

GUARDIAN

Reading, Pennsylvania

HEALTH AND WELFARE/PENSION GUARDIAN NEWSLETTER



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

our Union,
Label Here!

In this edition

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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 OCTOBER 1, 2023.

THIS NEWSLETTER CONTAINS INSERTS WITH IMPORTANT INFORMATION REGARDING CHANGES TO PLAN 13, 14, 16, R7 AND R7-65. THE INSERTS SHOULD BE RATINED WITH YOUR ACTIVE PLAN DOCUMENT FOR FUTURE REFERENCE.

15 AUTUMN WELLNESS TIPS TO KEEP YOU HEALTHY THIS FALL

The transition to the shorter and busier days of fall can be a challenge. To help ease the change, we've put together 15 Autumn Wellness Tips to get you ready for the colder months and keep your mental (and physical!) health in check.

1) Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!

2) Take some time to yourself. Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how you're feeling.

3) Get your flu shot and yearly check-up. Self explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life. Yuck.

4) Boost your immune system. You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.

5) Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!

6) Make some plans for the cold months. In the winter, we tend to hibernate if we don't have things to keep us busy.

7) Moisturize your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.

8) Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash,

roots and sautéed dark leafy greens are all great choices.

9) Stay active! It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves or shoveling snow counts!

10) Wear layers and protect your body from the dropping temperature. Make sure you have gloves, a scarf, ear muffs, a winter coat, warm socks, and snow boots!

11) Do some "spring cleaning" in the fall. Clean out your closet, organize that back room, and rid yourself of things you don't need.

12) Prepare your home for possible extreme weather conditions. Do you have a shovel and/or snow blower? Do your flashlights have batteries? Is your heat working okay?

13) Get some books to read and shows to watch. Who doesn't want to sit by the fire on chilly winter nights and read a good book or binge-watch some Netflix?

14) Keep a schedule. The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do.

15) Be kind to yourself. The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.



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Common conditions treated

When your primary doctor isn't available, Teladoc Health can provide you with treatment for acute conditions, including:

- Allergies.
- Bronchitis.
- Cold or flu.
- Headaches or migraines.
- Eye or ear infections.
- Skin irritations and rashes.
- Respiratory infections.
- Sinus infections.
- Stomachache or diarrhea.
- Urinary tract infections.
- Many other conditions.

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- Call **1.800.835.2362**.
- Visit **www.Teladoc.com**.
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Your Blood Pressure and Cholesterol

It's important to know your blood pressure and cholesterol levels, as they greatly affect your heart health. You can improve your blood pressure and cholesterol by eating a healthy diet and exercising regularly.

Blood pressure

Blood pressure is typically two numbers written in a ratio, for example 115/75. The top number, or systolic pressure, measures the pressure in the arteries when the heart beats. The bottom number, or diastolic pressure, measures the pressure in the arteries when your heart is at rest, or between heartbeats.

Normal blood pressure is when systolic is less than 120 and diastolic is less than 80 (or 120/80). Hypertension, or high blood pressure, begins when blood pressure is 140/90 or above.

By keeping your blood pressure in a healthy range, you:

- Reduce the risk of overstretching or injuring the walls of your blood vessels.
- Reduce the risk of having a heart attack or stroke, and developing heart failure, kidney failure and peripheral vascular disease.
- Protect your entire body and provide your tissues with regular supplies of blood that is rich in oxygen.

Cholesterol

A desirable level for total cholesterol for most people is less than 200 mg/dL. High cholesterol is 240 mg/dL and above, which puts a person at more than twice the risk of heart disease than someone with cholesterol below 200 mg/dL.

HDL cholesterol is considered “good” cholesterol because it binds to cholesterol in your blood and transports it away from the organs and back to the liver for disposal. Having HDL cholesterol of 60 mg/dL and above is considered protective against heart disease. The best way to increase your HDL level is through regular physical activity.

LDL cholesterol is considered “bad” cholesterol because it carries cholesterol and other fats from the liver to various organs. Less than 100 mg/dL LDL is optimal, and 160 mg/dL is considered high. When too much LDL cholesterol circulates in the blood, it can build up in the inner walls of your arteries. That forms plaque, a thick deposit that narrows the arteries and makes them less flexible. If a clot forms and blocks a narrowed artery, a heart attack or stroke can result.

