

GUARDIAN

Reading, Pennsylvania

HEALTH AND WELFARE/PENSION GUARDIAN NEWSLETTER



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

our Union,
Label Here

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***IMPORTANT NOTICE***

PLEASE BE SURE TO REVIEW THE UPDATED PREFERRED BRAND NAME DRUGS LIST FOUND ON PAGES 9-10 WHICH IS EFFECTIVE JULY 1, 2021.

EFFECTIVE 4/1/2021, PARTICIPANTS/DEPENDENTS WHO RECEIVE A FLU OR PNEUMONIA VACCINE AT A PARTICIPATING PHARMACY WILL NO LONGER HAVE TO PAY THE COST UPFRONT AND SUBMIT A BILL TO THE FUND AND WAIT FOR PAYMENT. THE PARTICIPATING PHARMACY WILL NOW BE ABLE TO BILL FOR THESE SERVICES DIRECTLY TO THE FUND THROUGH THE GPB PROGRAM.

The Fund Office Lobby will remain closed until further notice to members.

Due to the ongoing spikes in COVID-19 cases and changes to guidelines the Fund Office Lobby 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

Please continue to check
www.CENTRALPATEAMSTERS.com
for updates on office hours and
other important announcements
during this time.

You can also reach us by email through our contact section located on our website. Please continue to check out the website for important changes to this schedule.

DECEMBER 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 12-month period ending December 31, 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	9.8% 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."

**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 ةدعاسملا تامدخ، ةي برعلا ةغللا شدحتت تنك اذا: ةي بننت

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 हंदी 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.

Employer Group Coverage Requirements under USERRA

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

USERRA requires that employees who are called up to active service and who are eligible for their employer's group health coverage be allowed to continue their health coverage for themselves, their spouse and their dependent children. Individuals electing continuation of coverage on or after December 10, 2004 can elect coverage for up to 24 months. Prior to December 10, 2004, eligible individuals could elect coverage for up to 18 months.

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

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

The Women's Health and Cancer Rights Act of 1998

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

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

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

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

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 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 CYMBALTA DRIZALMA EFFEXOR FETZIMA FORFIVO XL KHEDEZLA LEXAPRO PEXEVA PRISTIQ PROZAC SPRAVATO TRINTELLIX VIIBRYD 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 ROCKLATAN RHOPRESSA SIMBRINZA TIMOPTIC TRAVATAN TRUSOPT VYZULTA 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 KAPSPARGO
CALCIUM CHANNEL BLOCKERS (ANTIHYPERTENSIVES)	AMLODIPINE ATORVASTATIN AM- LODIPINE BESYLATE AMLODIPINE VALSARTAN DILT- AZEM FELODIPINE ISRADIPINE NICARDIPINE NIFEDIPINE NISOLDIPINE VERPAMIL & ALL OTHER GENERICS	CADUET CALAN CARDENE CARDIZEM CARTIA XT CONJUPRI EFIDITAB EXFORGE NORVASC PROCARDIA XL SULAR TIADYLT 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 HY- DROCODONE-ACETAMINOPHEN HYDROMORPHONE MEPERIDINE METHADONE MORPHINE SULFATE OXYCODONE OXYCODONE-ACETAMINOPHEN OXYCODONE-ASPIRIN OXYMOR- PHONE TRAMADOL & ALL OTHER GENERICS	APADAZ DEMEROL DSUVIA LAZANDA LORTAB MITIGO NUCYNTA OXYCONTIN PERCOCET PROLATE TYLENOL WITH CODEINE ULTRACET ULTRAM XTAMPZA
OSTEOPOROSIS	ALENDRONATE CALCITONIN-SALMON IBANDRO- NATE RALOXIFENE RISEDRONATE & ALL OTHER GENERICS	ACTONEL ATELVIA BINOSTO BONIVA EVENITY EVISTA FOSAMAX MIACALCIN PROLIA
RHEUMATOID ARTHRITIS	HIGH DOSE IBUPROFEN AND NAPROXEN (PRESCRIPTION STRENGTH)	ACTEMRA CIMZIA ENBREL





