



GUARDIAN

Reading, Pennsylvania

HEALTH AND WELFARE/PENSION GUARDIAN NEWSLETTER



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



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*** IMPORTANT NOTICE ***

PLEASE BE SURE TO REVIEW THE UPDATED PREFERRED BRAND NAME DRUG LIST FOUND ON PAGES 10-11 WHICH IS EFFECTIVE OCTOBER 1, 2022.

THE FUND OFFICE HOURS ARE 7:30-3:30, MONDAY THROUGH FRIDAY.

INTRODUCING THE MEMBERXG PORTAL

We are excited to announce that the Central Pennsylvania Teamsters Health and Welfare Fund is releasing a new feature on our website called MemberXG. This

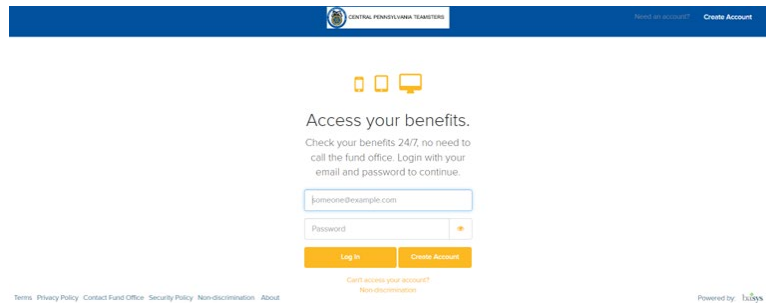
resource will allow you to review your Demographics, Health Claims, Deductibles, HRA Balance (*if applicable**) and other information regarding your benefits. Additional features will be added in the future.

To register, you can find the link on the Fund website under ***Health & Welfare / MemberXG Portal*** or go to <https://memberxg.gobasys.com/CPT>.

*** The Health Reimbursement Arrangement (“HRA”) feature must be negotiated as part of your Collective Bargaining Agreement for you to participate in this benefit. As of August 1, 2022, members with an HRA can check their account balance through this portal or by calling the Fund office.**

If you have questions about your Central Pennsylvania Teamsters Health and Welfare Fund benefits or about using the website, please call the Fund Office at **(800) 331-0420**. The Fund Office staff are available to help you Monday through Friday from 7:30 a.m. to 3:30 p.m. Eastern Time.

Please note that your benefits are not changing in any way. Use of MemberXG portal is optional, and there is no action you must take at this time. However, please contact the Fund Office if any of your information on the MemberXG portal is inaccurate.





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

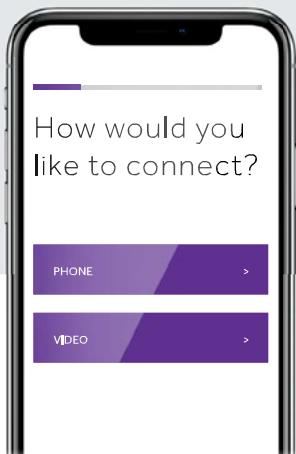
Use your device to request a visit and a Teladoc doctor will contact you at the requested time.

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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Whole Grains Offer Healthier Gains

What are grain products?

Grain products are any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. This includes bread, pasta, oatmeal, breakfast cereals, tortillas and grits.

What are the different kinds of grains?

There are two different kinds of grains: whole grains and refined grains.

Whole grains contain the entire grain kernel—the bran, germ and endosperm. Examples of whole grains are whole-wheat flour, brown rice, oatmeal and bulgur.

Refined grains have been milled, a process that removes the bran and germ to give grains a finer texture and increase their shelf life. However, this process also removes dietary fiber, iron and many B vitamins. Some refined grain products are white flour, white rice and white bread.

Why are whole grains good for you?

- Grains are a source of dietary fiber, which may help reduce blood cholesterol levels and may lower risk of heart disease, obesity and type 2 diabetes. Fiber is also important for proper bowel function.
- The B vitamins in grains play a key role in metabolism and are essential for a healthy nervous system.
- Grains include iron, magnesium and selenium, important minerals your body needs. Iron carries oxygen in the blood, magnesium is used in building bones, and selenium is important for a healthy immune system.