If you have certain health or family history risks, you may need to maintain even lower cholesterol levels.

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.

Central Pennsylvania Teamsters Health and Welfare Fund Prescription Benefit Plans

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

| | | |
|-------------------|---|-------|
| RETAIL * | Generic for up to a 90 day supply | \$0 |
| | 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 | \$0 |
| | 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 30 day supply | \$300 |

**Plans
14 and 16**

| | | | | |
|-------------------|---|-----------------|-----------------|-----------------|
| RETAIL * | Generic for up to a 90 day supply | Option A \$0 | Option B \$0 | Option C \$0 |
| | 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 | \$0 | \$0 | \$0 |
| | Brand Preferred for up to a 34 day supply | \$30 | \$40 | \$60 |
| | Brand Non-Preferred for up to a 34 day supply | \$60 | \$80 | \$100 |
| SPECIALTY | Retail up to a 30 day supply | \$150 | \$150 | \$150 |
| | Mail Order up to a 30 day supply | \$300 | \$300 | \$300 |

The Central Pennsylvania Teamsters Health and Welfare Fund recently updated the Prescription benefits to allow a \$0 copayment for up to a 90-day supply on all generic prescriptions retail and mail order effective 10/1/2023 on a one-year trial basis.

* 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>.

1-610-320-5500. لكل رفوت، ان اجم، ةي وغلل اءء اسمل اءاءء ةي بءرءل ءءءء ءءء اءل ءءبءء.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-610-320-5500

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-610-320-5500.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-610-320-5500.

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-610-320-5500.

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-610-320-5500.

ध्यान दें: यदि आप हद्दी बोलते, भाषा सहायता सेवाओं, नि: शुल्क, आप के लिए उपलब्ध है। 1-610-320-5500 कहते हैं।

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-610-320-5500.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-610-320-5500 번으로 전화해 주십시오.

Wann du [Deutsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-610-320-5500.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-610-320-5500.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-610-320-5500.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-610-320-5500.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-610-320-5500.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-610-320-5500.



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 VIBRYD WELLBUTRIN ZOLOFT |
| ANTI-GLAUCOMA EYE PREPARATIONS | APRACLONIDINE HCL BETAXOLOL BRIMONIDINE CARTEOLOL DORZOLAMIDE LATANOPROST LEVOBUNOLOL METIPRANOLOL PILOCARPINE TIMOLOL & ALL OTHER GENERICS | ALPHAGAN AZOPT BETIMOL BETOPTIC COMBIGAN COSOPT IOPIDINE ISTALOL LUMIGAN PHOSPHOLINE ROCKLATAN RHOPRESSA SIMBRINZA TIMOPTIC TRAVATAN TRUSOPT VYZULTA XALATAN XELPROS ZIOPTAN |
| ANTIPSYCHOTICS | CLOZAPINE OLANZAPINE QUETIAPINE RISPERIDONE ZIPRASIDONE & ALL OTHER GENERICS | ABILIFY - Evidence of "medical necessity" must include documentation of failure of all other therapies, including non-drug intervention |

| | | |
|---|---|--|
| BETA-ADRENERGIC BLOCKERS (ANTIHYPERTENSIVES) | ACEBUTOLOL ATENOLOL BETAXOLOL BISOPROLOL NADOLOL PINDOLOL PROPRANOLONOL SOTALOL TIMOLOL & ALL OTHER GENERICS | BYSTOLIC KAPSPARGO |
| CALCIUM CHANNEL BLOCKERS (ANTIHYPERTENSIVES) | AMLODIPINE ATORVASTATIN 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 TROSPIMUM & ALL OTHER GENERICS | GELNIQUE GEMTESA MYRBETRIQ OXYTROL VESICARE |

GRANDFATHERED DRUGS: Effective January 1, 2016, any NEW prescriptions for the medications in the chart below are subject to the Step Therapy requirements set forth above. If, however, you are currently taking a medication in one of these categories, the Fund will continue to provide benefits for your medication.