Step Therapy

Continued

	CELECOXIB NABUMETONE PIROXICAM DIFLUNISAL INDOMETHACIN KETOPROFEN ETODOLAC PREDNISONE CYCLOPHOSPHAMIDE CYCLOSPORINE AZATHIOPRINE METHOTREXATE XELJANZ & ALL OTHER GENERICS	ENSPRING HUMIRA ILUMYA INAVIX INFLECTRA KEVZARA KINERET OLUMIANT ORENCIA RENFLEXIS RINVOQ SIMPONI SILIQ SKYRIZI STELARA TALTZ
URINARY AGENTS	TOVIAZ FLAVOXATE OXYBUTYNIN TOLTERODINE TROSPIMUM & ALL OTHER GENERICS	GELNIQUE GEMTESA 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 MYDAYIS PROCENTRA QUILLIVANT RELEXXII RITALIN VYVANSE ZENZEDI
ANTI-MIGRAINE	DIHYDROERGOTAMINE ERGOTAMINE-CAFFEINE TABLET NARATRIPTAN RIZATRIPTAN SUMATRIPTAN ZOLMITRIPTAN & ALL OTHER GENERICS	AIMOVIG AJOVY AMERGE BRIVIACT CAFERGOT D.H.E. 45 EMGALITY ERGOMAR FROVA IMITREX MAXALT MIGERGOT MIGRANAL NURTEC ONZETRA RELPAX REYVOW



Step Therapy

Continued

RX NEWS



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

Effective 4.1.2021

ANTI-MIGRAINE (Continued)		SUMAVEL TOSYMRA TREXIMET UBELVY VYEPTI ZEMBRACE SYMTOUCH ZOMI
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 DEPAKOTE DIACOMIT DILANTIN EPIDIOLEX FELBATOL FYCOMPA GABITRIL KEPPRA KLONOPIN LAMICTAL LIPRITIN MYSOLINE NAYZILAM NEURONTIN ONFI OXTELLAR PHENYTEK QUDEXY ROWEEPR SYMPAZAN TEGRETOL TOPAMAX TRILEPTAL TOKENDI VALTOCO VIMPAT XCOPRI 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

PREFERRED BRAND NAME DRUG LIST

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

EFFECTIVE DATE: July 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
Norpace CR 100mg, 150mg Caps

Anti-hyperlipidemics

Livalo
Nexeletol
Nexlizet
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

Miscellaneous CNS agents

Nuedexta Caps

DERMATOLOGICALS

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

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
Glucagon Kit
Symlinpen

PREFERRED BRAND NAME DRUG LIST

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

EFFECTIVE DATE: July 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

Retacrit

Udenyca

Zarxio

IMMUNOSUPPRESSANTS

Dupixent

Enbrel

Humira

Otezla

Rinvoq ER

Skyrizi

Stelara

Trexall

OB/GYN

Estrogenics

Climara Pro Patch

Divigel Packets

Duavee

Evamist

Menest 0.3 mg

Premarin

Premarin vaginal cream

Premphase

Prempro

Topical Anti-Infectives

Cleocin Vaginal Ovules

Miscellaneous

Oriahnn Caps

Orilissa Tab

OPHTHALMIC AGENTS

Anti-infectives

Moxeza

Glaucoma Agents:

Alphagan P 0.1%, 0.15%

Azopt

Combigan

Lumigan

Simbrinza

Xelpros

Miscellaneous

Prolensa

Restasis

Xidra

RESPIRATORY AGENTS

Anti-muscarinic and Combos

Spiriva Handihaler

Spiriva Respimat

BetaAdrenergic & Combos

Anoro Ellipta

Breztri

Combivent

Serevent Diskus

Stiolto Respimat

Striverdi Respimat

Symbicort

Trelegy Ellipta

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 5-8 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 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.

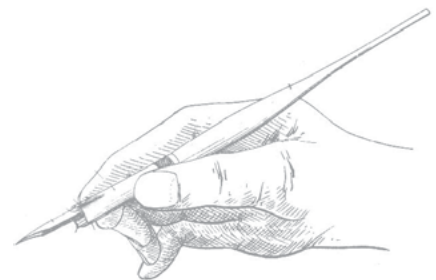
7. **Signatures on Fund Documents** –

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.