Tips for getting your whole grains

- Choose foods that list whole-grain ingredients first on the label's ingredient list, such as brown rice, buckwheat, quinoa, rolled oats and oatmeal.
- Make half of your grains whole. Substitute whole grains for refined grains. Use whole-grain flour when cooking, whole-wheat bread instead of white bread, brown rice instead of white, and whole-wheat pasta.

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.

This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult with your health care provider regarding any questions you have about your health and/or medical treatment.

Central Pennsylvania Teamsters Health and Welfare Fund Prescription Benefit Plans

**Plans
13, 14P, R7
and R7/65**

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

**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 Walgreens are not participating pharmacies.

Effective immediately mail-order services for the Central Pennsylvania Teamsters Health & Welfare Fund will be processed by Alliance PA Pharmacy located in Wyomissing PA. Please have your physician E-Script or Surescript your prescriptions to:

Alliance PA Pharmacy
1235 Penn Avenue, Suite 101
Wyomissing, PA 19610

Phone: 610-376-3000
Fax: 610-478-3000

If you wish to visit the Pharmacy in person to pick up your script, their walk-in hours are 9:00 a.m. to 5:00 p.m Monday through Friday.

**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، ةيوغلل اءءعاسملا تامءء، ةيبرعلا ءغللا ءءءءءءنك اذا ءيبنء 1-610-320-5500 ءاءءءسا.

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, kannsch 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.



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.

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 PROPRANONOL SOTALOL TIMOLOL & ALL OTHER GENERICS	BYSTOLIC KAPSPARGO
CALCIUM CHANNEL BLOCKERS (ANTIHYPERTENSIVES)	AMLODIPINE ATORVASTATIN AMLODIPINE BESYLATE AMLODIPINE VALSARTAN DILTIAZEM 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 HYDROCODONE-ACETAMINOPHEN HYDROMORPHONE MEPERIDINE METHADONE MORPHINE SULFATE OXYCODONE OXYCODONE-ACETAMINOPHEN OXYCODONE-ASPIRIN OXYMORPHONE TRAMADOL & ALL OTHER GENERICS	APADAZ DEMEROL DSUVIA LAZANDA LORTAB MITIGO NUCYNTA OXYCONTIN PERCOCET PROLATE TYLENOL WITH CODEINE ULTRACET ULTRAM XTAMPZA
OSTEOPOROSIS	ALENDRONATE CALCITONIN-SALMON IBANDRONATE 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

RHEUMATOID ARTHRITIS (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 TROSPIUM & 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	ALL GENERICS	ADDERALL ADHANSIA XR ADZENYS AZSTARYS CONCERTA COTEMPLA XR DAYTRANA DESOXYN DEXEDRINE EVEKEO FOCALIN JORNAY METADATE METHYLIN MYDAYIS PROCENTRA QELBREE QUILLIVANT RELEXXII RITALIN VYVANSE ZENZEDI
ANTI-MIGRAINE	ALL GENERICS	AIMOVIG AJOVY AMERGE BRIVIACT CAFERGOT D.H.E.45 ELYXYB EMGALITY ERGOMAR FROVA IMITREX MAXALT MIGERGOT MIGRANAL NURTEC ONZETRA QULIPTA RELPAX



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 4.1.2022

ANTI-MIGRAINE (Continued)		REYVOW SUMAVEL TOSYMRA TREMIMET TRUDHESA UBELVY VYEPTI ZEMBRACE SYMTOUCH ZOMIG
ANTI-CONVULSANTS	CARBAMAZEPINE CLONAZEPAM DIVALPROEX ETHOSUXIMIDE FELBAMATE FOSPHENYTOIN GABAPENTIN LAMOTRIGINE LEVETIRACETAM OXCARBAZEPINE PHENYTOIN PRIMIDONE TIAGABINE TOPIRAMATE VALPROATE VALPROIC ACID ZONISAMIDE & ALL OTHER GENERICS	APTIOM BANZEL CARBATROL CELONTIN CEREBYX DEPAKOTE DIACOMIT DILANTIN EPIDIOLEX FELBATOL FYCOMPA GABITRIL KEPPRA KLONOPIN LAMICTAL LIPRITIN MYSOLINE NAYZILAM NEURONTIN ONFI OXTELLAR PHENYTEK QUDEXY ROWEEPRA 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: October 1, 2022

