

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 10-11 WHICH IS EFFECTIVE JANUARY 1, 2022.

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

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

Central PA Teamsters Defined Benefit Pension Plan Certified Again in "Green Zone" for 2020.

Under the Pension Protection Act ("PPA"), the Fund's Pension Plan Actuary must annually perform a "status certification" to determine if the Plan is in one of the three problem categories identified by Congress (called Endangered, Seriously Endangered, or Critical).

You may recall the Plan was certified in the "green" or "safe zone" in 2019 because the Plan's PPA funded percentage was 83.67%. For 2020, the Trustees are once again pleased to inform you the Plan is certified in the "green" or "safe zone" and the Plan's PPA funded percentage has increased to 84.86%.

A notice entitled "Annual Funding Notice for the Central Pennsylvania Teamsters Defined Benefit Plan" was mailed to plan participants, plan beneficiaries, and bargaining parties on April 28, 2021. A copy of the Annual Funding Notice is available on the Fund website under Pension Fund-Reports and Notices

SEPTEMBER 2021 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 9-month period ending September 30, 2021. 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 | 9.9% 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>.

لكل رفوتت، أن اجم، ةيوغلللا ةدعاسملا تامدخ، ةيبرعلا ةغللا شحتت تنك اذا: ةيبنت 1-610-320-5500 ءاعدتسا.

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 हिंदी 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)] schwetzsch, 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.



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



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

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

1



Create account

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

2



Request a visit

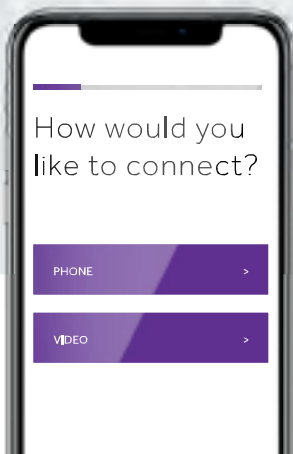
Use your device to request a visit and a Teladoc doctor will contact you at the requested time.

3



Feel better

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



Visit www.centralpateamsters.com for more information.

Download the app and talk to a doctor anytime!

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



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Central Pennsylvania Teamsters Health and Welfare Fund Prescription Benefit Plans

| | | | |
|------------------------------------|-------------------|---|-------|
| Plans 13Y, 14P, R7 and R7/65 | RETAIL * | Generic for up to a 34 day supply | \$5 |
| | | Brand Preferred for up to a 34 day supply | \$15 |
| | | Brand Non-Preferred for up to a 34 day supply | \$30 |
| | MAIL ORDER | Generic for up to a 90 day supply | \$15 |
| | | Brand Preferred for up to a 90 day supply | \$30 |
| | | Brand Non-Preferred for up to a 90 day supply | \$60 |
| | SPECIALTY | Retail up to a 30 day supply | \$150 |
| | | Mail Order up to a 90 day supply | \$300 |

| | | | | | |
|--------------------|-------------------|---|-----------------|------------------|------------------|
| 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.

* NOTE: CVS and Walgreen are not a participating pharmacy.



Healthy Aging

5 eye health conditions to look out for as you age

As we reach our 40s and 50s, we face an increased risk for new vision challenges. Fortunately, most age-related vision issues are preventable and treatable if you take simple steps to protect your eyes.

1—Age-related macular degeneration (AMD)

AMD impacts the macula, a spot at the center of the retina. The retina itself is a layer of tissue in the back of your eye that is made up of light-sensitive cells. With the retina's help, you can see light. Those with age-related macular degeneration lose the central part of their vision and may also find that straight lines seem curved and colors seem darker.

2—Cataracts

Cataracts are a cloudiness that develops on the lens of the eye. Just like a camera lens, your eye lens helps you focus light to see better. The lens doesn't work well when cloudy, so the result is a world that appears out of focus.

3—Diabetic retinopathy

The leading cause of blindness among middle-aged (30s–50s) adults is diabetic retinopathy. Diabetes causes blood vessels to swell and leak. New, abnormal blood vessels form on the retina. Over time, the retina will lose its ability to process light signals.

4—Glaucoma

With glaucoma, a buildup of pressure behind the eye causes damage to the optic nerve. If this pressure is allowed to build and remain, it will cause vision loss.

5—Dry eye

Dry eye occurs when tear production is no longer sufficient to keep your eyes lubricated. This lubricant not only makes your eyes more comfortable, but it also protects your vision. Dry eye has many causes, including a lack of vitamin A or living in a very arid or windy environment, among others.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov



Regular eye exams are important

Eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

— Learn more at [versanthealth.com/blog](https://www.versanthealth.com/blog)



Step Therapy

STEP THERAPY

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.