| | | |
|-----------------------|--------------|---|
| ADD & ADHD | ALL GENERICS | ADDERALL ADHANSIA XR ADZENYS CONCERTA COTEMPLA XR DAYTRANA DESOXYN DEXEDRINE EVEKEO FOCALIN JORNAY METADATE METHYLIN MYDAYIS PROCENTRA QUILLIVANT RELEXXII RITALIN VYVANSE ZENZEDI |
| ANTI-MIGRAINE | ALL GENERICS | AIMOVIG AJOVY AMERGE BRIVIACT CAFERGOT D.H.E.45 EMGALITY ERGOMAR FROVA IMITREX MAXALT MIGERGOT MIGRANAL NURTEC ONZETRA 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 7.1.23
rev. 6.20.23

| | | |
|-------------------------------------|---|--|
| ANTI-MIGRAINE (Continued) | | REYVOW SUMAVEL TOSYMRA TREXIMET 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 | APTOM BANZEL CARBATROL CELONTIN CEREBYX DEPAKOTE DIACOMIT DILANTIN EPIDIOLEX FELBATOL FYCOMPA GABITRIL KEPPRA KLONOPIN LAMICTAL LIPRITIN MYSOLINE NAYZILAM NEURONTIN ONFI OXTELLAR PHENYTEK QUDEXY ROWEEPR SYMPAZAN TEGRETOL TOPAMAX TRILEPTAL 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, 2023

VERY IMPORTANT

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

ANALGESICS

Anti-Migraine

Aimovig
Ajovy
Emgality
Nurtec ODT
Qulipta
Ubrelvy

Opioid Agonist

Belbuca
Xtampza ER

Misc

Depen

ANTI-INFECTIVES

Miscellaneous Anti-infectives

Emverm

CARDIOVASCULAR

Angiotensin Receptor Blockers & Combinations

Entresto

Anti-hyperlipidemics

Livalo
Nexeleto
Nexlizet

Miscellaneous Cardiovascular

Verquvo

CNS AGENTS

Attention Deficit Disorder Treatment

Vyvanse

DERMATOLOGICALS

Hemorrhoidal Preparations:

Proctofoam HC

Psoriasis & Eczema Agents:

Eucrisa 2% ointment

ENDOCRINE

Androgens/Estrogens

Androderm Patch

Hyperglycemics

Dipeptidyl Peptidase-4 & Combos

Janumet
Janumet XR
Januvia
Jentadueto
Jentadueto XR
Tadjenta

GLP-1 Recep. Agonist

Bydureon
Byetta
Ozempic
Rybelsus Tab
Trulicity
Victoza

Insulins

Humalog
Humulin
Lantus/Solostar
Levemir/FlexTouch
Lyumjev
Novolin
Novolog
Relion Novolin

Soliqua
Toujeo Solostar
Toujeo Max Solostar
Tresiba Vial, FlexTouch

Sodium-Glucose Co Transporter 2 Inhib

Farxiga
Glyxambi
Jardiance
Synjardy
Synjardy XR
Trijardy XR
Xigduo XR

Miscellaneous

Baqsimi Spray
Mounjaro
Omnipod 5 G6 Intro Kit
Omnipod 5 G6 Pods (5pk)
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, 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

OB/GYN

Estrogenics

Climara Pro Patch
Duavee
Evamist
Premarin
Premarin vaginal cream
Premphase
Prempo

Miscellaneous

Myfembree Tabs
OriaHnn Caps
Orilissa Tab

OPHTHALMIC AGENTS

Glaucoma Agents:

Alphagan P 0.1%,
Lumigan
Simbrinza

Miscellaneous

Prolensa
Restasis Multidose
Xiidra

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

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. Balances can be checked on the fund’s pension calculator.

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.



If you are Retired and require a copy of your Form 1099R or a pension verification letter (*also known as an award letter*), we are pleased to announce you may obtain this information on the Pension Calculator.

If you become divorced, please forward copies of your divorce decree to the Pension Department.

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.

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



A Fall Financial Cleanse Could Get Your Spending Back on Track

After a summer that might have included more spending than usual, it's helpful to give yourself a fall financial cleanse.

If summer is a season of spontaneity and indulgence, then fall offers a counterpoint: It's a chance to get back on schedule, and back on budget.

"Summer, with travel and no school, tends to be a really spendy time. The fall is a nice reset," says Ashley Feinstein Gerstley, a certified financial planner and author of "The 30-Day Money Cleanse."

Gerstley says giving yourself a "money cleanse" offers a chance to carefully go over your spending and financial habits so you can make any necessary changes to end the year strong. With inflation and economic uncertainty in the background, that's no easy task, but putting in the extra effort now can pay off.