VERY IMPORTANT

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

ANALGESICS

Anti-Migraine

Aimovig
Emgality
Nurtec ODT
Uberlvy

Opioid Agonist

Xtampza ER

Misc

Depen

ANTI-ADDICTIVE AGENTS

Zubsolv

ANTI-INFECTIVES

Hepatitis Agents

Epclusa
Harvoni
Mavyret
Sovaldi
Vosevi

Micellaneous Anti-infectives

Emverm

CARDIOVASCULAR

Angiotensin Receptor Blockers & Combinations

Entresto

Anti-hyperlipidemics

Livalo
Nexeletol
Nexlizet
Praluent
Repatha

Miscellaneous Cardiovascular

Verquvo

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

ENDOCRINE

Androgens/Estrogens

Androderm Patch

Growth Hormones

Norditropin Flexpro

Hyperglycemics

Dipeptidyl Peptidase-4 &

Combos

Janumet
Janumet XR
Januvia
Jentadueto
Jentadueto XR
Tradjenta

GLP-1 Recep. Agonist

Bydureon
Byetta
Ozempic

Rybelsus Tab

Trulicity

Victoza

Insulins

Humalog
Humulin
Lantus/Solostar
Levemir/Flextouch
Lyumjev
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
Gvoke
Symlinpen
Zegalogue

GASTROINTESTINAL AGENTS

Anti-ulcer

Pylera

Digestants

Creon
Zenpep DR

PREFERRED BRAND NAME DRUG LIST

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

EFFECTIVE DATE: October 1, 2022

VERY IMPORTANT

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

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

OB/GYN

Estrogenics

Climara Pro Patch
Duavee

Evamist

Invexxy

Premarin

Premarin vaginal cream

Premphase

Prempro

Miscellaneous

Myfembree Tabs

Oriahnn Caps

Orilissa Tab

OPHTHALMIC AGENTS

Anti-infectives

Moxeza

Glaucoma Agents:

Alphagan P 0.1%, 0.15%

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 100-62.5-25

Glucocorticoids, Inhalation

Arnuity Ellipta

Flovent Diskus

Flovent HFA

Pulmicort Flexhaler

QVAR redihaler

Symbicort

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

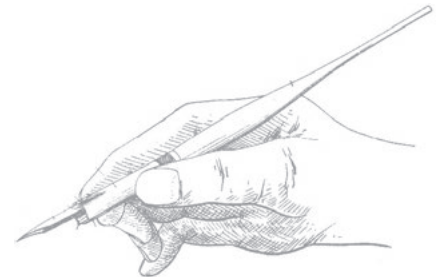
gains or losses through the last day of the month in which your application is approved for payment.

- 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. 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 and Important Items to Remember. You can also access the Fund’s Pension Calculator to view your pension benefits, including your RIP 1987 account balance, if applicable.
- 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.



An updated version of the Pension Defined Benefit Summary Plan Description is now available. The updated Pension Defined Benefit Summary Plan Description has been mailed out to all participants in September 2022.

Don’t forget to review your beneficiary designation following a change in your marital status. You **do** need to complete a new beneficiary form for your Pension Benefits after your divorce is finalized, your spouse passes away or you get legally married. A divorce decree, death certificate or marriage license is required.



Retirement 101

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. Upon a receipt of your application, 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. You will then receive a letter stating that your pension has been approved.

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



Please notify both the Health and Welfare Fund and your employer of any changes in your marital status (married, divorced or widowed) so that the change can be reflected on the Health and Welfare billing statement for proper reporting of dependent coverage.

Please note: the Fund does not consider your ex-spouse to be an eligible dependent under the Health and Welfare Plan after the effective date of your divorce. Members are required to reimburse the Fund for any claims incurred and paid on behalf of an ex-spouse after the date a divorce becomes final, based on the divorce decree.

**2023 SBC's ARE NOW LISTED ON
WWW.CENTRALPATEAMSTERS.COM**

Open Enrollment – If you are eligible to enroll in the 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, 2022 to December 31, 2022.

Please remember that you must also enroll all of your eligible dependents for them to be covered.

