



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, 2023.

PLEASE READ SOME IMPORTANT INFORMATION ABOUT OUR NEW PRICE TRANSPARENCY TOOL ON PAGE 15 THAT IS LAUNCHING JANUARY 1, 2023.

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

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

HOW TO EAT HEALTHY DURING THE HOLIDAYS

Tis the season for festivities, fun and food!

The holiday season is known for splurging on winter treats. Here are some tips you can try over the next few weeks to stick to your meal plan.

Holiday-proof your plan. Since you might not be in control of what food is offered during the season, create ways to stay aligned with your eating plan. Tips include eating close to normal times, offering to bring a healthy dish, cutting back on carbs during the meal to make space for a sweet treat, and avoid skipping meals to save your appetite. Overall, acknowledge there will be a slip up here and there and get right back into your plan for your next meal.

Outsmart the buffet. Buffets are common when it comes to the holidays. To stay on track, take a smaller plate and focus on your few favorite foods then sit down. Start your meal with vegetables to control your appetite and eat slowly so you know when you're truly full.

Enjoy your favorite foods. Don't get too wrapped up in your food plans that you forget to enjoy the

holiday season. Plan ahead in order to fit in your favorite holiday foods. Cutting out the occasional treat allows you to enjoy a small serving of the sweets that you can't get other times of the year.

Stay active. With the hustle and bustle of the holiday season, physical activity is often pushed to the bottom of the priority list. Being active can help your body recover from over-eating and it can reduce stress from the season. Encourage the whole family to go for a walk after the holiday meal.

Get some sleep. Your body can crave foods high in fats and sugars when sleep deprived. To prevent mindless or over-eating, aim for 7-8 hours of sleep each night.

Stay hydrated. The high-energy of the holiday season can make it easy to forget to drink water and stay hydrated.

Disclaimer: This information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen, or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein.

Sources: 5 healthy eating tips for the holidays." cdc.gov, Centers for Disease Control and Prevention, 14 December 2020. / "Five healthy eating tips for the holidays." usda.gov, U.S. Department of Agriculture, 29 July 2021. / "Make better beverage choices." myplate.gov, U.S. Department of Agriculture

Holiday Treats: The Naughty and the Nice



When you're filling up on holiday favorites, don't forget your teeth. Find out the hidden dangers of classic holiday foods and drinks — and what you can do to protect your mouth.

Gingerbread House

- **Uh-oh:** Talk about bad news for your teeth: sugar and starch in one sweet package, topped with icing and gummies.
- **Tips:** Build the house for decoration, not dessert.

Sweet Potato Pie

- **Uh-oh:** The flour and sugar in this dessert make it delicious for both you and the bacteria living in your mouth.
- **Tips:** Cut down on the sugar — the natural sugars in sweet potatoes go a long way. And don't forget to brush afterwards.

Fruitcake & Panettone

- **Uh-oh:** Packed with dried fruit, these sweet desserts can get stuck in and between your teeth.
- **Tips:** Brush and floss after eating.

Candy Canes

- **Uh-oh:** If you let them dissolve in your mouth, you're putting your teeth at risk for decay — but crunch on them, and you could crack a tooth.
- **Tips:** Save candy canes for festive decorations. Satisfy your sweet tooth with dark chocolate instead, which has less sugar and dissolves quickly in the mouth.

Latkes

- **Uh-oh:** Traditionally eaten with applesauce, these starch-heavy potato pancakes can encourage cavities.
- **Tips:** Avoid applesauce that includes any added sugar, including high-fructose syrup. Drink water with your latkes, or brush afterwards — before the starch can feed the bacteria in your mouth.

Popcorn

- **Uh-oh:** The kernels can get stuck between your teeth and in your gums, creating a haven for bacteria. With caramel or kettle corn, the added sugar increases your chance of decay.
- **Tips:** Avoid flavored popcorns, and always floss afterwards.

Eggnog

- **Uh-oh:** High in sugar, this classic holiday drink is a serious cavity-causer. When it contains alcohol, it has the added no-no of drying out the mouth, which increases the impact of bacteria.
- **Tips:** Cut the alcohol content, swap out sugar for a tooth-friendly substitute like xylitol or erythritol, and sip water to wash it down.

Hot Apple Cider

- **Uh-oh:** This holiday drink packs a one-two punch against your teeth. The acid wears down your enamel, and the natural and added sugars feed bacteria.
- **Tips:** Don't add any sugar or syrup, and drink with a straw. Wash it down with some water, and wait half an hour before brushing so your enamel has time to harden.

