGICAL AGENTS

Anesthetics

Elmiron

Antispasmodics

Myrbetriq

* Please note, certain drugs contained in this list are subject to Step Therapy. Please refer to the Step Therapy List of drugs on page 8-11 of this newsletter.

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

Know Your Pension Plan

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

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

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

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

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.



Please remember to keep your address with the Pension Fund updated if you have moved or if you have a temporary address at different times throughout the year. With a new year right around the corner, Form 1099-Rs will be mailed out in January 2021 and the Internal Revenue Service recommends that taxpayers notify their employers, the IRS and the USPS if their addresses have changed so there are no delays in receiving your tax documents.



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



Vision Benefits

If you have Vision Benefits through Central PA Teamsters H&W, all members and dependents over the age of 19 will be entitled to 1 pair of eyeglasses and a dispense of contacts, or 2 pairs of eyeglasses (in or out-of-network) within the 24-month period. All Materials must be ordered at the same time.



Get financially ready for 2021 with these helpful tips

BUSINESS NEWS | 1 Dec | CONTRIBUTING WRITER

As the end of the year approaches, many people will be thinking about the changes they want to make in their lives for the coming year. A lot of people make New Year's resolutions, but many people fail to keep up with them because they have not prepared. Many of these resolutions relate to finances, but in order to succeed, you need to ensure you plan ahead.

Many people this year have had a bad time when it comes to finances, so naturally many will be hoping to improve this situation in 2021. The good news is that there are various ways in which you can cut costs and improve your finances in the coming year. Reading through the tips in this article will enable you to gain some inspiration and ideas and will help you to plan ahead so that you can successfully improve your finances.



What You Can Do to Help Your Financial Situation

There are lots of ways in which you can prepare for a better financial situation in 2021, and many things you can do in order to improve your disposable income levels. So, let's take a look at some of the options you can successfully improve your finances.

Make More Money

One of the ways in which you can improve your finances in 2021 is by making more money. Even if you work fulltime, you may find it is difficult to make your money stretch far enough. By making extra cash, you can relieve the financial pressure and improve your financial situation. You do not necessarily have to go out to do a second job, as there are plenty of services you can offer online if you have the skills. For instance, you could offer web design or writing services online, enabling you to make extra cash in your spare time.

Cut Auto Insurance Costs

If you drive, you probably face a range of expenses over month, and one of the highest auto expenses is car insurance. Many people spend a fortune on auto insurance premiums, with some paying way over the odds. So, you should try to reduce the amount you pay for your cover, as this can equate to big savings. Buying car insurance online makes it easy for you to find the best deals and cut the cost of your coverage.

Switch Utility Providers

Another thing people often pay far too much for is their utilities, and this is why it is important to look for better deals. When it comes to gas, electricity, water, and even broadband services, there are often great deals you can sign up to. This can slash your household bills and make a big difference to your financial situation. You can even use switching sites online to make the process faster and easier.

Downsize Your Property

One other thing you can do is to consider downsizing your property if you no longer need to live in a larger home. Many older people whose kids have flown the nest find themselves living in a property that is designed for families rather than singles or couples. So, if this is something you are doing, you could sell up and move to a smaller home. While this may seem like drastic action, it means you will have a home that is easier to maintain, cheaper to heat, quicker to clean, and will leave you with a nice little nest egg in the bank.

Use Software for Budgeting

Often, people find that their financial situation deteriorates because they cannot get a grip on what is going in and coming out of their account. It is easy to lose control when you are oblivious of what is happening with your money, and this is the start of a downward spiral. So, try to take control by using software such as budgeting apps, as this can make it much easier to gain control. Once you have better control of your finances, you will be able to make cutbacks with far greater ease. This will then lead to an improved financial situation.

Stop Unnecessary Subscriptions

A lot of people do not realize that they are still paying fees on subscriptions and services that they no longer need or use. This could be anything from gym memberships to magazine and streaming site subscription. While the monthly fee for some of these services may not be all that high, once you add them all up, it can come to a surprising amount. So, make sure you go through your outgoings to establish exactly what is going out each month. You can then make cutbacks and cancel services or subscriptions that you do not need.

Consider Debt Consolidation

If you have a lot of different debts, a large chunk of your income may go on debt repayments each month. This can make a huge dent in your finances and can leave you struggling to cope. It also means that you are paying high rates of interest on a range of debts as well as dealing with many different creditors. One thing you can do is to consider consolidating your debts into one affordable consolidation loan. This means lower repayments each month and less interest paid overall. It also means you will only have one debt to deal with and one creditor to worry about.