Pension notes

Form 1099-R’s for 2020 were mailed out in January 27, 2021. If you did not receive your form, you may obtain a duplicate copy by contacting the Pension Fund Office. Duplicate copies cannot be emailed or faxed.



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



New medical cards have been mailed to all members. If you did not receive a Medical ID card by April 1st, Please contact the Fund Office.

Effective 4/1/2021, participants/dependents who receive a Flu or Pneumonia vaccine at a participating pharmacy will no longer have to pay the cost upfront and submit a bill to the Fund and wait for payment. The participating pharmacy will now be able to bill for these services directly to the Fund through the GPB program.



Step Up Your Health With A Walking Program

Walking is an easy way to get active

Research shows that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce your risk of many health conditions, including coronary heart disease, osteoporosis, breast and colon cancer, and type 2 diabetes.
- Improve your blood pressure and blood sugar levels.
- Lower your risk of obesity.
- Enhance your mental well-being.

Start your walking program in five steps

1. Start your walk with a five-minute warm up and end with a five-minute cool down. Gently stretch after your cool down to reduce your risk of injury.
2. Every time you go for a walk add five minutes to your routine until you reach your desired length of walking time.
3. Once you've built up your walking time, aim for at least 30 minutes of moderate-to-vigorous physical activity, five days a week.
4. You don't have to do it all at once. If you're short on time, break up your physical activity throughout the day. Three 10-minute sessions is the same as one 30-minute session.
5. If you want to lose weight, aim for 60 to 90 minutes of moderate-to-vigorous physical activity each day.



Grab a friend

Exercising with a partner can be much more motivating than walking alone, and it's fun. When starting your walking program, walk with a friend or co-worker, or consider putting together a walking club.

You can find a walking club near you by visiting the American Heart Association's website: www.StartWalkingNow.org.

If you have a chronic condition and need help getting active

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.