Here's a step-by-step guide to a fall financial cleanse that could help get your budget on track for the rest of the year:

Start with a look back

Nate Hoskin, a CFP and financial assistant at Brightside, a provider of financial wellness to employees, says the first step to a fall financial cleanse is to look backward, starting with your New Year's goals. He suggests checking on progress toward resolutions set in January so you can make any needed adjustments.

Then, Hoskin says, initiate what he calls a "financial audit," which means tracking all of your spending over the last couple of months by poring over credit card and bank statements. From there, you can see what unexpected expenses popped up or why it has been so hard to save. "With inflation, it's extremely challenging, and you might find your budget didn't work even if you did everything right, because some things are out of your control," he adds.

He suggests giving yourself the chance to make small changes going forward without dwelling on previous missteps.

"Knowing where our money is going is a huge shift and can help us change our habits," Gerstley says.

Try a budget

If you don't yet follow a budget to help you track your spending, then the fall is a great time to give one a try, says Ashley Lapato, a financial expert on TikTok who posts as @TheOrganizedWallet and is a spokesperson for the budgeting app YNAB.

"I always think the first step is a zero-based budget," she says, which means every dollar is accounted for, including money set aside for savings and any debt payments.

"It forces you to confront spending decisions and to get really clear about financial priorities," she says, because you comb through every little bit of spending.

Establish a new morning habit

Lapato likes to start each day with a quick check of her own budget. For fewer than five minutes every morning, she logs in to her budgeting app or checks her bank account and financial goals.

"Doing this has changed my perspective. It puts me in the right brain space in the morning if I'm looking at bills, goals and things I want to accomplish," she says. Then, when she has to make spending decisions later in her day, her balances and goals are top of mind.

Prioritize paying off debt

Stuart Boxenbaum, president of Statewide Financial Group, a financial advisory firm, says that with interest rates rising, this fall is also a great time to aggressively pay off high-interest or variable-rate debt, such as credit card debt.

"Before you sock away other money into savings, pay off high-interest debt — if you're paying 18% or higher on a credit card, then it's a no-brainer. Pay off the debt first," he says, because yields on savings accounts are far lower than those interest rates.

Check your tax situation

A money cleanse should also include a tax checkup, says Karla Dennis, an enrolled tax agent and founder of Karla Dennis and Associates, a tax and accounting services firm. "You could go all year long and assume your withholdings are on point, but you might be short," she says, which would mean a surprise tax bill in April if too little taxes have been coming out of your paycheck.

To avoid that fate, she suggests using the IRS' tax withholding estimator tool. Enter your personal information and get an estimate of how much to withhold so you can make any necessary adjustments for the remaining months of the year. If you were recently married, received a pay increase or started earning extra money through a side hustle, then estimating your withholding is especially important, Dennis adds, because you might be at a higher risk of withholding too little.

Make space for fun, too

Budgeting, debt and taxes aren't exactly words that people associate with fun. That's why it's so important to also build treats into your budget, Lapato says, because doing so can actually help keep you on track. "Sometimes, we need that serotonin boost," she says. For her, that usually means splurging on a new blush or book.

"Instead of feeling guilty, I have it built into my budget as its own category," she says, adding that she sets aside a bit of money every month for this purpose. "Give yourself permission to enjoy life," she adds — a philosophy that applies to this fall and beyond.

This article was written by NerdWallet and was originally published by The Associated Press.

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.
 - 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

Visit our website at www.CentralPATeamsters.com



You recently received a postcard that the Fund has partnered with Alliance Community Healthcare to provide primary care medical services with the following benefits.....

- **\$0 co-pay for office visits** for members and dependents that have Central PA Teamsters Health and Welfare Fund coverage as their primary health insurance.
- **\$0 co-pay for covered prescription drugs** prescribed through Alliance Community

Representatives from the Fund's prescription benefits manager, Global Pharmaceutical Benefits may be contacting you to discuss the program and assist with any questions that you may have.