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

Short-Term Disability Benefits

The Plan Does Not Pay Short-Term Disability Benefits Under the Following Circumstances, even if you otherwise meet the Plan's definition of Disabled:

- a. You are receiving workers compensation payments and are away from work for more than 14 days; or
- b. Your injury was caused by, or is the result of an Accident in which you are sky-diving, operating or otherwise riding, a motorcycle, a motorized land vehicle (other than an automobile, a farm tractor, a lawn mower, or golf cart, all four of which are covered only if in regular use), a motorized or non-motorized air vehicle (that is, an airplane not operated by a commercial airline, a helicopter, a hang glider, a parachute, or a balloon) or a personal watercraft (such as a jet ski, not including boats).
- c. Your injury or illness was the result of a condition for which Benefits are generally excluded (*for example*, you are recovering from a drunk driving accident);
- d. You are on strike, layoff, or leave of absence (unless your Disability began prior to the strike, layoff, or leave). If you became Disabled prior to the strike, layoff or leave of absence, the Fund will pay short-term Disability Benefits if you are recalled to work for your Employer but remain Disabled after the date of the recall. Benefits will be paid for up to twenty-six (26) weeks beginning on the date of the recall to work. The Fund will not pay short-term Disability Benefits if you are not recalled to work due to lack of seniority or comparable reasons.
- e. You are enrolled in the Plan under COBRA continuation coverage;
- f. Your injury was caused by, or is the result of a motor vehicle accident. If you live in a state (*for example*, Pennsylvania) in which you can purchase wage loss protection from your motor vehicle insurance carrier, the Fund will pay short-term Disability Benefits for the first five days of missed work caused by the motor vehicle accident Disability. If you live in a state in which you cannot purchase wage loss protection from your motor vehicle insurance carrier, the Fund will pay short-term Disability Benefits so long as you provide documentation required by the Fund to prove that you cannot purchase such protection in your state;
- g. You are self-employed and have not obtained liability insurance to provide the same coverage that an employee would receive from worker's compensation coverage for the same Disability.
- h. You have received Disability Benefits for less than twenty-six (26) weeks and return to work for a period of less than 30 days and then return to "Disabled" status. At that time, you will be entitled only to the remaining weeks of Disability Coverage, up to the original twenty six (26) weeks.