Hot Chocolate

- **Uh-oh:** Packed with sugar, this wintertime favorite can leave your teeth coated with sticky residue.
- **Tips:** Reduce sugar's contact with your teeth by opting for a dentist-approved sweetener or drinking with a straw. Say no to mini marshmallows.


Wine

- **Uh-oh:** Popular choices with holiday dinners, both red and white wine can stain your teeth, soften your enamel and dry out your mouth.
- **Tips:** Drink with food, not alone, and keep a glass of water handy. Always wait half an hour after drinking to brush your teeth, so you don't scratch your softened enamel with the bristles.



Visit mysmileway.com — a one-stop-shop for oral health-related tools and tips, including interactive quizzes, a risk assessment tool and a subscription to *Grin!*, our free oral wellness e-magazine.

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of the District of Columbia — DC, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, DC, FL, GA, LA, MS, MT, NV, TX and UT.

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Central Pennsylvania Teamsters Health and Welfare Fund Prescription Benefit Plans

Plans
13, 14P, R7
and R7/65

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

Plans
14 and 16

		Option A	Option B	Option C
RETAIL*	Generic for up to a 34 day supply	\$5	\$10	\$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>.

كُل رفوتت، أن اجم، ةيوغللأ ةدعاسملأ تامدخ، ةيبرعلا ةغللأ شدحتت تنك اذا: ةيبنت 1-610-320-5500.

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, kantscht 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 PREDNISONE CYCLOPHOSPHAMIDE CYCLOSPORINE AZATHIOPRINE METHOTREXATE XELJANZ & ALL OTHER GENERICS	ENSPRING HUMIRA ILUMYA INAVIX INFLECTRA KEVZARA KINERET OLUMIANT ORENCIA RENFLEXIS RINVOQ SIMPONI SILIQ SKYRIZI STELARA TALTZ
URINARY AGENTS	TOVIAZ FLAVOXATE OXYBUTYNIN TOLTERODINE 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: January 1, 2023

VERY IMPORTANT

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

ANALGESICS

Anti-Migraine

Aimovig
Ajovy
Emgality
Nurtec ODT
Uberlvy

Opioid Agonist

Belbuca
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-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

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
Symlinpen
Zegalogue

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, 2023

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
Duavee
Evamist
Imvexxy
Premarin
Premarin vaginal cream
Premphase
Prempro

Miscellaneous
Myfembree Tabs
OriaHnn Caps
Orilissa Tab

OPHTHALMIC AGENTS

Glaucoma Agents:
Alphagan P 0.1%, 0.15%
Combigan
Lumigan
Simbrinza
Xelpros

Miscellaneous
Prolensa
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.



Please remember to keep your address with the Pension Fund updated if you have moved or if you have a temporary address at different times throughout the year. With a new year right around the corner, Form 1099-Rs will be mailed out in January 2023 and the Internal Revenue Service recommends that taxpayers notify their employers, the IRS and the USPS if their addresses have changed so there are no delays in receiving your tax documents.



IMPORTANT NOTICE: FEDERAL TAX WITHHOLDING – PENSION

The Internal Revenue Service (“IRS”) introduced a redesigned Form W-4P, as well as a brand-new Form W-4R in 2022. However, the IRS did not require the new forms to be used until January 1, 2023.

The redesigned W-4P will only be used to determine tax withholding on periodic payments, like regular monthly benefit payments from the Defined Benefit Plan (“DB Plan”), or monthly installment payments from the Retirement Income Plan 1987 (“RIP 1987”).



Please note: Existing retirees receiving monthly benefits from the Pension Fund, who are satisfied with their current level of withholding, do not need to submit a new Form W-4P at this time. The only changes that may occur should be minor adjustments as a result of the annual changes the IRS makes to the tax tables.

The new W-4R will be used to determine tax withholding on non-periodic payments, like full or partial lump sum payments from RIP 1987, including Required Minimum Distributions (“RMDs”) from that Plan. Remember that withholding does not apply to payments rolled over to a traditional IRA or certain other qualified plans. A W-4R is not required if you accept the default withholding rates of 20% on “eligible rollover distributions” like lump sum payments from RIP 1987, or 10% on non-periodic payments like most RMDs. The Pension Fund will, however, ask you to confirm selection of the default option on your Application for Benefits.

The 2022 Forms W-4P and W-4R are available on the Fund’s website for download, and the 2023 versions will be available there once they are released by the IRS. The 2021 Form W-4P will not be accepted after January 1, 2023. Finally, the Pension Fund strongly recommends that you consult with your tax preparer when completing your W-4P or W-4R, because Fund staff is not in a position to advise you as to how to complete the forms.