2024 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, 2023 to December 31, 2023. 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

(only applies if included in your benefit package)

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 July, 2023 through September 2023

Name Local Employer

July 2023

| | | |
|----------------------|-----|--------------------------------|
| ABNER, SHAWN | 776 | W & L SALES COMPANY INC |
| BARRICK, BRADLEY G | 776 | ARKANSAS BEST FREIGHT SYS INC |
| BRUESTLE, FRANK | 429 | ALL STAR DISTRIBUTING INC |
| BUCHTER, JAMES W | 776 | FLEMING COMPANIES INC |
| CLAUSER JR, PAUL W | 429 | BRENNTAG NORTHEAST LLC |
| CONKLIN, PAUL J | 229 | CONSOLIDATED FREIGHTWAYS |
| CZEKALSKI, QUINTIN A | 229 | TOPPS CHEWING GUM INC |
| DEHART, CHRISTOPHER | 776 | UNITED PARCEL SERVICE INC |
| ENGLE, MICHAEL E | 776 | CARNATION CO/NESTLE USA INC. |
| ESSER SR, MICHAEL L | 429 | WINDSOR SERVICE TRUCKING |
| FRANA, TERRANCE | 773 | ABM INDUSTRIES |
| GALASSO, MARK A | 776 | CONSOLIDATED FREIGHTWAYS |
| GOOD, JOHN F | 429 | NEW PENN MOTOR EXPRESS INC |
| HARTZELL, SIDNEY L | 776 | ADAM WHOLESALERS INC |
| HINE, J NATHAN | 776 | CONSOLIDATED FREIGHTWAYS |
| LEPORE, JOANNE | 771 | APEX EQUIPMENT COMPANY |
| MATSCHAT, KARL | 773 | UNITED PARCEL SERVICE INC |
| MCGRAW, ROBERT S | 229 | AFFILIATED FOOD DISTR INC |
| MILLER JR, RONALD E | 776 | ARKANSAS BEST FREIGHT SYS INC |
| MOORE, DAVID J | 776 | YRC FREIGHT |
| MORRELL, KENNITH | 776 | YRC FREIGHT |
| READINGER, WILLIAM L | 429 | BERKS PRODUCTS CORP |
| RIOUX, MICHAEL P | 429 | CLOVER FARMS DAIRY |
| SHOWERS, JEFFREY R | 776 | YRC FREIGHT |
| SHULTZ, DAVID J | 771 | YELLOW FREIGHT SYSTEM INC |
| SINGER, KEVIN | 229 | ROADWAY EXPRESS INC |
| SMOREY, KIP ALAN | 429 | CENTRAL DOOR & PLYWOOD CO |
| STIEFEL, DARRELL | 776 | HESS TRUCKING COMPANY |
| WALSH, JAMES L | 771 | KUNZLER & COMPANY INC |
| WANCO, PAUL R | 776 | CAROLINA FREIGHT CARRIERS CORP |
| WEAVER, RANDY D | 776 | HESS TRUCKING COMPANY |
| WNENTA, GRACE | 229 | TOPPS CHEWING GUM INC |

August 2023

| | | |
|--------------------|-----|---------------------------|
| ADAMS, MICHAEL H | 429 | SCHROCK CABINET COMPANY |
| BAER, RONALD E | 429 | BIRDSBORO BOROUGH |
| BROGAN, MICHAEL J | 429 | CARL R BIEBER INC |
| BULL, JOSEPH S | 776 | CONSOLIDATED FREIGHTWAYS |
| CAMPBELL, GAIL A | 229 | C&S WHOLESALE GROCERS |
| CARDUFF, DAVID P | 401 | UNITED PARCEL SERVICE INC |
| CHOFEY, DAVID J | 229 | SCRANTON TOBACCO COMPANY |
| DENARDO, ERIC T | 776 | YRC FREIGHT |
| DIAZ, JOYCE | 429 | VICTUS LTD |
| DIEHL, REVERE W | 773 | EASTERN INDUSTRIES INC |
| FORAN, MARGARET | 764 | UNITED PARCEL SERVICE INC |
| GARDNER, CHARLES | 776 | YRC FREIGHT |
| GERBINO, SAMUEL R | 773 | ASHLAND CHEMICAL COMPANY |
| GERHART, STEPHEN M | 429 | SUPERVALU INC |
| GLOVAS, JOSEPH | 773 | ASHLAND CHEMICAL COMPANY |
| GOODMAN, ANTHONY | 429 | SINGER EQUIPMENT CO INC |