Make 2021 Your Financial Year

In terms of finances, 2020 has been a terrible year for many people. However, you do not have to let 2021 follow the same path. By taking these tips on board and planning ahead, you can help to make 2021 your year when it comes to finances.

By improving your income as well as reducing your outgoings, you can make a big difference when it comes to money. This means you can enjoy a life that is far less stressful, and you won't be worrying about money all of the time. It also means you can benefit from more disposable income with which to improve your life quality.

Source: www.adventisthealth.org

Retirees Approved for Pensions Oct 2020 through Nov 2020

Name	Local	Employer
October 2020		
ACHEY, EUGENE C	773	MATERIALS TRANSPORT SERVICE
BAILOR, MARVIN	776	ARKANSAS BEST FREIGHT SYS INC
BESTRYCKI, ROBERT R	229	C&S WHOLESALE GROCERS
BLOCKUS, THOMAS A	401	NORTHEAST EAGLE DISTRIBUTOR
BREEDY, MICHAEL D	429	WINDSOR SERVICE TRUCKING
BROWN, LEE P	229	C&S WHOLESALE GROCERS
BURKE, KEVIN P	771	YELLOW FREIGHT SYSTEM INC
BURKHOLDER JR, GEORGE A	429	E J BRENNEMAN
CORCORAN, JEFFREY T	771	HAUCK & SONS INC
DEHART, DAVID D	776	ARKANSAS BEST FREIGHT SYS INC
DEITER, THOMAS C	773	PENNA TRUCK LINES INC
DOBOSH, MICHAEL J	401	UNITED PARCEL SERVICE INC
DONNELLY, ROBERT	776	UNITED PARCEL SERVICE INC
FABIAN, JOHN G	776	YRC FREIGHT
FARLEY, JOSEPH W	773	BERKS PRODUCTS CORPORATION
FELTENBERGER, MICHAEL R	429	SCHROCK CABINET COMPANY
FLOREY, DONALD C	773	ROCK HILL TRUCKING CO INC
FRANTZ, WILLIAM L	776	ASSOC TRANSPORTATION SERV INC
GAMEZ, JOSE	429	POWER PACKAGING
GODFREY, LARRY L	776	FLEMING COMPANIES INC
GUEVARA HERNANDEZ BERENICE	429	POWER PACKAGING
HASSELBACH, WILLIAM L	771	YRC FREIGHT
HAUSMAN, TIMOTHY J	773	EASTERN INDUSTRIES INC
HOYES, ROBERT J	429	ASSOCIATED WHOLESALERS INC
KIRKPATRICK, THOMAS F	229	CRYSTAL SODA WATER CO
LEACH, CLIFFORD	776	YRC FREIGHT
LEVAN JR, RONALD M	776	NEW PENN MOTOR EXPRESS INC
MALEHORN, JAY	776	YRC FREIGHT
MCCUNE, BRIAN	776	YRC FREIGHT
MELNICK, LAWRENCE	773	EASTERN INDUSTRIES INC DIV OF
MESSINA, MARTIN DAVID	776	ARKANSAS BEST FREIGHT SYS INC
MILLER, ADA K	776	ASSOCIATED WHOLESALERS INC
MITCHELL, MARY LYNN	229	HARPER COLLINS PUBLISHERS INC
MORRIS, GERALD E	401	WYOMING QUALITY BEVERAGE
O'DONNELL, JOHN PATRICK	773	UNITED PARCEL SERVICE INC
ORWIG SR, DEAN C	776	CONSOLIDATED FREIGHTWAYS
PENTZ JR, THOMAS W	570	MAIERS BAKERY
PETERS JR, EUGENE D	776	NEW PENN MOTOR EXPRESS INC
RADLE, LEONARD E	776	ARKANSAS BEST FREIGHT SYS INC
RAUP, KEITH	776	UNITED PARCEL SERVICE INC
REHRIG, DENNIS A	776	YRC FREIGHT
REINEBERG, DANIEL E	776	PRESTON TRUCKING CO INC
ROMIG, JEFFREY M	773	MYERS MEN INC
SCHWARTZ, MICHAEL	773	UNITED PARCEL SERVICE INC
SEYLER, JEFFREY W	429	GOODMAN VENDING SERVICE
SHOEMAKER, ANN K	773	PEOPLE FIRST
STAMY JR, ABRAM C	429	SAVOR STREET FOODS INC
STEELE, ROBERT W	773	YRC FREIGHT
SUTHERLY, LANE MICHAEL	429	ASSOCIATED WHOLESALERS INC
SWARR, JOHN L	429	NEW PENN MOTOR EXPRESS INC
WALTERS, STANLEY	776	UNITED PARCEL SERVICE INC
WHEELER, KEITH J	229	TRANSPERSONNEL INC
YOUNG, RICHARD A	429	PENSKE TRUCK LEASING CO LP