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 Step II medications.

| 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 PROPRANONOL 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 PREDNISON 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 |

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 | APTIOM 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 TROKENDI 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: January 1, 2022

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

ANTI-ADDICTIVE AGENTS

Zubsolv

ANTI-INFECTIVES

Hepatitis Agents

Epclusa
Harvoni
Mavyret
Sovaldi
Vosevi

Miscellaneous Anti-infectives

Emverm

CARDIOVASCULAR

Angiotensin REceptor Blockers & Combinations

Entresto

Anti-adrenergic Agents

Bystolic

Anti-hyperlipidemics

Livalo
Nexeletol
Nexlizet
Praluent
Repatha

Beta Blockers & Combinations

Bystolic

Diuretics

Carospir 25mg/5ml sus

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

ENDOCRINE

Androgens/Estrogens

Androderm Patch

Growth Hormones

Norditropin Flexpro

Hyperglycemics Dipeptidyl Peptidase-4 & Combos

Janumet
Janumet XR
Januvia
Jentadueto
Jentadueto XR
Tadjenta

GLP-1 Recep. Agonist

Bydureon
Byetta
Ozempic

Rybelsus Tab

Trulicity

Victoza

Insulins

Humalog
Humulin
Lantus/Solostar
Levemir/Flextouch
Novolin
Novolog
Relion Novolin
Relion Novolog
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

Miscellaneous

Baqsimi Spray

Glucagon Kit

Symlinpen

GASTROINTESTINAL AGENTS

Anti-ulcer

Pylera

Digestants

Creon

Zenpep DR

Gastric Acid Secretion Reducers

Dexilant

PREFERRED BRAND NAME DRUG LIST

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

EFFECTIVE DATE: January 1, 2022

VERY IMPORTANT

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

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

OB/GYN

Estrogenics

Climara Pro Patch
Divigel Packets
Duavee
Evamist
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
Symbicortt

Miscellaneous agents

Xolair

UROLOGICAL AGENTS

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 6-9 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 can be provided. 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 1987 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.



We are excited to announce that the Central Pennsylvania Teamsters Pension Fund has released an improved web portal called MyRetirement. The website is currently LIVE and available to you. The new website address is: <https://cpat.cbiz.com/>.

To register, you will need your Social Security Number, your date of birth, and your five digit zip code. Once you enter that information, you will be required to create a unique Account ID and password. To complete your registration, you will need to have access to an email account. Two-factor authentication can be completed using either your email or a cell phone. More information can be found at www.centralpateamsters.com



Please contact the Pension Fund Office by Telephone if you are looking to start the retirement process. Email is not accepted.

The Pension Fund cannot accept white out. If you make an error, please draw a line through it and initial.

For information regarding your UPS Part-time Pension please call 1-800-643-4442 as this is not handled by the Central PA Teamsters.

Ready to retire?

When you are ready to retire or have questions about retiring, contact the Central Pennsylvania Teamsters Pension Fund at **1-800-331-0420**. Pension Fund representatives can help you get you started with the Pension Application process.

Your final benefit amounts cannot be determined until you declare your date of retirement. Your date of retirement for pension benefit purposes is always the 1st day of the month.

Request for Application Packet

(sometimes referred to as the “1st Set of Papers”)

Once you have chosen a retirement date, call the Pension Fund three months (six months if you have accrued credit in another Teamsters Pension Fund) before your anticipated retirement date. A Fund representative will check your eligibility, answer your questions, and arrange to have your Request for Application Packet (or “1st set of papers”) mailed to you. You must declare your retirement date (always the 1st day of the month) as well as provide your birth certificate and your spouse’s birth certificate, marriage certificate, divorce decree, or spouse’s death certificate, if applicable. Only clean and readable copies are acceptable.

Application (2nd Set of Papers)

After you have sent in the above information, the Fund will calculate your final retirement benefits, based on your declared retirement date. This process can take approximately six to eight weeks. Your Retirement Application (sometimes referred to as the “2nd set of papers”) will then be mailed to you. These papers will provide your benefit amounts and options for receiving your benefits.

After you have reviewed your application, you can contact the Pension Fund to arrange for assistance in completing your paperwork. You can schedule an appointment at the Fund Office or arrange to complete your application over the phone. All appointments should be arranged through the Pension Fund at **1-800-331-0420**.

Your completed application must be received by the 15th of the month to be approved for payment. You will then receive a letter stating that your pension has been approved.

A letter may be sent by the Fund Office to your employer to confirm your final day of work and termination date. This letter must also be returned by the 15th of the month for your final application to be approved for payment.

When Will I Receive My First Monthly Pension Check after my Application has been approved?