Retirees Approved for Pensions December 2020 through February 2021

Name	Local	Employer	Name	Local	Employer
December 2020					
ANGSTADT, DALE R	429	3B SERVICES INC	LEHMAN, BRIAN L	776	FLEMING COMPANIES INC
BACHERT, JAMES C	773	A-P-A TRANSPORT CORPORATION	LEIDIG, MARTIN	776	W & L SALES COMPANY INC
BAILEY, THOMAS O	429	BERKS PRODUCTS CORP	LITTLE, JIMMY W	764	TEAMSTERS LOCAL UNION 764
BLETZ, RANDY	771	YRC FREIGHT	LONG, DAVID WILLIAM	429	SUPERVALU INC
BRANNON, JAMES T	776	TRANSCON LINES	LONG, ROBERT P	773	W S REICHENBACH & SON INC
BROSSMAN, THOMAS E	771	HERMAN R EWELL INC	LONG, STEVEN	771	UNITED PARCEL SERVICE INC
BROUGH, RANDALL L	776	ARKANSAS BEST FREIGHT SYS INC	LUKENS, ROBERT E	776	YRC FREIGHT
BROWN, JEFFREY L	776	CAROLINA FREIGHT CARRIERS CORP	LUTZ, KIM L	229	ROADWAY EXPRESS INC
BURKHART, ROBERT L	429	SINGER EQUIPMENT CO INC	MAXWELL, JACKY M	773	PRESTON TRUCKING CO INC
CASTELLANO, VINCENT	401	WISE FOODS	MENDOZA, CARLOS J	776	ROADWAY EXPRESS INC
DAVIS, WILLIAM	429	SAVOR STREET FOODS INC	MOTTER, DOUGLAS	776	YRC FREIGHT
DEPEW JR, RUSSELL	229	HARPER COLLINS PUBLISHERS INC	MOYER, SUSAN	776	UNITED PARCEL SERVICE INC
EINSIG, ROBERT R	429	SCHROCK CABINET COMPANY	MURRAY, ROBERT M	429	BERKS PRODUCTS CORP
ETTER, DOUGLAS B	776	ADAM WHOLESALERS INC	NOLT, RONALD M	771	JOHN S EWELL INC
FREY, KEITH	776	YRC FREIGHT	NORRIS, PHILIP D	776	FLEMING COMPANIES INC
GARTLAND, DANIEL H	429	3B SERVICES INC	ONEILL, EUGENE	776	ROADWAY EXPRESS INC
GOWER, STEVEN	773	YRC FREIGHT	PAINTER, KEVIN S	429	SCHROCK CABINET COMPANY
GRAY, LEONARD	771	UNITED PARCEL SERVICE INC	POSLOSKEY, FRANCIS J	429	LEHIGH VALLEY DAIRIES INC
GRIMM JR, GARY	776	YRC FREIGHT	REUTHER, MICHAEL JOHN	229	AFFILIATED FOOD DISTR INC
HAAS, DENNIS M	773	EASTERN INDUSTRIES INC DIV OF	SANTIAGO RUIZ, ELIAS	429	LENTZ MILLING CO LLC
HANSELL JR, CHARLES B	776	CAROLINA FREIGHT CARRIERS CORP	SHEETZ, DONALD A	776	WILSBACH DISTRIBUTORS INC
HANULA, EDWARD E	776	USF RED STAR	SINKO, MICHAEL	776	YRC FREIGHT
HARRIS, GREGORY A	776	ARKANSAS BEST FREIGHT SYS INC	SPILECKI JR, ROBERT M	776	YRC FREIGHT
HAUBRICK JR, ROBERT J	771	KENOSHA AUTO TRANSPORT CORP	SPINOLA JR, FREDERICK	229	ROADWAY EXPRESS INC
HOFFMAN, DOUGLAS	771	YRC FREIGHT	STACKHOUSE SR, ROBERT	773	EASTERN INDUSTRIES INC
HUBER, DARRELL	429	UNITED PARCEL SERVICE INC	STEVENS, JOANNE	229	C&S WHOLESALE GROCERS
HUGHES, KAREN	776	UNITED PARCEL SERVICE INC	SWEENEY, PATRICK M	229	CONSOLIDATED FREIGHTWAYS
HURST, PAUL J	401	UNITED PARCEL SERVICE INC	WABRICK, DEWAYNE	776	ARKANSAS BEST FREIGHT SYS INC
JOHNS, STEVE A	429	BRENNTAG NORTHEAST LLC	WATSON, JEFFREY J	773	UNITED PARCEL SERVICE INC
KOWALCHIN, STEPHEN	776	YRC FREIGHT	WEAVER, JOHN L	764	CENTRAL BUILDERS SUPPLY CO
LANE, RICHARD	401	COON INDUSTRIES INC.	WELLER, CAROL M	429	CENTRAL PENNSYLVANIA TEAMSTERS
LOOSE, DAVID	429	COTT BEVERAGES WYOMISSING INC	WHITAKER, GARY	773	EASTERN INDUSTRIES INC DIV OF