OCTOBER 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 10 month period ending October 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	-9.1% 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.”



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 contacts 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.

Don't forget to review your beneficiary designation and make sure that it is up-to date with the Health and Welfare department.

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



Coming in January - the Powerful Price Transparency Tool

First time in history you can shop for medical services

Beginning January 1, 2023, you will have access to a Price Transparency Tool to:

- Actively shop for your care
- Compare costs for the same services at different facilities
- Compare costs by providers



The Price Transparency Tool is part of the historic legislation passed in The Consolidated Appropriations Act, 2021, (“CAA”), and is considered the most important health care law passed since the Affordable Care Act.

The intent of the law is to hold the health care system accountable by: enabling consumers to evaluate health care options and to make cost-conscious decisions; strengthening, supporting and protecting consumers as they engage in “consumerism” reducing potential surprises to individual consumers' out-of-pocket costs for health care services; creating competition between providers that offer the same items and services in the same health care markets; and putting pressure on prices, which, in turn, could lower overall health care costs.

How you can participate

The Central PA Teamsters Health & Welfare Fund has partnered with MedExpert to make the Price Transparency tool available to you starting January 1, 2023. The tool will be linked from the Central PA Teamsters Health & Welfare and Pension Funds home page, and in compliance with legislative requirements, all transparency elements will also be available by phone, tablet, computer and telephonically. Legislation has specified a list of 500 services which must be searchable on the portal as of January 1, 2023, and all services will be shoppable on January 1, 2024. MedExpert’s Price Transparency Tool is ahead of legislative requirements and will have thousands of searchable services available this January.

How to Get Started

Be an early bird! If you have not done so already, you can register on MedExpert’s portal at cpateamsters.medexperthealth.com. Before January 1, 2023, you will be able to review your medical claims and familiarize yourself with the website. After January 1 you will be able to click on a shopping cart, enter the medical procedure or service you are shopping for, select the distance from home, view a map that shows your options, and expand each provider to be able to compare the prices for your selected service at various locations. And if you want assistance at any time, you can call MedExpert at **800-999-1999**.

Take advantage of the information. America’s health care system will be strengthened by giving all Americans the information necessary to make health care purchasing decisions. Here is a chance to do your part to make the entire system better and avoid any surprise bills!



The Meritain Health® Nurse Health Coaching Program Helps Members Improve their Health and their Life

Meritain Health Nurse Health Coaching *Member success stories*

Meritain Health Nurse Health Coaching can help you achieve your optimal health. It’s a confidential program that’s available at no cost to you. If you participate in Meritain Health Nurse Health Coaching, you will work over the phone with a dedicated nurse coach for guidance setting up goals. Your nurse coach will help you manage your condition and maintain a healthy lifestyle.

The Nurse Health Coaching program helped the following members improve their health—and their life:

Targeted conditions include:

- Asthma.
- Chronic Kidney disease (CKD).
- Chronic pain.
 - Rheumatoid arthritis.
 - Osteoarthritis.
 - Back pain.
- Chronic Obstructive Pulmonary Disease (COPD).
- Coronary Artery Disease (CAD).
- Congestive Heart Failure (CHF).
- Diabetes.
- High cholesterol.

Story #1: Susan

Baseline:

Chronic pain, with morbid obesity, depression, hypothyroidism, tobacco use and allergies

Nurse health coach goal:

Help Susan lose weight, reduce pain and stop smoking

Program support:

- Regular calls with her nurse health coach to set goals and a plan
- Dietary changes: replace chocolate milk with water, minimize cravings
- Physical activity: 30 minutes of daily aerobic exercise as per the American Heart Association guidelines
- Quit smoking: QuitNow helpline and guided imagery (Susan was not able to use nicotine replacement aids due to her health)

Results:

- Successful dietary change: reduced chocolate milk intake
- Increased water intake
- Increased activity level—water aerobics and core strength
- Reduced pain
- Reduced smoking





Story #2: Carl

Baseline:

Chronic pain, with obesity, osteoarthritis, tachycardia (high resting heart rate) and medical recommendation for hip resurfacing to improve mobility

Nurse health coach goal:

Weight loss, reduced pain and improved health

Program support:

- Regular nurse health coach calls for guidance and a plan
- Recommendation to receive hip surgery
- Physical fitness: increased activity
- Dietary changes: reduced carbohydrate intake, fewer than 2,500 calories per day, and use of an online food tracker to estimate daily calories

Results:

- Successful hip surgery
- 10-pound weight loss
- Cholesterol lowered by 50 points and able to reduce medication dose
- Improved acid reflux and able to discontinue medication
- Feels better: he's more mobile and productive, lifts weights, walks 3–4 miles per day and experiences less pain