Name Local Employer

| | | |
|-----------------------|-----|--------------------------------|
| HARRO, CLINTON F | 776 | CONSOLIDATED FREIGHTWAYS |
| HEILMAN, DUANE H | 776 | ARKANSAS BEST FREIGHT SYS INC |
| HICKS, BOBBY L | 773 | PRAXAIR DIST. MID-ATLANTIC LLC |
| HILBERT, JULIUS R | 773 | ARAMARK SERVICES |
| HIMMELREICH, SHARON E | 429 | BECHTEL LUTZ & JOST |
| HOFF SR, GARY E | 771 | YELLOW FREIGHT SYSTEM INC |
| KNOTTS, TODD A | 764 | UNITED PARCEL SERVICE INC |
| KRAMER JR, GEORGE W | 429 | YEAGER SUPPLY INC |
| KUDERA, MARK D | 773 | WELCO/CGI |
| KULP, KENNETH L | 429 | CLOVER FARMS DAIRY |
| LEFEVER, STEPHEN D | 771 | MILLER & HARTMAN INC |
| LUGO, RAMON | 429 | COTT BEVERAGES WYOMISSING INC |
| MARTIN, DOUGLAS | 776 | CAROLINA FREIGHT CARRIERS CORP |
| MELNICHAK, THOMAS L | 776 | UPS CARTAGE SERVICES INC |
| MERRITT, HOBART D | 773 | MYERS MEN INC |
| MURPHY, KENNETH M | 229 | NEW PENN MOTOR EXPRESS INC |
| NEMCHENKO, ANTHONY | 429 | ARKANSAS BEST FREIGHT SYS INC |
| OLSON, WILLIAM A | 773 | PRAXAIR DIST. MID-ATLANTIC LLC |
| POTTEIGER, ANDREW | 776 | YRC FREIGHT |
| RITTLE, MICHAEL R | 771 | YELLOW FREIGHT SYSTEM INC |
| SCHAPPELL, RODNEY F | 429 | SUPERVALU INC |
| SMITH, RANDY E | 429 | UNITED PARCEL SERVICE INC |
| SOBECK, ROBERT J | 401 | THE SOBECK CORPORATION |
| TORO, TIMOTHY | 229 | C&S WHOLESALE GROCERS |
| TSIRNIKAS, DAVID | 429 | READING FOUNDRY & SUPPLY CO |
| WHITE, HARVEY R | 776 | CONSOLIDATED FREIGHTWAYS |
| WILK, ALLAN R | 429 | DIETRICH'S MILK PRODUCTS LLC |
| WOLF, ALAN R | 773 | PENSKE TRUCK LEASING CO LP |
| WOLF, STEPHEN G | 773 | SCHWERTMAN TRUCKING CO |
| YEAKEL, BRADLEY N | 773 | TEAMSTERS LOCAL UNION 773 |
| ZALESKI, LYNN M | 229 | TOPPS CHEWING GUM INC |

September 2023

| | | |
|-----------------------|-----|-------------------------------|
| AGUILLARD, DAVID M | 776 | ARKANSAS BEST FREIGHT SYS INC |
| BALDO, DAVID R | 229 | ROADWAY EXPRESS INC |
| BARNDT JR, GENE E | 764 | CENTRE CONCRETE COMPANY |
| BENSON, JAMES L | 776 | YRC FREIGHT |
| BERARDINUCCI, ROCCO J | 773 | ASHLAND CHEMICAL COMPANY |
| BOMBARDIER, DAVID | 776 | UNITED PARCEL SERVICE INC |
| BORTZ, GARY D | 773 | BIMBO BAKERIES USA INC |
| BOUIKA, WESLEY J | 229 | CONSOLIDATED FREIGHTWAYS |
| CAMPBELL, EDWARD | 776 | NEW PENN MOTOR EXPRESS INC |
| CASSEL, JEFFREY A | 771 | HERMAN R EWELL INC |
| CHRISTIE, MICHAEL A | 776 | YRC FREIGHT |
| CLEMENS, RICHARD L | 776 | NEW PENN MOTOR EXPRESS INC |
| DENDY, TIMOTHY W | 776 | YRC FREIGHT |
| DETZ, THOMAS | 776 | YRC FREIGHT |
| DIXON, VANESSA R | 429 | ASSOCIATED WHOLESALERS INC |
| DRESSEL, PAUL | 776 | YRC FREIGHT |
| DUDICK, MARK A | 229 | DIMARE FRESH INC |
| DUKE, JAMES | 776 | YRC FREIGHT |

