



THE CONNECTION

Get Healthy With Your Teamsters Benefits

2022 WELLNESS SCREENING

The Fund's annual wellness screening program through Quest Diagnostics kicked off on **March 1st and will go through September 30, 2022**. See pg. 3 for program information and details on the next health and benefits fair.

BENEFITS AT A GLANCE

Did you know that in addition to your medical benefits plan you have access to many enhanced programs and services that can help eligible members and their dependents get the care they need? More importantly, most of these programs are provided at no additional cost. Take advantage of these valuable services today. See program highlights below.

- **mySugr for Diabetes Management** - Members living with diabetes now have free access to the Roche Diabetes Health Connection and mySugr App. Get started today at www.employer.mysugr.com/teamsters.
- **Guardian Nurses Healthcare Advocates** - Are you struggling with a health care issue? Guardian Nurses are ready to respond and support you. Services are free and confidential. Contact your Guardian Nurse at (609) 760-1919 or (609) 760-3514.
- **Teladoc Virtual Care 24/7/365** - Is it allergies or the flu? Talk to a doctor anytime, anywhere you happen to be when you need care for \$0 copay. Call 1-800-Teladoc (835-2362), go online at member.teladoc.com or mobile app at teladoc.com/mobile.
- **Behavioral & Mental Health Care Services** - Total Care Network (TCN) offers members access to a network of licensed professionals to assist with substance abuse and mental health care needs. For support or to find a provider, contact TCN at 1-800-298-2299.
- **\$20 Non-Emergency, Outpatient Radiology Testing** - When you are prescribed a non-emergency, outpatient medical imaging procedure (x-ray, MRI, CT scan or ultrasound) prior to making your appointment, please call Health Care Solutions at 1-800-655-8125 to get your test approved for only a \$20 copay, no deductible.
- **Eye Exams** - Need an eye exam, new glasses or contact lenses? Contact NVA at 1-800-672-7723 to learn more about your vision benefit or to find an eye care provider near you.
- **Genomic Testing** - Are you at risk for hereditary cancer, heart disease or want to know how your body processes certain medications? Claim your confidential genetic testing kit for free at www.color.com/go/teamsters.



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BE ON THE LOOKOUT

- Check the mail - HRA reimbursement checks have been mailed out to eligible participants.
- Teamsters Fund's Health and Benefits Fair on Saturday, June 11th from 10 am to 1 pm at Local 107. Join us!
- Orthotics and PRP programs launching this summer. Details coming soon!

WHAT IS “SAFE” HEALTH CARE?

Safe health care is care that helps, and does not hurt, the patient. Safe health care is delivered by high quality professionals who always strive to avoid surgical and medication errors, and to administer the right amount of treatment at the right time. While many hospitals advertise that patient safety is very important, they do not always follow through with procedures and protocols to minimize risk.

The **Leapfrog Hospital Safety Grade** presents an opportunity to bring awareness to the importance of safe care in your area. It is the first step forward in improving transparency between hospitals and the public, helping health care consumers like you choose a safe hospital, and to demand that hospitals improve their safety record.

What is the Leapfrog Hospital Safety Grade?

The Leapfrog Hospital Safety Grade allows patients to easily compare the safety of over 2,600 general hospitals across the country. Safety should be the first and most important factor when choosing where to receive care. If patients are not safe, it doesn't matter if the hospital has the best reputation, the latest equipment, or the most renowned doctors and specialists.

How can I use the Leapfrog Hospital Safety Grade?

You can use the Leapfrog Hospital Safety Grade website to research the safest hospitals in your area in case of an emergency, or to select a hospital or ambulatory surgery center (ASC) for a planned procedure, like a knee replacement or for giving birth. To use the Leapfrog Hospital Safety Grade, visit www.hospitalsafetygrade.org. You can look up specific hospitals by name, or look up a state or zip code to see the Safety Grades of all the general hospitals in the area.

If your local hospital rates below an “A,” we encourage you to talk with your doctor at that hospital and urge them to improve their safety. However, never refuse care in an emergency because of the Leapfrog Hospital Safety Grade. Rather, use the Leapfrog Hospital Safety Grade as a guide for planned events and a research tool for potential emergencies.

Who is The Leapfrog Group?