Your checks from the Defined Benefit Plan (or monthly payments from the Retirement Income Plan 1987 if elected) will begin on the first of the month following approval of your Retirement application by the Board of Trustees. Retirement checks are issued on the first day of the month and represent benefits for the previous month. For example, if your retirement date is October 1, you will receive your first check dated November 1, representing benefits for the month of October. If your retirement date is retroactive, your retroactive payment will be paid in a separate check on the first day of the month after your application is approved.

Direct deposit is required for all new Retirees.

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 including xrays and narrative. 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



The Fund allows 2 pair of glasses or 1 pair of glasses and 1 order of contracts every other year. You must place the order at the same time in order to receive this benefit. Orders placed separately will not be honored by Davis Vision.

Reminder on the Pharmacy page—The Fund allows Flu, Pneumonia and Shingles vaccines to be administered at a participating pharmacy. All other immunizations are only payable when administered by your physician, they are not reimbursable when performed by a pharmacist.

2022 SBC's ARE NOW LISTED ON
www.CENTRALPATEAMSTERS.com



Open Enrollment

If you are eligible to enroll in Central Pennsylvania Teamsters Health and Welfare Fund and did not do so, you may enroll yourself and/or your eligible dependents during the Open Enrollment period, November 1, 2021 to December 31, 2021.

Please remember that, if you enroll yourself, you must also enroll all of your eligible dependents, unless your collective bargaining agreement allows for "dependant care opt-out".

Enrollment forms and plan descriptions are available by calling the Central Pennsylvania Teamsters Health and Welfare Fund at 610-320-5500.

Motor Vehicle Accidents: How Are Medical and Wage Loss Benefits Paid by the Fund?

The Fund Office receives many questions regarding coverage provided by the Fund when the claim is the result of an injury due to a motor vehicle accident. In accordance with Plan provisions, the Fund will **only** cover medical expenses on a subrogated basis once the maximum liability has been paid by the motor vehicle insurance carrier. In other words, the Fund will consider the payment of medical expenses only after benefits from the automobile 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) for injuries sustained in a motor vehicle accident. The only time the Fund will pay more than 5 days of short-term disability benefits is when written proof is submitted verifying that the state in which you reside does not allow you to purchase wage loss protection from your motor vehicle insurance carrier. The state of Pennsylvania allows residents to purchase wage loss protection. It is recommended that you contact your motor vehicle insurance carrier to evaluate the extent to which you are covered for wage loss benefits as a result of a motor vehicle accident. Check with your motor vehicle insurance carrier to ensure that your policy carries at least the minimum coverage required by the state in which you reside.

Do not wait until you have an accident to find out you have no wage loss coverage under your policy. Payment for the first 5 days of short-term disability benefits **does not** apply to motorcycle accidents. There are no short-term disability benefits payable for injuries sustained as a result of a motorcycle accident.

Have an Health Reimbursement Account (HRA) with Central PA Teamsters?

We are excited to announce that the Central Pennsylvania Teamsters Health and Welfare Fund is releasing a new feature on our website called the HRA Web Portal. More information can be found at www.centralpateamsters.com.

Please keep in mind that the HRA feature is a negotiated benefit and must be included as part of your Collective bargaining Agreement to participate in the benefit.

Are you interested in how you can get your prescriptions at \$0 copay?

Become an Alliance Community Healthcare patient and most prescriptions are a \$0 copay. Contact Charlotte Houser at 610-320-9231 to find out how to become a new patient with Alliance Community Healthcare.

Alliance PA Pharmacy is now open. Located at 1235 Penn Ave, Wyomissing PA 19610. They are ready to fill any prescriptions for you. This location does not carry controlled substances. Please call **610-376-3000** for assistance.