Retirees Approved for Pensions July, 2023 through September 2023

| Name | Local | Employer | Name | Local | Employer |
|-----------------------|-------|-------------------------------|--------------------------|-------|-------------------------------|
| DUKE, MICHAEL | 776 | YRC FREIGHT | MCPHERSON III, CHARLES J | 429 | APEX EQUIPMENT COMPANY |
| EASTER, DWAYNE | 776 | YRC FREIGHT | MLODZIENSKI, DAVID J | 229 | TOPPS CHEWING GUM INC |
| FALISIEWICZ, WALTER S | 999 | JACK COOPER TRANSPORT CO | MORRIS JR, ROBERT W | 999 | ARKANSAS BEST FREIGHT SYS INC |
| GUERRA JR, JOSEPH J | 229 | NEW PENN MOTOR EXPRESS INC | MORRISSEY, KIM A | 429 | POWER PACKAGING, AN EXEL CO |
| HALLER, ROBERT DAVID | 776 | ARKANSAS BEST FREIGHT SYS INC | NAGLE, KIRK | 401 | YRC FREIGHT |
| HALLMAN, THOMAS J | 429 | ASSOCIATED WHOLESALERS INC | NEIMAN, RICHARD S | 429 | BOYERTOWN AUTO BODY WORKS INC |
| HAMILTON, ROGER L | 776 | ROADWAY EXPRESS INC | ORTIZ, LOURDES | 773 | ABM INDUSTRIES |
| HARTMAN, THOMAS H | 429 | CLOVER FARMS DAIRY | OSTI, CHARLES VINCENT | 429 | J C EHRlich CO INC |
| HAWCK, WILLIAM J | 776 | ROADWAY EXPRESS INC | PROCASCO, STEVE M | 776 | YRC FREIGHT |
| HAWK, JOHN W | 776 | USF RED STAR | RAFFENSPERGER, ELIZABETH | 776 | TEAMSTERS LOCAL UNION 776 |
| HLAVAC, ANTONELLA D | 229 | SUPER MARKET SERVICE CORP | RAUDEBAUGH, MICHAEL P | 776 | CONSOLIDATED FREIGHTWAYS |
| JONES, WALTER J | 401 | FOSTER TOWNSHIP | REED III, JOHN | 764 | UNITED PARCEL SERVICE INC |
| JOYCE, JACKIE | 776 | UNITED PARCEL SERVICE INC | RITZ, WILLIAM A | 773 | J C EHRlich CO INC |
| KANE, CHRISTOPHER V | 229 | NEW PENN MOTOR EXPRESS INC | SADLER, RICHARD W | 773 | SILVER LINES INC |
| KANE, TERENCE J | 401 | UNITED PARCEL SERVICE INC | SCHMOHL, DENNIS L | 776 | ANDERSON LOGISTICS |
| KEENER, BYRON M | 229 | TOPPS CHEWING GUM INC | STRUNK SR, DANNY L | 429 | CFD TRANSPORTATION LLC |
| KELLER, DALE | 401 | UNITED PARCEL SERVICE INC | THOMPSON, SCOTT R | 429 | SUPERVALU INC |
| KERN, ROBERT | 429 | APEX EQUIPMENT COMPANY | VOGEL JR, WARREN B | 429 | WINDSOR SERVICE INC |
| KIESS, RONALD | 776 | YRC FREIGHT | WALTERS, THOMAS J | 229 | NEW PENN MOTOR EXPRESS INC |
| LUONGO JR, ANTHONY | 229 | AFFILIATED FOOD DISTR INC | WILLIARD, KENT R | 776 | ARKANSAS BEST FREIGHT SYS INC |
| MACE, JAMES T | 771 | TRANS-MATERIALS INC | YERKE, MARGARET | 229 | SUPER MARKET SERVICE CORP |
| MACKLEY, CRAIG B | 776 | METALS USA | ZIEGLER, JAMES W | 776 | YRC FREIGHT |
| MCAFFEE JR, WILLIAM R | 429 | NEW PENN MOTOR EXPRESS INC | | | |
| MCCAULLEY, NICHOLAS R | 771 | WEYERHAEUSER COMPANY | | | |

SEPTEMBER 2023 RETIREMENT INCOME PLAN (RIP) INVESTMENT RETURN

The following is the approximate net investment return for the Central PA Teamsters RIP 1987 retirement plan for the 9 month period ending September 30, 2023. 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 | 4.7% 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."