Name	Local	Employer
November 2020		
YOUNG SR, MICHAEL J	776	YRC FREIGHT
ZETTLEMOYER, DAVID	776	UNITED PARCEL SERVICE INC
ZURAWSKI, GARY F	229	NEW PENN MOTOR EXPRESS INC
ADAMS, JOSEPH	229	ROADWAY EXPRESS INC
BAUGH JR, NORMAN	401	ARKANSAS BEST FREIGHT SYS INC
BEIDLER, MARY J	429	COTT BEVERAGES WYOMISSING INC
BEITLER, JAMES C	776	YRC FREIGHT
BERRYMAN, DOUGLAS	229	UNITED PARCEL SERVICE INC
BOKAN, STEPHEN	773	GENERAL SUPPLY COMPANY
BRIN, MICHAEL J	401	ACME MARKETS INC
BUCKS, STEVE E	429	COTT BEVERAGES WYOMISSING INC
CARRA, JOSEPH	773	UNITED PARCEL SERVICE INC
CERINO, BRIAN E	773	EASTERN INDUSTRIES INC
COHICK, ANTHONY W	764	CENTRE CONCRETE COMPANY
CROUSE, CARLTON C	429	DEAN DAIRY FLUID LLC
DELJANOVAN, JOHN	764	UNITED PARCEL SERVICE INC
DEVOS, GARY RICHARD	999	ARKANSAS BEST FREIGHT SYS INC
DIBUONO, JOYCE	429	SAVOR STREET FOODS INC
DICKSON JR, GEORGE A	229	CONSOLIDATED FREIGHTWAYS
DOMMES, FREDERICK J	229	DEFAZIO EXPRESS INC
DORAN, EDWARD F	429	KAYTEE PRODUCTS INC.
DUKE, TONY	776	YRC FREIGHT
DUM, ALAN	776	YRC FREIGHT
FISHER, STEPHEN J	764	MARY MACINTOSH OF PA INC
FLICKINGER, GARY	776	ARKANSAS BEST FREIGHT SYS INC
FRUSHON, SHARON A	229	C&S WHOLESALE GROCERS
GOODINE, DOUGLAS A	776	ARKANSAS BEST FREIGHT SYS INC
HENDERSON, LARRY	429	LENTZ MILLING CO LLC
HENRY, RICHARD J	429	BERKS PRODUCTS CORP
KYLE, JEFFERY L	776	BROCKER REBAR CO INC
LANIUS, SHEILA	229	TOPPS CHEWING GUM INC
LEONARD, WILLIAM E	776	CAROLINA FREIGHT CARRIERS CORP
LOCKARD JR, SAMUEL R	771	PENNCAST CORPORATION
LYNCH, JAMES	776	UNITED PARCEL SERVICE INC
MALDONADO JR, ANTONIO	776	YORK COUNTY TRANSP AUTHORITY
MEALS, DOUGLAS	776	YRC FREIGHT
MILLER, DAVID H	773	YELLOW FREIGHT SYSTEM INC
MITTEN, DOUGLAS W	776	ANDERSON LOGISTICS
MOYER, KEVIN E	429	TEAMSTERS LOCAL UNION 429
MULL, KIM F	764	NEW PENN MOTOR EXPRESS INC
PAGANO, JOHN C	776	ROADWAY EXPRESS INC
SERSHEN, JOHN	776	ROADWAY EXPRESS INC
SHAIBLE, ROBERT	764	UNITED PARCEL SERVICE INC
SHUELL, TIMOTHY J	776	ARKANSAS BEST FREIGHT SYS INC
SNYDER, ARTHUR D	773	MORRIS BLACK & SONS INC.
SOCASH, KENNETH	229	TOPPS CHEWING GUM INC
SPANGLER, JAMES F	776	WALTER W ZEIGLERS SONS INC
TYNER, CRAIG R	429	THE BACHMAN COMPANY
WARNCKE, MICHAEL P	776	FLEMING COMPANIES INC
WERLEY, STEVEN	429	SUPERVALU INC
WILLIS, GARY	773	UNITED PARCEL SERVICE INC
YOST, JUSTINA M	776	ASSOCIATED WHOLESALERS INC

NOVEMBER 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 11-month period ending November 30, 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	6.1% 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."



The Importance of Prevention

Prevention and proper screenings help you treat potential health problems before they develop or worsen. It's important to have a primary care physician that you can see for regular check-ups or when you get sick. You should have regular check-ups about once every two years or as your doctor advises.

How often should you get screened?

While many preventive tests should be done regularly, you should discuss your screening schedule with your doctor.