Retirees Approved for Pensions June 2021 through September 2021

| Name | Local | Employer | Name | Local | Employer |
|------------------------|-------|--------------------------------|------------------------|-------|--------------------------------|
| June 2021 | | | | | |
| ADAMIRE, JAMES | 771 | UNITED PARCEL SERVICE INC | CERRETA, RICHARD P | 429 | COTT BEVERAGES WYOMISSING INC |
| ANDERSON, JAMES R | 773 | PRAXAIR DISTRIBUTION | COLYER, RONALD J | 229 | ROADWAY EXPRESS INC |
| ASTON, ROBERT E | 776 | YRC FREIGHT | CONFER, SHERMAN J | 764 | P I E NATIONWIDE INC |
| ATHERHOLT, STEPHEN A | 401 | ACME MARKETS INC | COOL JR, ARTHUR C | 401 | GLEN SUMMIT SPRINGS WATER CO |
| BAKER, JOHN J | 776 | UNITED PARCEL SERVICE INC | DEWELER, PERRY P | 429 | BIRDSBORO BOROUGH |
| BELOTTI, MARK J | 229 | LWR LACKAWANNA VLY SANITARY AU | DOUITY, DAVID S | 764 | D/B/A VALLEY FARMS DAIRY |
| BITLER, RONALD P | 429 | SINGER EQUIPMENT CO INC | EBLING, SCOTT E | 429 | STROEHMANN BAKERIES |
| BOLAND, MICHAEL | 229 | UNITED PARCEL SERVICE INC | FIDLER, ROBERT D | 429 | NEW ENTERPRISE STONE & LIME CO |
| BRACKMAN, MARK J | 429 | E.S. SAVAGE INC | FINNERAN, RICHARD PAUL | 776 | ROADWAY EXPRESS INC |
| BRENSINGER, DONALD | 773 | UNITED PARCEL SERVICE INC | GALICZYNSKI, DANIEL | 771 | JOHN S EWELL INC |
| BUCCHIN, JEFFREY M | 773 | W S REICHENBACH & SON INC | GETZ, EDGAR | 401 | YRC FREIGHT |
| CAREY, JOHN | 229 | SUPER MARKET SERVICE CORP | GRAFMYER, HARRY | 776 | ANDERSON LOGISTICS |
| CARPENTER, STEVEN R | 776 | MAIERS BAKERY | GRETH, BARRY L | 429 | GOODMAN VENDING SERVICE |
| CORBIN, LARRY E | 776 | METALS USA | HAAS, GREGORY | 776 | YRC FREIGHT |
| COWAN, ROBERT D | 764 | B & D TRANSFER | HAUGH, JAMES E | 776 | METALS USA |
| DOLAN, RICHARD F | 776 | CONSOLIDATED FREIGHTWAYS | HOFFMAN, HAROLD J | 429 | CONSOLIDATED FREIGHTWAYS |
| ENGEL, MARLIN L | 776 | DRIVERS INC | HOFFMAN, PENELOPE | 764 | UNITED PARCEL SERVICE INC |
| ESBENSHADE JR, WAYNE J | 776 | CONSOLIDATED FREIGHTWAYS | HOFFMAN, THOMAS E | 764 | CENTRAL BUILDERS SUPPLY CO |
| FEGLEY, WALLACE Y | 776 | ROADWAY EXPRESS INC | HOLLEY, KIM FRANCIS | 429 | KANE STEEL COMPANY |
| FISH, A RICHARD | 773 | EASTERN INDUSTRIES INC DIV OF | HOWARD, COURTLAND D | 776 | FLEMING COMPANIES INC |
| FLANNERY, EDWARD G | 773 | PRAXAIR DIST. MID-ATLANTIC LLC | JONES, DEBORAH | 773 | GALLI READY MIX CONCRETE CO |
| FOLK, TODD M | 429 | WINDSOR SERVICE TRUCKING | JONES, DENISE A | 773 | UNITED PARCEL SERVICE INC |
| FRANTZ, DONNA | 429 | BERKS PRODUCTS CORP | KLEMENT, PATRICK | 773 | COPLAY BOROUGH |
| GUENTHER, DENNIS D | 429 | ASSOCIATED WHOLESALERS INC | KLOIBER, STEVEN L | 773 | SEVEN UP BOTTLING CO |
| HAWLEY, EUGENE R | 776 | CONSOLIDATED FREIGHTWAYS | LANDIS, WILLIAM S | 776 | CONSOLIDATED FREIGHTWAYS |
| JURICK, JEFFREY S | 771 | HERMAN R EWELL INC | LANGEN, TIMOTHY J | 773 | J C EHRlich CO INC |
| KAUFFMAN, DOUGLAS E | 776 | NEW PENN MOTOR EXPRESS INC | LEFEVER, JEFFREY D | 771 | MILLER & HARTMAN INC |
| KEHRES, SCOTT | 429 | POWER PACKAGING | LUTZ, BARRY | 401 | UNITED PARCEL SERVICE INC |
| LACHMAN, STEPHEN | 771 | ARKANSAS BEST FREIGHT SYS INC | MADDOX III, WILLIAM E | 776 | PRESTON TRUCKING CO INC |
| LANTZ, WILLIAM THOMAS | 429 | WINDSOR SERVICE TRUCKING | MALAST, DENNIS | 773 | UNITED PARCEL SERVICE INC |
| LEWIS, JACKIE | 771 | UNITED PARCEL SERVICE INC | MILLER, DANIEL B | 429 | RDG COCA COLA BOTTLING WORKS |
| LUCAS, STEPHEN J | 776 | ARKANSAS BEST FREIGHT SYS INC | MORRISON, GRETHEN E | 776 | YRC FREIGHT |
| MACK, LAINE R | 429 | DEAN DAIRY FLUID LLC | MYERS, SAMUEL E | 776 | YRC FREIGHT |