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit watchdog organization that serves as a voice for health care consumers and purchasers, using their collective influence to foster positive change in U.S. health care. Leapfrog is the nation's premier advocate of transparency in health care. For nearly 20 years they have collected, analyzed, and published hospital data on safety, quality, and resource use. That means purchasers, like the Fund, can find high-value care, and it means real people like you are empowered with the information they need to make better health care decisions.

For more information on The Leapfrog Group, please visit www.leapfroggroup.org.



The Leapfrog Hospital Safety Grade is an “A,” “B,” “C,” “D” or “F” assigned to general hospitals in the U.S., rating how safe they are for their patients.

The grade uses up to 27 measures including rates of preventable errors, injuries and infections, and whether hospitals have systems in place to prevent them. Grades are updated twice annually, in the fall and spring.

The Safety Grades are based on a peer-reviewed methodology, calculated by top patient safety experts and are 100% transparent and free to the public.

To see the Safety Grades of all the general hospitals in your area please visit hospitalsafetygrade.org

WELLTEAM ANNUAL WELLNESS SCREENING



Getting your wellness screening and a preventive dental exam can be quick and easy. It also qualifies you for benefits under the Fund's Platinum Plan when both you and your covered spouse participate. Schedule your free wellness screening by calling Quest at 1-855-623-9355 or make your appointment online at **www.My.QuestForHealth.com** and use registration key WELLTEAM. You will receive confidential, accurate lab results about your health, including risks for diabetes and cardiovascular disease, that you can share with your health care provider.

Complete your wellness screening at the **Teamsters Fund's health fair on Saturday, June 11th from 10:00 AM to 1:00 PM** hosted at Teamsters Local 107—12275 Townsend Rd., Phila., Pa. Members are encouraged to pre-register for the onsite Quest clinic. Walk-ins are limited and not guaranteed. All members are welcome to attend this valuable event.

If you have questions about the WellTeam program or need assistance registering, please contact Member Services at 800-523-2846, option #1.

Join us June 11th from 10:00 am to 1:00 pm at the Teamsters Fund's Health & Benefits Fair hosted at Teamsters Local 107

MYSUGR APP FOR DIABETES MANAGEMENT:

Living with diabetes? Introducing the Roche Diabetes Health Connection, now offered in your Teamsters health benefits plan.

This free program can help you better manage your diabetes with free access to the mySugr App, 1 on 1 coaching with a certified diabetes educator and at no additional cost, unlimited Accu-Chek Guide test strips.

See the Roche Diabetes Health Connection flyer on pg. 5 to learn more.

COLOR'S ESSENTIAL CARE PROGRAM

Completing your Annual Wellness Screening just got easier!

The Fund now offers eligible members and their covered spouses complimentary access to preventive health kits that can be conveniently delivered to your home through Color's Essential Care program. This new service is being offered as an alternative way to complete your annual wellness screening outside a visit to a Quest patient service center or physician's office visit.

The simple home health kit will allow members to complete a wellness screening from almost anywhere covering a health history survey, health status measurements such as a blood pressure reading, body mass index calculation, and measuring cholesterol and blood glucose (sugar) levels. You will need a valid email address to receive your digital health report. Results are confidential and not shared with your employer or the Fund.

If you have not already completed a wellness screening at a Quest patient service center and think Color's at home Preventive Health kit is right for you, start by claiming your kit by visiting color.com/teamsters. Completion of either an in person visit to a Quest patient service center, physician form or Color's Essential Care at home kit along with a preventive dental exam will fulfill the Fund's requirements to qualify for benefits under the Platinum Plan in 2023.

See pg. 4 for more information on the Essential Care program and how it works.

COLOR'S ESSENTIAL CARE - HOW IT WORKS

If you choose to get your wellness screening through Color's Essential Care program, in your Preventive Health kit you will receive:

- A digital blood pressure monitor (which you get to keep)
- A dried blood spot card
- A lancet (finger prick)
- A return shipping label

Once the lab receives your kit, you will receive an easy to read secure digital health report that can be shared with your healthcare provider. Health reports will also be shared with Guardian Nurses, your disease management program provider, who will help you with guidance if additional follow-up care is required.

Results are not shared with the Fund or your employer. See details below on how to claim and complete your at home Color Essential Care wellness screening.

Complete your annual wellness screening, regardless of where you are.

- 1 Claim your kit by visiting color.com/teamsters. You will need your Teamsters Unique ID, which is the last four digits of your SSN followed by your date of birth. (e.g. 123403032022)
- 2 Activate your kit and complete your wellness screening. It takes about 20 minutes! Be sure to fast for 8 hours before completing the screen.
- 3 Once done, mail the kit back to Color within 24 hours using the included prepaid USPS shipping label.
- 4 Results will be delivered in a secure digital health report. Results are confidential and not shared with the Fund.