Story #3: Barry

Baseline:

Chronic pain in the spine and hip, obesity and childcare makes exercise difficult, poor eating habits—loves sugary drinks

Nurse health coach goal:

Weight loss, reduced pain and improved health

Program support:

- Regular nurse health coach calls for guidance and a plan
- Dietary changes: transition from sugary drinks to flavored water
- Guidance on nutrition labels and portion control
- Physical fitness: ways to fit in walking and low-impact aerobics

Results:

- Successful transition to flavored water
- Spinal nerve block for increased walking
- Weight loss of 35 pounds
- Reduced spine and hip pain

Advocates for Healthier Living

If you have a health condition, and would like more information or to enroll in Meritain Health Nurse Health Coaching, just call **1.888.610.0089**.

This story is based on an actual member experience. Names and information have been changed to protect the member's privacy.

This communication is intended for informational, promotional purposes only. The reference to previous outcomes made as a part of this communication does not guarantee success in any new or future case(s), as the result of each case depends upon many factors, including the facts of each case.

This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations; see your plan documents for complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary and are subject to change.



Retirees Approved for Pensions September, 2022 through October 2022

Name	Local	Employer
September 2022		
ADAMS, CAROL M	229	ROADWAY EXPRESS INC
BAZOW, DAVID S	776	NEW PENN MOTOR EXPRESS INC
BECK JR, DUANE E	229	WILLIAM ROSENSTEIN & SONS
BUSS, ROBERT W	429	UNISOURCE READING
COLE, MARC A	429	BERKS PRODUCTS CORP
EASTON JR, MAX H	764	SCHNEIDER-VALLEY FARMS INC
FLANNERY JR, JOHN J	429	ASSOCIATED WHOLESALERS INC
GLANT, ELANA J	429	ASSOCIATED WHOLESALERS INC
GOTWALT, RICHARD L	776	MAIERS BAKERY
HALE, STEVEN A	776	EAGLE SNACKS INC
HARTMAN, RANDY L	776	EAGLE SNACKS INC
HELWIG, RODNEY DAVID	776	TRANSCON LINES
HORNEMANN, JURGEN	776	UNITED PARCEL SERVICE INC
HOSFELT, ROBERT C	776	KELLOGG'S SALES COMPANY
HULL, DUANE E	776	YORK COUNTY TRANSP AUTHORITY
HUSLER, DEAN S	999	ARKANSAS BEST FREIGHT SYS INC
KANTZ, MATTHEW L	776	HALLS MOTOR TRANSIT CO
KLIMEK, MICHELLE	229	TOPPS CHEWING GUM INC
LEACH, CLIFFORD	776	YRC FREIGHT
LENKER, ADAM	776	UNITED PARCEL SERVICE INC
LIGHTNER III, GEORGE W	776	YRC FREIGHT
MAHORSKY, JOHN H	773	BIMBO BAKERIES USA
MARBURGER, RICKY L	429	BOYERTOWN AUTO BODY WORKS INC
MATIKA, DANIEL	773	UNITED PARCEL SERVICE INC
MCINDOE, BRADLEY	776	UNITED PARCEL SERVICE INC
MIHALICH, DEBRA A	229	HARPER COLLINS PUBLISHERS INC
MILLER, ROBERT D	776	ARKANSAS BEST FREIGHT SYS INC
NESS, MICHAEL D	776	CONSOLIDATED FREIGHTWAYS
OMALIA, MARILYN G	229	TOPPS CHEWING GUM INC
ORLOWSKY, JOHN	401	COON INDUSTRIES INC.
OTTO, JOHN D	773	PRAXAIR DIST. MID-ATLANTIC LLC
PRICE, MARK S	429	SAVOR STREET FOODS INC
RAISH, FREDERICK J	776	NEW PENN MOTOR EXPRESS INC
ROTONDO, GARY R	773	ROADWAY EXPRESS INC
SHAWVER, FRANKLIN	776	ARKANSAS BEST FREIGHT SYS INC
SHOOP, JACK	764	UNITED PARCEL SERVICE INC
SMITH, TIMOTHY C	776	YORK CONCRETE CO.
TEEL JR, WILLIAM P	773	UNIFIED DOOR & HARDWARE GROUP
WARPUS, ANN J	229	YRC FREIGHT
WATKINS, CHRISTOPHER A	776	ARKANSAS BEST FREIGHT SYS INC
WEISS, RICHARD	773	UNITED PARCEL SERVICE INC
WERNER, STEPHEN J	229	CRYSTAL SODA WATER CO
WHITMOYER, DANIEL V	429	COTT BEVERAGES WYOMISSING INC
WILKINS, MARK	776	UNITED PARCEL SERVICE INC
YANCHUS JR, FRANCIS C	401	UNITED PARCEL SERVICE INC
YELK, THOMAS R	771	ENERGY FLEET RESOURCES INC
YOUNG, GENE R	776	AMERICAN FREIGHT SYSTEM
ZATOR, BEVERLY A	229	C&S WHOLESALE GROCERS