| MELISKY JR, WALTER | 401 | UNITED PARCEL SERVICE INC | PENTZ, CHRISTINE M | 776 | UNITED PARCEL SERVICE INC |
| NAUGLE, KEITH T | 429 | YEAGER SUPPLY INC | PHIPPS, RICHARD M | 776 | CAROLINA FREIGHT CARRIERS CORP |
| OLIVER, ROGER N | 229 | CONSOLIDATED FREIGHTWAYS | POND, KENNETH J | 764 | D/B/A VALLEY FARMS DAIRY |
| PAUL, CARL R | 764 | MANDATA POULTRY COMPANY | REEDER, DEAN A | 764 | D/B/A VALLEY FARMS DAIRY |
| PEIFFER, TROY A | 429 | ASSOCIATED WHOLESALERS INC | REIST, DONALD LEE | 771 | YELLOW FREIGHT SYSTEM INC |
| QUIGLEY, RICHARD L | 776 | ARKANSAS BEST FREIGHT SYS INC | RICHMOND, DAVID L | 229 | HARPER COLLINS PUBLISHERS INC |
| REED, DENNIS C | 429 | ASSOCIATED WHOLESALERS INC | RITTER, RANDALL S | 429 | STROEHMANN BAKERIES |
| REICHERT, RANDALL L | 429 | BERKS PRODUCTS CORP | ROBINSON, MONTY W | 771 | PENNSY SUPPLY INC |
| RIDDLE, JEFFREY M | 776 | KELLOGG'S SALES COMPANY | SCHMIDT, LUZ MARIA | 773 | ABM INDUSTRIES |
| ROSENCRANS, THOMAS | 229 | C&S WHOLESALE GROCERS | SCHULER, KEVIN L | 429 | PENSKE TRUCK LEASING CO LP |
| RUHE, WILLIAM L | 773 | ASHLAND CHEMICAL COMPANY | SEARFOSS, MARLIN | 229 | M & G CONVOY INC |
| RYBACZENKO, MARTHA | 776 | PERK FOODS C/O HEINZ PET | SELLOCK, MARK A | 401 | ACME MARKETS INC |
| SATTIZAHN, ARNOLD L | 429 | DEAN DAIRY FLUID LLC | SHAULIS, TERRY MICHAEL | 776 | CONSOLIDATED FREIGHTWAYS |
| SHOMO JR, DAVID E | 429 | ALL STAR DISTRIBUTING INC | SHOBACK, RICHARD | 229 | TOPPS CHEWING GUM INC |
| SINGLETON, MITCHELL A | 771 | BABYS DY-DEE SERVICE | SHUMATE, ERNEST K | 312 | INT SCRAP IRON & METAL CO INC |
| SITLER, RICHARD A | 429 | NEW PENN MOTOR EXPRESS INC | STEFFEY, JOSEPH C | 429 | E J BRENEMAN |
| SMINK, JAMES A | 776 | ROADWAY EXPRESS INC | STEIGER, MARC A | 764 | LOYALSOCK TOWNSHIP |
| ST CLAIR, JOHN M | 429 | COTT BEVERAGES WYOMISSING INC | STEINRUCK III, CHARLES | 771 | YRC FREIGHT |
| STOESSEL, TIMOTHY J | 401 | YRC FREIGHT | STOCKER, SCOTT L | 773 | ASHLAND CHEMICAL COMPANY |
| TENELLY, JOSEPH | 229 | ROYAL BOTTLING CO | TERRUSO, MARY ESTHER | 229 | TOPPS CHEWING GUM INC |
| TRENTLY, WILLIAM | 229 | SCRANTON SEWER AUTHORITY | TOWNSEND, DAVID E | 229 | JOS NOTARIANNI & CO |
| ULRICH JR, DANIEL J | 429 | READING FOUNDRY & SUPPLY CO | UBA, THADDEUS J | 429 | ARAMARK UNIFORM & CAREER APPAR |
| VIRGLI, ROBERT J | 776 | ROADWAY EXPRESS INC | WEBB, EVON | 429 | POWER PACKAGING |
| WARGO, JOHN F | 773 | UNITED PARCEL SERVICE INC | WELLER, GLENN | 401 | USF HOLLAND INC |
| WILLIAMS JR, AMBROSE | 764 | NEW PENN MOTOR EXPRESS INC | WEST, TODD J | 429 | BRENNTAG NORTHEAST LLC |
| WORK, DANIEL | 771 | UNITED PARCEL SERVICE INC | WHAREN, GARY C | 429 | COTT BEVERAGES WYOMISSING INC |
| YEAGER, RICHARD R | 429 | ASSOCIATED WHOLESALERS INC | WIRE, BARRY L | 776 | FLEMING COMPANIES INC |
| | | | XANDER, DENNIS J | 773 | EASTERN INDUSTRIES INC |
| | | | YOUNG, SCOTT | 429 | DEAN DAIRY TRANSPORTATION LLC |
| | | | ZAWADZKI JR, ANTHONY J | 429 | ASSOCIATED WHOLESALERS INC |
| | | | ZEIGLER, HELENE V | 429 | NEW PENN MOTOR EXPRESS INC |
| July 2021 | | | August 2021 | | |
| AHLERS, THOMAS | 771 | YRC FREIGHT | ARMSTRONG, RODNEY D | 776 | USF RED STAR |
| ARTERS JR, KENNETH H | 429 | EXETER TOWNSHIP BD OF SUPV | BARKER, DAMON R | 429 | COTT BEVERAGES WYOMISSING INC |
| BEADEN, CORNELIUS S | 776 | UNITED PARCEL SERVICE INC | BARNER, ROBERT | 776 | YRC FREIGHT |
| BEISHLIN, JERRY R | 401 | BECHTEL CONSTRUCTION INC | | | |
| BERNHARD, DANIEL C | 429 | COTT BEVERAGES WYOMISSING INC | | | |
| BORICH, JEFFREY | 764 | NEW PENN MOTOR EXPRESS INC | | | |