Centers for Disease Control and Prevention (CDC) adult preventive care guidelines

- **Blood pressure.** It's important to get tested for high blood pressure annually, or as needed beginning at age 18. High blood pressure is greater than 140/90.
- **Cholesterol.** It's recommended men age 35 and older get checked for high cholesterol levels every five years. High-risk men and women who are 20 and older should also be screened.
- **Colorectal cancer screening.** Beginning at age 50, you should get screened to check for early signs of colon cancer. The CDC recommends getting a sigmoidoscopy every five years (or as needed) or a colonoscopy every ten years (or as needed).
- **Diabetes.** If you're at low risk for diabetes, you should take a blood sugar (glucose) exam every three years. If you're at high risk, then it should be taken annually. If you have symptoms of diabetes, it's important to see a doctor right away.

- **Oral health.** You should brush your teeth twice a day and try to replace your tooth brush every three or four months. It's also important to visit your dentist regularly for cleanings and check-ups.
- **Eye health.** Get an eye exam every one to two years, or as recommended. Regular eye exams are important to your health. This is especially true if you have diabetes, as you're at greater risk for eye complications.

Adults need vaccines, too

Vaccines aren't just for children. They are important for adults to stay healthy. Get a flu shot every year in the fall to prevent influenza. Every 10 years, get a booster of the tetanus, diphtheria, pertussis vaccine. At age 60, get a single dose of the shingles vaccine. Your doctor may have other recommendations for vaccines for you.

If you have been diagnosed with a chronic condition, you can contact a nurse health coach to understand what preventive screenings are most important for you.

If you have a chronic condition and need assistance with preventive care

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.



Creating and logging in to your member account

Davisvision.com gives you quick access to your vision benefits information. Member account information is shared by all covered family dependents. Your member account includes useful tools allowing you to access your member ID card, find an in-network provider or view your list of benefits.



Step 1

From any page on davisvision.com, select "Member log in" from the navigation.

Step 2

If you have already set up your account, enter your username and password. Otherwise, click "Register new account."

Step 3

From the member registration page, the primary policy holder can set up an account with their own username and password and have immediate access to the secure member area of the website.



Need access to benefits on the go? We've got you covered.

Download our mobile app and log in using the same credentials from your member account for quick and easy access to the same great features found online.

Keep Smiling

Delta Dental PPO™



Save with PPO

Visit a dentist in the PPO¹ network to maximize your savings.² These dentists have agreed to reduced fees, and you won't get charged more than your expected share of the bill.³ Find a PPO dentist at deltadentalins.com.

Set up an online account

Get information about your plan, check benefits and eligibility information, find a network dentist and more. Sign up for an online account at deltadentalins.com.

Check in without an ID card

You don't need a Delta Dental ID card when you visit the dentist. Just provide your name, birth date and enrollee ID or Social Security number. If your family members are covered under your plan, they'll need your information. Prefer to have an ID card? Simply log in to your account to view or print your card.

Coordinate dual coverage

If you're covered under two plans, ask your dental office to include information about both plans with your claim — we'll handle the rest.

Understand transition of care

Generally, multi-stage procedures are covered under your current plan only if treatment began after your plan's effective date of coverage.⁴ Log in to your online account to find this date.

Get LASIK and hearing aid discounts

With access to QualSight and Amplifon Hearing Health Care⁵, you can save as much as 50% on LASIK procedures and more than 60% on hearing aids. To take advantage of these discounts, call QualSight at **855-248-2020** and Amplifon at **888-779-1429**.

Save with a PPO dentist



¹ In Texas, Delta Dental Insurance Company provides a dental provider organization (DPO) plan.

² You can still visit any licensed dentist, but your out-of-pocket costs may be higher if you choose a non-PPO dentist. Network dentists are paid contracted fees.

³ You are responsible for any applicable deductibles, coinsurance, amounts over annual or lifetime maximums and charges for non-covered services. Out-of-network dentists may bill the difference between their usual fee and Delta Dental's maximum contract allowance.

⁴ Applies only to procedures covered under your plan. If you began treatment prior to your effective date of coverage, you or your prior carrier is responsible for any costs. Group- and state-specific exceptions may apply. If you are currently undergoing active orthodontic treatment, you may be eligible to continue treatment under Delta Dental PPO. Review your Evidence of Coverage, Summary Plan Description or Group Dental Service Contract for specific details about your plan.

⁵ Vision corrective services and Amplifon's hearing health care services are not insured benefits. Delta Dental makes the vision corrective services program and hearing health care services program available to you to provide access to the preferred pricing for LASIK surgery and for hearing aids and other hearing health services.

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
Investment Performance Services
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
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 8:00 a.m. to 3:00 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