Name	Local	Employer
October 2022		
ANGELI, DONALD J	401	COON INDUSTRIES INC.
ARMSTRONG, RODNEY D	776	USF RED STAR
BARNDT, JAY D	764	CENTRE CONCRETE COMPANY
BRANDT, SUZANNE M	776	CAROLINA FREIGHT CARRIERS CORP
CADDEN, WILLIAM	773	UNITED PARCEL SERVICE INC
CLARY, KRISTI	429	COTT BEVERAGES WYOMISSING INC
CZARNECKI JR, STANLEY B	429	STROEHMANN BAKERIES
DOUGHERTY SR, BRIAN P	776	NEW PENN MOTOR EXPRESS INC
EBERT, RONALD	429	NEW PENN MOTOR EXPRESS INC
ECKENRODE, JIMMY A	776	CONSOLIDATED FREIGHTWAYS
ELKO, WILLIAM	401	UNITED PARCEL SERVICE INC
ELSTRODT, DANIEL K	776	FLEMING COMPANIES INC
FLICKINGER SR, TERRY L	776	WALTER W ZEIGLERS SONS INC
GARL, RONALD S	429	YEAGER SUPPLY INC
GASPERETTI, JEAN	429	INTERNATIONAL PAPER
GERMAK, JAMES A	776	JAGTRUX INC
GOODLING, THOMAS L	776	YRC FREIGHT
HAFER, JOHN M	429	J C EHRLICH CO INC
HENNINGER, CLAY	776	YRC FREIGHT
HENRY, SCOTT G	776	YRC FREIGHT
HETRICK, DAVID S	776	KEYSTONE DISTRIBUTION CTR INC
HOWELL, JONATHAN D	764	UNITED PARCEL SERVICE INC
JEWELL, PETER	771	YRC FREIGHT
JOHNSON, VINCENT C	776	ARKANSAS BEST FREIGHT SYS INC
KISTLER, RICKY D	773	EASTERN INDUSTRIES INC
KLahr, HOWARD W	429	LENTZ MILLING CO LLC
KRAUSE, KEITH A	776	YRC FREIGHT
KUKOWSKI, JOHN M	229	CRYSTAL SODA WATER CO
LEASK, STUART	776	UNITED PARCEL SERVICE INC
LEININGER, JERRI L	429	POWER PACKAGING INC
LIPPY, WESTLEY E	776	ARKANSAS BEST FREIGHT SYS INC
MADISON, RONALD B	776	YRC FREIGHT
MARKS, PAUL D	429	E J BRENNEMAN
MARSHALL, WILBUR C	429	SUPERVALU INC
MOWRER, JOHN E	429	ASSOCIATED WHOLESALERS INC
NASSAR, RENIH	773	ASHLAND CHEMICAL COMPANY
NATALE JR, RONALD C	429	SUPERVALU INC
OBERDICK, RODNEY E	776	YORK COUNTY TRANSP AUTHORITY
OSBORNE, WILLIAM	229	SCRANTON SEWER AUTHORITY
OSIPOWICZ JR, EDMUND E	429	COTT BEVERAGES WYOMISSING INC
POLISHAN JR, FRANCIS	773	UNITED PARCEL SERVICE INC
READING, LAVERN	776	YRC FREIGHT
RHINIER, HOWARD WAYNE	771	TEAMSTERS LOCAL UNION 771
SCHMIDT, DANIEL W	229	TEAMSTERS LOCAL UNION 229
SMITH, CARL R	429	GENERAL COMMODITIES WAREHOUSE
STONE, WILLIAM A	229	ROADWAY EXPRESS INC
TRUMP, DOUGLAS	773	YRC FREIGHT
TYSON, JEAN M	429	DAIRY FARMERS OF AMERICA INC
VERNALLI, JOSEPH J	771	YELLOW FREIGHT SYSTEM INC
WENNER, DANIEL	764	UNITED PARCEL SERVICE INC
WITTMAN, WILLIAM I	429	SINGER EQUIPMENT CO INC



Creating and logging in to your member account

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

Step 1

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

Step 2

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

Step 3

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



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

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

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

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

our Union,
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
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