| Name | Local | Employer |
|------------------------|-------|--------------------------------|
| BELL, STEPHEN | 764 | UNITED PARCEL SERVICE INC |
| BODISH, LOUIS L | 773 | GENERAL SUPPLY COMPANY |
| BOWER, JOHN | 764 | UNITED PARCEL SERVICE INC |
| BRUNO, RICHARD S | 429 | READING EAGLE COMPANY |
| CAPORALETTI, ANDREW | 776 | YRC FREIGHT |
| CAREY, JEFFERY | 776 | YRC FREIGHT |
| CHICALLO, JAMES N | 401 | ST JOHNSBURY TRUCKING CO INC |
| CLAUSE, ALBERT | 773 | UNITED PARCEL SERVICE INC |
| CRISSINGER, THOMAS R | 764 | BRANCH MOTOR EXPRESS CO |
| CROFT JR, RICHARD E | 771 | HERMAN R EWELL INC |
| DART, JOHN R | 771 | HERMAN R EWELL INC |
| DICKINSON, RONALD | 401 | UNITED PARCEL SERVICE INC |
| FASIG, BRIAN S | 429 | ASSOCIATED WHOLESALERS INC |
| FENSTERMAKER, WILLIAM | 773 | BIMBO BAKERIES USA |
| FISHER, GARY L | 429 | BRENNTAG NORTHEAST LLC |
| GOTHARD, WILLIAM | 773 | YRC FREIGHT |
| GOUGHENOUR, EDWIN | 401 | ACME MARKETS INC |
| HAGER, SHANE D | 773 | WELCO/CGI |
| HALL, GLENN I | 429 | NEW PENN MOTOR EXPRESS INC |
| HILDEBRAND, EUGENE H | 401 | ARKANSAS BEST FREIGHT SYS INC |
| HINDS, CLIVE V | 773 | YELLOW FREIGHT SYSTEM INC |
| HOUSER, BRAD I | 764 | D/B/A VALLEY FARMS DAIRY |
| JONES, MICHAEL E | 776 | AYCOCK INC |
| KERN SR, ROBERT | 773 | COPLAY BOROUGH |
| LAMER, JERRY M | 776 | FLEMING COMPANIES INC |
| LESHER, DALE L | 776 | DRIVERS INC |
| LIVINGSTON, GEORGE | 429 | DEAN DAIRY TRANSPORTATION LLC |
| LYNCH III, BERNARD J | 773 | MACINTOSH LINEN & UNIFORM |
| MARONI, LOUIS W | 229 | C&S WHOLESALE GROCERS |
| MILLER, SCOTT T | 773 | OGDEN FACILITY SERVICES |
| MILLET, STEPHEN M | 429 | STROEHMANN BAKERIES |
| PECHART, JEFFREY K | 776 | ARKANSAS BEST FREIGHT SYS INC |
| PETRILLO III, JOSEPH A | 776 | YRC FREIGHT |
| PRZEWLOCKI, DANIEL | 771 | YRC FREIGHT |
| REESE JR, WILLIAM R | 401 | USF HOLLAND INC |
| ROGERS, DORRIE J | 229 | HARPER COLLINS PUBLISHERS INC |
| RUGH, FRANK W | 229 | AFFILIATED FOOD DISTR INC |
| RUTTER, RICHARD E | 771 | UNITED PARCEL SERVICE INC |
| SEDON, STEPHAN | 401 | KEYSTONE COCA-COLA BOTTLING CO |
| SHIRK, THOMAS G | 429 | ASSOCIATED WHOLESALERS INC |
| SICKLE, FRANCIS J | 771 | YRC FREIGHT |
| SLIFKO, MICHAEL F | 429 | COTT BEVERAGES WYOMISSING INC |
| SMURKOWSKI, JACK M | 429 | ASSOCIATED WHOLESALERS INC |
| SRALI, JOSEPH | 229 | TOPPS CHEWING GUM INC |
| STOJKOVICH JR, GEORGE | 776 | ROADWAY EXPRESS INC |
| THOMAS, JAMES A | 773 | WELCO/CGI |
| UNDHEIM, ROBERT W | 429 | ALL STAR DISTRIBUTING INC |
| WETHERSPOON, ROLAND | 773 | TEAMSTERS LOCAL UNION 773 |
| WOLFE, DOUGLAS E | 429 | ASSOCIATED WHOLESALERS INC |
| WYKA, KAREN R | 773 | LONGSWAMP TOWNSHIP |
| YANKO, FRANK | 771 | YRC FREIGHT |
| YATES, DAVID C | 773 | YRC FREIGHT |
| YODER, PHILLIP | 771 | YRC FREIGHT |