Retirees Approved for Pensions June 2022 through August 2022

Name	Local	Employer	Name	Local	Employer
June 2022			July 2022		
BEVAN, EDWARD P	429	ASSOCIATED WHOLESALERS INC	ABDULLAH, HASSAN	771	YRC FREIGHT
BIERY, JEFFREY P	773	LIQUID CARBONIC CARB DIO CORP	ALLEMAN, NELSON SCOTT E	776	R J C INDUSTRIES INC
BRESSLER, DUANE T	429	UTILITY LINE SERVICES INC	BACKES, CLYDE	401	ACME MARKETS INC
BURKE, CHRISTA	229	SUPER MARKET SERVICE CORP	BARLET SR, JERRY L	429	CLOVER FARMS DAIRY
BURNSIDE, DARVIN	776	YRC FREIGHT	BISHOP, DONALD R	773	T B A SUPPLY CO
CAREY, DAVID	771	YRC FREIGHT	BRISTOL, THOMAS	776	ROADWAY EXPRESS INC
CLAY, BARRY L	429	DAIRY FARMERS OF AMERICA INC	CHRISTMAN, THOMAS D	429	STROEHMANN BAKERIES L. C.
COLES, CHARLES W	776	ARKANSAS BEST FREIGHT SYS INC	COX, MICHAEL W	429	ASSOCIATED WHOLESALERS INC
DIEHL, STUART	776	SHANAHANS EXPRESS	ENGEL, ROBERT L	764	NEW PENN MOTOR EXPRESS INC
DIETER, JEFFERY L	764	PRESTON TRUCKING CO INC	FAUST, STEPHEN T	429	CLOVER FARMS DAIRY
DISHONG, TIMOTHY J	771	YRC FREIGHT	FORSYTH, RONALD C	771	ROADWAY EXPRESS INC
ERDMAN, CARL L	776	YRC FREIGHT	GARNER, WILLIAM D	776	YRC FREIGHT
FREDERICK, HAROLD	776	YRC FREIGHT	GOLOWSKI, JAMES P	429	BERKS PACKING COMPANY INC
GELEFF, JERRY L	429	UNITED PARCEL SERVICE INC	GREENE, RANDY L	776	CONSOLIDATED FREIGHTWAYS
HAYES, STEVEN E	771	UNITED PARCEL SERVICE INC	GRIFFITHS, STEVEN F	229	NEW PENN MOTOR EXPRESS INC
HERBERT, MARK E	773	UNIFIED DOOR & HARDWARE GROUP	HADLEY, BETTY J	229	TOPPS CHEWING GUM INC
IMBODEN, STANLEY ERIC	776	CONSOLIDATED FREIGHTWAYS	HALDEMAN, BRIAN L	776	YRC FREIGHT
JACOBY, LAMAR J	429	CLOVER FARMS DAIRY	HARRIS, GEORGE J	229	DIMARE FRESH INC
KEIM, WILLIAM BRUCE	429	PETRO OIL	HARRIS, MITCHELL	773	ARKANSAS BEST FREIGHT SYS INC
KERSCHNER, SCOTT A	429	NEW PENN MOTOR EXPRESS INC	HARTFIELD, JEROME	773	EASTERN INDUSTRIES INC DIV OF
KLEES, STEVEN M	764	SCHNEIDER-VALLEY FARMS INC	HILLIARD, CHARLES	229	ROADWAY EXPRESS INC
KNUTSON, PHIL D	429	ASSOCIATED WHOLESALERS INC	HOFFMANN, DOUGLAS E	429	YEAGER SUPPLY INC
KOCH, DONALD A	429	ARKEMA INC	HUGHES, DAVID E	429	BRENTAG NORTHEAST LLC
KREADY III, JAMES H	429	A T V BAKERY	IRIZARRY, ADA	429	SAVOR STREET FOODS INC
LALLI, VITO M	229	SCRANTON SEWER AUTHORITY	KAYDO, MICHAEL A	776	YRC FREIGHT
LAMONT JR, CARL J	776	MAIERS BAKERY	KLIMEK, ALAN J	776	ROADWAY EXPRESS INC
LAUGHMAN, SARA L	776	ROADWAY EXPRESS INC	LEVAN, SCOTT B	773	STROEHMANN BAKERIES L.L.C.
LONG, JAY K	771	UNITED PARCEL SERVICE INC	LITTLE, MARTIN	229	ROADWAY EXPRESS INC
MADL III, FRANCIS J	429	WINDSOR SERVICE TRUCKING	LLOYD, JOSEPH M	773	YELLOW FREIGHT SYSTEM INC
MCDONALD, BRIAN E	776	CONSOLIDATED FREIGHTWAYS	MARKULICS, CHARLES G	773	MORRIS BLACK & SONS INC.
MILLER, LEONARD	776	YRC FREIGHT	MAYER, TOD M	429	SUPERVALU INC
PHILLIPS JR, MICHAEL P	429	NEW PENN MOTOR EXPRESS INC	MCLEAN, JOSEPH	401	UNITED PARCEL SERVICE INC
RAZZANO, MICHAEL	429	UNITED PARCEL SERVICE INC	MIKOLON, WILLIAM F	229	HARPER COLLINS PUBLISHERS INC
ROSE, ROBIN	764	UNITED PARCEL SERVICE INC	MOLL, DAVID E	773	GENERAL SUPPLY COMPANY
RUNKLE, ROBERT E	776	FLEMING COMPANIES INC	MURDOCK, MARK S	429	LENTZ MILLING CO LLC
RUSSO, MARY C	229	TOPPS CHEWING GUM INC	NOWOTARSKI, DENISE	429	ARKEMA INC
SELTZER, LINDA R	429	EXETER TOWNSHIP BD OF SUPV	PARRY JR, FREDERICK	229	ROADWAY EXPRESS INC
SHAEFFER, LARRY	771	YELLOW FREIGHT SYSTEM INC	PAWLIK, CRAIG	229	TEAMSTERS LOCAL UNION 229
SHAREK, THOMAS	229	TOPPS CHEWING GUM INC	POE, ROBERT A	776	UNITED PARCEL SERVICE INC
SHEAFFER, RICHARD A	776	ANDERSON LOGISTICS	POSPICHAL, BRIAN L	776	CONSOLIDATED FREIGHTWAYS
SHIPMAN, MICHAEL T	229	ROADWAY EXPRESS INC	REIDENBACH, ROBERT P	229	CRYSTAL SODA WATER CO
SNIDER, BUDD F	771	YRC FREIGHT	REPPERT, STEVE J	429	CLOVER FARMS DAIRY
STACKHOUSE, MARK K	773	J C EHRLICH CO INC	ROWE, HELEN M	773	ABM INDUSTRIES
STEMLER V, FRANK H	776	CONSOLIDATED FREIGHTWAYS	SMERLICK, PAUL J	429	DEAN DAIRY FLUID LLC
TAYLOR, FLOYD A	776	YRC FREIGHT	SNYDER, STEVEN E	776	NEW PENN MOTOR EXPRESS INC
TOMBASCO, JAMES	401	UNITED PARCEL SERVICE INC	STUBBLEBINE, KEITH A	429	ARAMARK REFRESHMENT SERV. INC
VOLZ, PAUL J	401	YRC FREIGHT	SUKOWASKI, BRIAN K	401	ACME MARKETS INC
WATTS, ROBERT E	776	YRC FREIGHT	SYMONDS, GORDON P	771	UNITED PARCEL SERVICE INC
WEIR, MICHAEL B	771	YRC FREIGHT	WARREN, JOHN	401	GLEN SUMMIT SPRINGS WATER CO
WHIPP, ROCHELLE K	776	CONSOLIDATED FREIGHTWAYS	WENRICH, STEWART M	429	COTT BEVERAGES WYOMISSING INC
WHITE, GLENDA	771	UNITED PARCEL SERVICE INC	WILLARD, MARK D	771	YRC FREIGHT
WHITTAKER, RAY C	776	NEW PENN MOTOR EXPRESS INC	WILLIAMS, DOUGLAS	771	UNITED PARCEL SERVICE INC
WILT, GARY A	773	HARRY E ORKIN INC	ZEITERS, RAY	776	YRC FREIGHT
WUNSCH, DANIEL G	429	SINGER EQUIPMENT CO INC			