LYDON, JAMES	401	YRC FREIGHT	WHITSON, ROBERT C	776	UNITED PARCEL SERVICE INC
LYTER, MARK A	776	ROADWAY EXPRESS INC	WOLGEMUTH, MICHAEL J	771	YELLOW FREIGHT SYSTEM INC
MCKENNA, JOHN	401	YRC FREIGHT	YOURKAVITCH, MARTIN A	429	CARL R BIBER INC
MCKISSICK, THOMAS B	776	ST JOHNSBURY TRUCKING CO INC	February 2021		
MILLER, BRADLEY E	776	ARKANSAS BEST FREIGHT SYS INC	AITA, VINCENT J	229	TOPPS CHEWING GUM INC
MILLER, DORIS E	429	ASSOCIATED WHOLESALERS INC	ALBRIGHT, RICHARD L	771	BEAR DISTRIBUTING CO INC
MILLER JR, THOMAS W	429	GOODMAN VENDING SERVICE	BAYER, CHRISTIAN J	773	J C EHRLICH CO INC
MITCHELL, JOSEPH G	776	ROADWAY EXPRESS INC	BRANCH, PATRICIA A	776	ASSOCIATED WHOLESALERS INC
MURPHY, MARK	229	YRC FREIGHT	CHRISTMAN, LARRY L	429	SUPERVALU INC
NEIDLINGER, KIM	773	UNITED PARCEL SERVICE INC	COPENHAVER, BRYAN C	776	ARKANSAS BEST FREIGHT SYS INC
PIEROG, CHRISTOPHER B	773	EASTERN INDUSTRIES INC	CRISTINO, MARCO	429	NEW PENN MOTOR EXPRESS INC
RINIER, GREGORY	776	YRC FREIGHT	DUDLEY, MICHAEL	776	YRC FREIGHT
ROBERTSON, PAUL E	776	ARKANSAS BEST FREIGHT SYS INC	FETTER, RONALD D	429	COTT BEVERAGES WYOMISSING INC
SANTIAGO JIMENEZ, BENJAMIN	776	EAGLE SNACKS INC	FIES, RANDY L	776	NEW PENN MOTOR EXPRESS INC
SCHEIDT, CRAIG A	429	UNISOURCE READING	FOREMAN JR, HERBERT S	429	COTT BEVERAGES WYOMISSING INC
SHIRK SR, RICHARD E	776	USF HOLLAND INC	GILLOGLY, BRYCE W	771	UNITED PARCEL SERVICE INC
SMITH, KEVIN	776	YRC FREIGHT	GRELLA, ELIZABETH I	229	TOPPS CHEWING GUM INC
SNELBAKER, DAVID	776	UNITED PARCEL SERVICE INC	HERB, RONALD	776	RYDER TRUCK RENTAL OF PA INC
VARNER, DAVID L	776	ARKANSAS BEST FREIGHT SYS INC	HOWE JR, SAMUEL H	771	MILLER & HARTMAN INC
ZEIDERS, SCOTT	776	YRC FREIGHT	KELL, DENNIS E	776	CONSOLIDATED FREIGHTWAYS
January 2021			KLINEFELTER, BRIAN L	776	FLEMING COMPANIES INC
ACKER, KEITH I	229	CONSOLIDATED FREIGHTWAYS	KOWALSKI, WALTER	401	YRC FREIGHT
ALWOOD, RICHARD C	776	KEEBLER COMPANY	KRAMER, SUSAN M	429	CLOVER FARMS DAIRY
ANDERSON, JOYCE	776	HESS TRUCKING COMPANY	KRETZ, DAVID S	429	YEAGER SUPPLY INC
BACKEL, MICHAEL W	776	ST JOHNSBURY TRUCKING CO INC	KUNKEL, NEIL	773	UNITED PARCEL SERVICE INC
BARRY, ROBERT	229	UNITED PARCEL SERVICE INC	LESAGONICZ, JOHN M	429	DAIRY FARMERS OF AMERICA INC
BAUER, THOMAS	776	UNITED PARCEL SERVICE INC	LONGACRE, DAVID G	764	CENTRAL BUILDERS SUPPLY CO
BAYMAN, GREGORY C	771	PENNCAST CORPORATION	MANTLE, MICKEY	764	UNITED PARCEL SERVICE INC
BRAJKOVICH, MICHAEL L	776	ROADWAY EXPRESS INC	MELNYCZENKO, PATRICIA	429	YEAGER SUPPLY INC
BRIESKE, MARK J	429	WINDSOR SERVICE TRUCKING	MEYER, CRAIG	764	WILLIAMSPORT MOVING CO INC
BUZZARD, JEFFREY	771	UNITED PARCEL SERVICE INC	MOGEL, ROBERT N	429	CLOVER FARMS DAIRY
CASH, WILLIAM	776	YRC FREIGHT	MOSHER, DIANNA	229	HARPER COLLINS PUBLISHERS INC
CHOPLIN, ANDREW J	776	ST JOHNSBURY TRUCKING CO INC	MOYER, DARREN G	429	ASSOCIATED WHOLESALERS INC