September 2021

| | | |
|----------------------|-----|--------------------------------|
| AICHNER, TIMOTHY LEE | 776 | NEW PENN MOTOR EXPRESS INC |
| AYERS, DANNY LEE | 776 | YRC FREIGHT |
| BACHMAN, BRUCE R | 773 | J C EHRlich CO INC |
| BARNETT, ROBERT L | 429 | POWER PACKAGING |
| BEERS III, FRANK L | 776 | CAROLINA FREIGHT CARRIERS CORP |
| BINGEMAN, WILLIAM S | 776 | YRC FREIGHT |
| BOHLE, EDDIE J | 776 | BROCKER MFG & SUPPLY CO INC |
| BOYER, ROBERT | 776 | ARKANSAS BEST FREIGHT SYS INC |
| CALLANAN, VINCENT P | 773 | OGDEN FACILITY SERVICES |
| CORRIGAN, THOMAS | 229 | BANKO NORTH |
| CREBS, DAVID M | 776 | ROADWAY EXPRESS INC |
| DEITZER, DENNINE | 229 | HARPER COLLINS PUBLISHERS INC |
| DELONG, LEX A | 229 | ROADWAY EXPRESS INC |
| DINKO, JOHN | 401 | YRC FREIGHT |

Fall 2021

| Name | Local | Employer |
|-----------------------|-------|--------------------------------|
| DOUGHERTY, PATRICK J | 229 | NEW PENN MOTOR EXPRESS INC |
| DUNK, ROSS | 771 | UNITED PARCEL SERVICE INC |
| DUNNIGAN, MATTHEW | 771 | YRC FREIGHT |
| EBERHART, HAROLD E | 776 | YRC FREIGHT |
| EBUR, DOUGLAS E | 776 | ARKANSAS BEST FREIGHT SYS INC |
| FACINELLI, JOHN M | 773 | ASHLAND CHEMICAL COMPANY |
| FAUST, JAMES E | 429 | BIMBO BAKERIES USA |
| FREDLUND, TOMAS | 776 | UNITED PARCEL SERVICE INC |
| FUHREY JR, WILLIAM M | 229 | ROADWAY EXPRESS INC |
| GETTLE JR, MELVIN E | 429 | ASSOCIATED WHOLESALERS INC |
| GILMORE, LORI ANN | 771 | YRC FREIGHT |
| GIRVIN, LYNDON | 771 | UNITED PARCEL SERVICE INC |
| GRANDI, JOSEPH | 776 | YRC FREIGHT |
| GRIFFITH, SHAWN | 776 | ARKANSAS BEST FREIGHT SYS INC |
| HAFER, MICHAEL D | 429 | CLOVER FARMS DAIRY |
| HEISER, CHARLES | 401 | UNITED PARCEL SERVICE INC |
| HICKS, TOM L | 773 | PRAXAIR DISTRIBUTION |
| HOFFMAN, GENE L | 776 | ARKANSAS BEST FREIGHT SYS INC |
| HOFFMAN JR, DAVID | 776 | YRC FREIGHT |
| HOMANICK, EDWARD P | 429 | J C EHRlich CO INC |
| KEARNS, MICHAEL | 429 | ARAMARK UNIFORM & CAREER APPAR |
| KNOWLES, CAROLINE | 773 | ONE SOURCE |
| KOTCH JR, JOHN M | 429 | SCHROCK CABINET COMPANY |
| KREISCHER, DONALD | 764 | BRANCH MOTOR EXPRESS CO |
| KURTZ, ANDREW J | 401 | R F TRUESDELL COMPANY INC |
| LAFFERTY, STERLING J | 429 | ARKEMA INC |
| LIGON, JANE E | 229 | SCRANTON SEWER AUTHORITY |
| MACK, LAINE R | 429 | DEAN DAIRY FLUID LLC |
| MCFADDEN, WILLIAM J | 776 | WILSBACH DISTRIBUTORS INC |
| MCLAIN, GARY L | 401 | YRC FREIGHT |
| MCPHERSON, KEITH E | 776 | ARKANSAS BEST FREIGHT SYS INC |
| MEDASH, DAVID F | 776 | YRC FREIGHT |
| MENGEL, ERIC K | 429 | LEHIGH VALLEY DAIRIES INC |
| MITZEL, MICHAEL P | 776 | NEW PENN MOTOR EXPRESS INC |
| MUTO, KENNETH | 229 | UNITED PARCEL SERVICE INC |
| NEROZZI, MICHAEL | 773 | UNITED PARCEL SERVICE INC |
| NICHOLS, TRACEY E | 229 | ROADWAY EXPRESS INC |
| NILSON, KEITH E | 776 | YRC FREIGHT |
| O'BRIEN, PATRICK J | 773 | INTERSTATE BRANDS CORP D/B/A |