Retirees Approved for Pensions June 2022 through August 2022

Name	Local	Employer	Name	Local	Employer
August 2022					
AUTEN, JOHN A	771	PENNCAST CORPORATION	MOGEL, DAVID P	429	CLOVER FARMS DAIRY
BARAHONA, RODOLFO	776	YRC FREIGHT	MOORE, STEVEN A	429	ASSOCIATED WHOLESALERS INC
BARTON, BRIAN H	776	FLEMING COMPANIES INC	MURPHY, THOMAS R	429	LEHIGH VALLEY DAIRIES INC
BODNAR, JOHN	764	UNITED PARCEL SERVICE INC	NEISWENDER, BRIAN E	429	BERKS PRODUCTS CORP
BOLTZ, BARRY P	429	CLOVER FARMS DAIRY	PENWELL JR, THOMAS R	776	HESS TRUCKING COMPANY
BONETSKY, DONALD G	429	LENTZ MILLING CO LLC	PIRZER JR, WILLIAM F	229	CONSOLIDATED FREIGHTWAYS
BUCHTER, JAMES W	776	FLEMING COMPANIES INC	PRIAR II, THOMAS D	776	ARKANSAS BEST FREIGHT SYS INC
BYRON, WILLIAM R	764	SCHNEIDER-VALLEY FARMS INC	PRICE, LARRY R	773	ROCK HILL TRUCKING CO INC
CARE SR, KEVIN W	429	READING A-TREAT BOTTLNG CO INC	ROCHE, JANE M	229	TOPPS CHEWING GUM INC
CRIVELLO, RUSSELL G	773	PRESTON TRUCKING CO INC	RODRIGUEZ, EDWIN	776	ROADWAY EXPRESS INC
DIFAVA, LARRY L	429	GENERAL COMMODITIES WAREHOUSE	ROSSI, MICHAEL J	229	ROADWAY EXPRESS INC
FEENEY, MARK J	429	BERKS PRODUCTS CORP	SAAR, STEPHEN	229	YRC FREIGHT
GEARY, SUZANNE	229	C&S WHOLESALE GROCERS	SEABROOKS, MICHAEL G	776	ARKANSAS BEST FREIGHT SYS INC
GERVASI, MICHAEL	229	SCRANTON SEWER AUTHORITY	SEKELSKY, MICHAEL	229	SUPER MARKET SERVICE CORP
GRIEST, FARMER C	771	HERMAN R EWELL INC	STRUNK, MARTIN R	429	ARKEMA INC
GUEST, DAVID L	773	UNITED PARCEL SERVICE INC	STRUNK, MILDRED	429	VICTUS LTD
HOOVER, JEFFREY L	776	FLEMING COMPANIES INC	STUBBLEBINE, KEITH A	429	ARAMARK REFRESHMENT SERV. INC
JACKSON, ROBERT W	429	DIETRICH'S MILK PRODUCTS INC	SWEIGART, KENNETH L	429	EASTERN INDUSTRIES INC
LEHMAN JR, WILLIAM E	773	PEPSI COLA BOTTLING GROUP	TRAUTMAN, RONALD A	429	GENERAL COMMODITIES WAREHOUSE
MADEA, BARRY T	773	MYERS MEN INC	WALLACE, GREGORY D	771	YELLOW FREIGHT SYSTEM INC
MAIDENFORD, BRYAN T	429	ARKEMA INC	WELHOELTER, THOMAS	229	HARPER COLLINS PUBLISHERS INC
MCALLISTER, TIMMY J	429	ASSOCIATED WHOLESALERS INC	WINTERS, DENVER C	771	THE SICO COMPANY
MCGOWAN, DENNIS	999	ROADWAY EXPRESS INC	ZANG, JOHN R	229	KEYSTONE COCA-COLA BTLG CO INC
MILLER JR, RONALD R	401	YRC FREIGHT			