COLBEY, PRESTON	771	UNITED PARCEL SERVICE INC	MOYER, RICKY J	776	NEW PENN MOTOR EXPRESS INC
COMER III, ALBERT	776	UNITED PARCEL SERVICE INC	OLSON, KENNETH W	229	ROADWAY EXPRESS INC
COMSTOCK, CLYDE L	401	WISE FOODS	OSTROWSKI JR, RAYMOND	429	LEHIGH VALLEY DAIRIES INC
DARKES, BROOK E	429	SUPERVALU INC	OTTO, GREGORY T	429	KANE STEEL CO OF PA
DIENER SR, DANE R	429	APEX EQUIPMENT COMPANY	OVERHOLT, JAMES A	773	MAIERS BAKERY
DIETRICH, STEPHEN C	429	SUPERVALU INC	PELACHICK, DEBORAH	401	USF HOLLAND INC
DOTTERRER, STEVE R	429	PETRO OIL	PORR SR, RANDALL LYLE	776	NEW PENN MOTOR EXPRESS INC
DULEY, MICHAEL F	429	3B SERVICES INC	REAM, RONALD E	776	PRESTON TRUCKING CO INC
DURAIN, JOHN J	776	ANDERSON LOGISTICS	RIFF, ROBERT P	776	NEW PENN MOTOR EXPRESS INC
ERBEL, JOSEPH A	776	ARKANSAS BEST FREIGHT SYS INC	SANCHEZ, JOSEPH	776	UNITED PARCEL SERVICE INC
FILMORE, RYAN E	776	FLEMING COMPANIES INC	SAVAGE, NEVIN B	429	BERKS PRODUCTS CORP
FLOWERS, JEFFREY	429	ASSOCIATED WHOLESALERS INC	SHOUP, KENNETH	401	SCHULTZ'S INC.
FOHRINGER, RANDY	764	UNITED PARCEL SERVICE INC	SMITH, ROBERT J	229	CONSOLIDATED FREIGHTWAYS
FROCK, JESSE	776	YRC FREIGHT	STARR, CRAIG	429	NEW PENN MOTOR EXPRESS INC
GASSERT, RONNIE LEE	429	CARL R BIBER INC	STIEFEL JR, LOUIS P	429	SCHROCK CABINET COMPANY
HAHN, SCOTT D	776	ARKANSAS BEST FREIGHT SYS INC	UNDERWOOD, CURTIS	229	UNITED PARCEL SERVICE INC
HAUG, CLIFFORD R	776	PRESTON TRUCKING CO INC	VANHYNING JR, LEMAR G	776	CONSOLIDATED FREIGHTWAYS
HERBER, DAVID A	771	ROADWAY EXPRESS INC	WATTS, HOWARD A	429	SUPERVALU INC
HOFFMAN JR, RUSSELL E	429	D B DIFENDERFER & BROTHER INC	WAYBRIGHT, GLENN T	771	YELLOW FREIGHT SYSTEM INC
JENNINGS, MARY ANN	776	ASSOCIATED WHOLESALERS INC	WHITTAKER, JOHN S	312	MATLACK INC, TERMINAL 52
KAUFMANN, EDWARD W	776	ARKANSAS BEST FREIGHT SYS INC	WINTERS, ROBERT J	401	USF RED STAR
KITZMILLER, DALE	776	YORK COUNTY TRANSP AUTHORITY	YACKANICZ, KAREN	771	YRC FREIGHT
KLICK, SCOT A	429	ASSOCIATED WHOLESALERS INC	YACKANICZ, KAREN E	771	YRC FREIGHT
KLINE, PAUL HARRY	429	YEAGER SUPPLY INC	ZWEIZIG, DIANE M	429	GOODMAN VENDING SERVICE

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.

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
Daniel W. Schmidt
Secretary & Employer Trustee
Kevin Bolig
Union Trustee
Bryan A. Swaim
Employer Trustee
Howard W. Rhinier
Union Trustee
Kenneth A. Ross
Employer Trustee
Mark Gladfelter
Employer Trustee
Jim Geise
Union Trustee
Joseph J. Samolewicz
Administrator
Martin L. Cullen
Assistant Administrator

Professional Advisors:

Foster & Foster
*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**
Boyd Watterson Asset Mgmt, LLC
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
Corbin Capital Partners, LP
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.
Washington Capital Mgmt.
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