| ONEILL, MICHAEL F | 776 | YRC FREIGHT |
| ORT, RONALD L | 776 | YORK DRILLING CO INC |
| PANNEPACKER, CLAY E | 429 | NEW ENTERPRISE STONE & LIME CO |
| PORAMBO, MATTHEW J | 429 | DEAN DAIRY TRANSPORTATION LLC |
| PROMUTICO, JOSEPH F | 429 | MAIERS BAKERY |
| RAINEY, ROBERT | 773 | MACK TRANSPORTATION CO |
| RAUB, JOHN | 773 | UNITED PARCEL SERVICE INC |
| RITTLE, JOHN C | 776 | HESS TRUCKING COMPANY |
| SMERLICK, PAUL J | 429 | DEAN DAIRY FLUID LLC |
| SPANGLER JR, DUANE L | 776 | ASSOCIATED WHOLESALERS INC |
| STELLAR, BRIAN L | 776 | ARKANSAS BEST FREIGHT SYS INC |
| STROHECKER, ANDREW D | 776 | NEW PENN MOTOR EXPRESS INC |
| STUCK, DALE S | 773 | ARKANSAS BEST FREIGHT SYS INC |
| TESTERMAN, SANDRA | 771 | KENOSHA AUTO TRANSPORT CORP |
| THOMPSON, JODY J | 401 | SHAWNEE READY MIX CONCRETE CO |
| TKAC, JOHN P | 776 | YRC FREIGHT |
| TURNER, STEVEN L | 776 | ANDERSON LOGISTICS |
| UHLER, SAMUEL H | 429 | ASSOCIATED WHOLESALERS INC |
| VITI, MICHAEL | 401 | WISE FOODS |
| WAGNER, DONALD LEE | 429 | NEW PENN MOTOR EXPRESS INC |
| WARNER, MARK L | 776 | FLEMING COMPANIES INC |
| WENDLAND, TIMOTHY | 773 | UNITED PARCEL SERVICE INC |
| WHITTAKER, VERNON | 771 | UNITED PARCEL SERVICE INC |
| WILLIAMS JR, WILLIE J | 771 | YELLOW FREIGHT SYSTEM INC |
| WITMER, ROGER | 776 | UNITED PARCEL SERVICE INC |
| WITTERS, ERIC S | 429 | ASSOCIATED WHOLESALERS INC |
| YOST JR, PAUL | 401 | UNITED PARCEL SERVICE INC |
| YOUNG, LEE ANN | 776 | YRC FREIGHT |
| ZEBERT, WAYNE A | 429 | HAROLD FURNITURE COMPANY |



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.

Do you have a chronic condition and want help managing your diet?

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.



We are Meritain Health®

As Advocates for Healthier Living, we provide easy-to-use health care benefits you can use to live well. We also take steps to help you save on the cost of your care. Contact us at the number on your ID card if you have any questions about your plan.

Central PA Teamsters
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Happy Holidays from the

Central Pennsylvania Teamsters Health & Welfare and Pension Funds!

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Great Lakes Advisors
Intercontinental Real Estate Corp.
Northern Trust Investments, Inc.
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Investment Managers for the Central Pennsylvania Teamsters Pension Fund

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Great Lakes Advisors
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Intercontinental Real Estate Corp.
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Northern Trust Investments, Inc.
Segall Bryant & Hamill
Siguler Guff & Company, LP
Washington Capital Mgmt.
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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