AUGUST 2022 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 8 month period ending August 31, 2022. 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	-8.1% YTD

You may also view your RIP 1987 balance on the Fund website through the Pension Fund Calculator. Click on the Pension section and then "Pension Calculator." 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."



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

A Strong Defense Against Flu: Get Vaccinated!

FIGHT FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- [Standard dose flu shots made from virus grown in eggs.](#)
- [Shots made with adjuvant and high dose](#) for older adults.
- [Shots made with virus grown in cell culture instead of eggs.](#)
- Shots made using a [recombinant vaccine production technology](#) that does not require the use of a flu virus.
- [Live attenuated influenza vaccine \(LAIV, the nasal spray vaccine\)](#), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.



Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

What are the side effects of flu vaccines?

Flu shots: Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

Nasal spray flu vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Visit: www.vaccinefinder.org at to find a flu vaccination clinic near you.

For more information, visit: www.cdc.gov/flu or call **1-800-CDC-INFO**

Central PA Teamsters
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Reading, PA 19612-5223

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Label Here!

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
Edgar H. Thompson
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
Willig, Williams and Davidson
Legal Co-Counsel
**Investment Managers for the
Central Pennsylvania Teamsters
Health and Welfare Fund**
Boyd Watterson Asset Mgmt, LLC
Chartwell Investment Partners
Great Lakes Advisors
Intercontinental Real Estate Corp.
Northern Trust Investments, Inc.

Segall Bryant & Hamill

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

Boyd Watterson Asset Mgmt., LLC
Causeway Capital Mgmt., LLC
Corbin Capital Partners, LP
Golden Tree Asset Management
Great Lakes Advisors
Grosvenor Capital Management, L.P.
Hamilton Lane Advisors
Intercontinental Real Estate Corp.
Loomis, Sayles & Company
Mesirow Financial Services, Inc.
Northern Trust Investments, Inc.
Segall Bryant & Hamill
Sierra Investment Partners, Inc.
Siguler Guff & Company, LP
Washington Capital Mgmt.
Westfield Capital Mgmt. Co., LLC

IMPORTANT INFORMATION FROM THE FUND OFFICE

Fund Office Contact Information

Contact the Fund Office directly with any questions on Health and Welfare or Pension benefits. The Fund staff is available Monday through Friday from 7:30 a.m. to 3:30 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