Influenza Vaccine:

Who Should Get It, and Who Should Not

FIGHT FLU



Everyone 6 months and older is recommended for annual influenza vaccination, with rare exceptions. **This flu season, ACIP recommends annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate influenza vaccine (IIV4, RIV4, or LAIV4) with no preference expressed for any one vaccine over another. Some vaccines are not recommended in some situations and for people of certain ages or with certain health conditions, and some people should not receive influenza vaccines at all (though this is uncommon).**

Different flu vaccines are approved for people of different ages. Everyone should get a vaccine that is appropriate for their age.

Influenza (Flu) Shots

People who can get a flu shot

- There are inactivated injectable influenza vaccines (flu shots) that are approved for people as young as 6 months old.
- Some vaccines are only approved for adults. As examples, the recombinant influenza vaccine is approved for people aged 18 years and older, and the adjuvanted and high-dose inactivated vaccines are approved for people aged 65 years and older.
- Flu shots are recommended for pregnant people and people with certain chronic health conditions.
- Most people with an egg allergy can get a flu shot.

People who SHOULD NOT get a flu shot

- Children younger than 6 months are too young to get a flu shot.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. See special considerations regarding egg allergy for more information about egg allergies and flu vaccine.

People who should talk to their doctor before getting a flu shot:

If you have one of the following conditions, talk with your health care provider. He or she can help decide whether vaccination is right for you, and help select the best vaccine for your situation:

- If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your health care provider about your allergy. See special considerations regarding egg allergy at the bottom of this document for more information about egg allergies and flu vaccine.
- If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. Talk to your health care provider about your GBS history.
- If you are not feeling well, talk to your health care provider about your symptoms.

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



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

Nasal Spray Flu Vaccine:

People who can get a nasal spray flu vaccine:

Nasal spray vaccine is approved for use healthy non-pregnant people, 2 years through 49 years old.

People who **SHOULD NOT** get a nasal spray vaccine:

- Children younger than 2 years old.
- Adults 50 years and older.
- Pregnant people.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine.
- Children 2 years through 17 years old who are receiving aspirin- or salicylate-containing medications.
- People with weakened immune systems (immunosuppression).
- Children 2 years through 4 years old who have asthma or who have had a history of wheezing in the past 12 months.
- People who have taken influenza antiviral drugs within the previous 48 hours.
- People who care for severely immunocompromised persons who require a protected environment (or otherwise avoid contact with those persons for 7 days after getting a nasal spray vaccine).
- People with cerebrospinal fluid (CSF) leaks (communication and leakage of fluid between the space surrounding the brain and the nose, throat, ear, or any other place in the head).
- People with cochlear implants.

People who should talk to their healthcare provider before getting a nasal spray vaccine:

If you have one of the following conditions, talk with your health care provider. He or she can help decide whether vaccination is right for you, and select the best vaccine for your situation:

- People with asthma aged 5 years and older.
- People with other underlying medical conditions that can put them at higher risk of serious flu complications. These include conditions such as chronic lung diseases, heart disease (except isolated hypertension), kidney disease, liver disorders, neurologic and neuromuscular disorders, blood disorders, or metabolic disorders (such as diabetes).
- People with moderate or severe acute illness with or without fever.
- People with Guillain-Barré Syndrome after a previous dose of influenza vaccine.

Special Consideration Regarding Egg Allergy

People with egg allergies can receive any licensed, recommended age-appropriate influenza vaccine (IIV4, RIV4, or LAIV4) that is otherwise appropriate. People who have a history of severe egg allergy (those who have had any symptom other than hives after exposure to egg) should be vaccinated in a medical setting, supervised by a health care provider who is able to recognize and manage severe allergic reactions. Two completely egg-free (ovalbumin-free) flu vaccine options are available: quadrivalent recombinant vaccine and quadrivalent cell-based vaccine.

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

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

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Central Pennsylvania Teamsters Pension Fund and Central Pennsylvania Teamsters Health and Welfare Fund

Trustees:

William M. Shappell
Chairman & Union Trustee
Daniel W. Schmidt
Secretary & Employer Trustee
Kevin Bolig
Union Trustee
Bryan A. Swaim
Employer Trustee
Edgar H. Thompson
Union Trustee
Kenneth A. Ross
Employer Trustee
Mark Gladfelder
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