Send your completed screening kit back to Color by July 31, 2022 and you will receive a \$5 Wawa gift card (must be postmarked by July 31).

PLEASE NOTE:

Color's Essential Care at home screening kits are only for those members and covered spouses who have not completed a wellness screening at a Quest patient service center.

If you already completed your 2022 annual wellness screening, Color's at-home preventive health kits will be an option for next year.

For questions about Color's Essential Care program please contact Color directly at 844-901-0446 or email Color at patient-care@color.com

Stay well!

MAIL ORDER AND SPECIALTY PHARMACY UPDATE

Effective April 11, 2022 mail order and specialty medication services will be provided by Costco Pharmacy. All transition of these medications will be managed by Capital Rx. Members should continue to call the toll-free number on the back of their prescription ID card for any questions. All calls for mail order or specialty pharmacy services will be routed to the Capital Rx Customer Care department for handling.

For new prescription orders effective as of April 11, 2022 members should instruct their prescriber to e-prescribe the new prescriptions to **Costco Pharmacy #1348** for mail service or **Costco Pharmacy #0134** for specialty medications. Have questions or need help? Please contact the Capital Rx Help Desk at 1-844-752-2779.

MANAGING DIABETES? GET HELP WITH THE MYSUGR APP



Get started today at employer.mysugr.com/teamsters

Use your prescription identification card to enroll for free. For program support email Roche Diabetes Health Connection at support@mysugr.com or call 1-888-866-2908.



Roche Diabetes
Health Connection



YOUR MENTAL HEALTH MATTERS

Now more than ever our emotional wellbeing is being challenged by a multitude of stressors. Taking care of you and your family's mental health is a priority. Call Total Care Network (TCN) today and a Member Assistance Specialist will help align you with the appropriate provider that specifically meets your needs and the needs of your family. For personal and confidential assistance with mental and behavioral health care services or to find a provider, please call TCN at 1-800-298-2299 or 215-425-8140, Monday—Friday, 9:00 a.m. to 5:00 p.m., and 24/7 for emergency services.

Please note, mental and behavioral health services are administered through TCN not Horizon or Aetna. For more information on the mental health benefit, please contact Member Services.

TRANSCONTINENTAL DELIVERY Source: Teamster.org



Photos: Teamster.org

Teamsters were involved in the first transcontinental delivery of goods by motor truck. In 1912, Teamsters from the Charles W. Young Company in Philadelphia drove off on a mission that would not only change the very basis of the union, but would earn a place in the industrial history of the United States. The five-man crew of Teamsters drivers set out from Philadelphia with three tons of Parrot Brand Olive Oil Soap, and headed for Petaluma, Calif. The cross-country trip was made in 91 days, arriving at City Hall in San Francisco on September 20, 1912.

These drivers had no Stuckey's, no gas stations, no restrooms, no padded seats, no shocks on the truck and no real protection from the weather. They faced many hardships and breakdowns along the way, but pushed on in true Teamster fashion, proud of their skills and their new craft. By the time they reached their destination they had captured the imagination of the country and set an historic precedent. This first transcontinental delivery by motor truck would serve as the inauguration of a new era in the transportation of merchandise.

In 1916, as motor trucks and technology improved, Teamsters once again made news by participating in a cross-country delivery for Carnation Milk. This trip from New York to Seattle took only 30 days. Fifty years later, Teamster drivers made the same Carnation trip as part of the Golden Pacemaker Run celebration in just six days—with an additional leg to Los Angeles. This was an exciting time—full of possibilities for the future—with one regrettable downside for Teamsters. The horses, or “teams,” that had been the faithful and trusted companion of the drivers, came to the end of their road.

The Teamsters would show an ability to adapt to numerous changes over the coming decades, but through an almost unspoken agreement among the ranks, one thing would never change: The horse would always be a proud and lasting symbol for the members, honoring the heritage and traditions that gave rise to a great union. As proof of their devotion to their loyal partners, even amid the many changes, Teamsters declared by proclamation at the 1916 Convention that the horse would always be the heart of the union and always remain a part of any badge, button, logo or flag.

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PLEASE
PLACE
STAMP
HERE



Mailing Address Line 1
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