



Health & Welfare

Wellness screenings help avoid higher out of pocket expenses

Benefits News

Because your health is important and the Fund wants you to save money on health care costs, the annual wellness screening program has been extended through October 31st. By taking part in this program, members have the opportunity to save on out-of-pocket expenses and will be eligible for Platinum coverage. To qualify for these savings, both member and covered spouse, even if the spouse carries primary coverage, must complete a wellness screening and preventive dental exam to earn coverage under the Platinum Plan. Why throw money out the window? Complete a wellness screening and avoid paying more for your health care.

Here are a few simple ways you can complete your free screening (choose only one):

- Call Quest at 1-855-623-9355 or make your appointment online at www.My.QuestForHealth.com and use registration key WellTeam.
- Download a Physician Results Form at My.QuestForHealth.com, have your doctor fill it out and fax the form back to Quest by Oct. 31st. Physician visit copay may apply.
- Claim a free at home wellness screening kit by visiting www.color.com/teamsters or call Color directly at 1-844-901-0446.

If you have questions about the annual wellness screening program or need assistance, please contact Member Services at 1-800-523-2846, option 1.



Benefit Fact: You can save money on your health insurance premiums by participating in the annual wellness screening. Those who do not participate will default to the Gold Plan in 2023 and will have higher out-of-pocket expenses compared to the Platinum Plan.



Health & Welfare

Local 107 selected to host Teamsters Fund health fair

Saturday, October 1st at Teamsters Local 107 from 10:00 a.m. to 1:00 p.m.

The Teamsters Fund will hold its annual Health and Benefits Fair from 10:00 am to 1:00 pm on Saturday, October 1, 2022, at Teamsters Local 107 (12275 Townsend Rd., Phila., Pa). Health fair activities include Quest onsite screenings, Color Essential Care at home screening kits, free flu shots, and premium giveaways. Interact with benefit providers, such as Guardian Nurses, Health Care Solutions and NVA to learn how their preferred programs and services can help you save money and achieve healthier outcomes. Flu shots will be available but are limited and are first come first served. All Teamsters Fund members and their families are welcome to attend and enjoy this free wellness event.

Want to complete your wellness screening at the health fair? Color will be onsite with free at-home screening kits for eligible members to claim. Please note, claimed Color kits must be postmarked for return by 10/31 to meet the wellness program requirements. Or register for the Quest onsite clinic at My.QuestForHealth.com to complete your screening at the Oct. 1st event. Remember to use registration key WellTeam for your free Quest screening.



Photo: Members take advantage of onsite screenings at a Teamsters Fund health and benefits fair.

Health & Welfare

PRP Therapy Benefit Update



New Benefit: Platelet Rich Plasma Therapy and Stem Cell Therapy. Specialist copay will apply

Are you suffering from a torn tendon, tendinitis, muscle injuries, arthritis-related pain, lower back pain, or joint injuries? Are you looking for a safe alternative that could heal your injury before having an invasive surgical procedure? Platelet-rich plasma (PRP) therapy can do just that. So, what is it? PRP therapy uses injections of a patient's own platelets, which contains various growth factors, to accelerate the healing of injured tendons, ligaments, muscles, and joints. Basically, PRP injections use the body's own blood platelets that naturally regenerate to heal an injury. The platelets in our blood are one of the essential elements used in this healing process.

Here's how it works. First, blood is drawn from the patient's arm. The blood is then placed in a centrifuge. The centrifuge spins and separates the platelets from the rest of the other blood cells. Platelet rich plasma (PRP) is then extracted into a sterile needle and injected directly into the site of injury. By using the patient's own blood there are very few risks or side effects. Because the procedure involves a blood draw, a patient should make sure he or she is well hydrated and to eat beforehand to prevent feeling light-headed. After the procedure, a patient may experience some soreness and minor bruising at the injection site. There is usually no down time with PRP therapy.

The natural healing process from the PRP injection can take 3-6 weeks and the procedure may need to be repeated 1-2 more times in a 6-month period to encourage full healing. Every patient is different, the success of the therapy is dependent on the severity of the condition and the body's response to the therapy.

If you believe PRP therapy could be the right treatment for you, contact Renewus at 1-888-985-2727 or visit them at www.stemcellprp.com for a consultation. PRP is available to eligible members through Renewus and is covered under the Teamsters Health and Welfare Fund benefits. Specialist copay will apply.

Health & Welfare

Achy Feet? Benefit Update



Do your feet hurt? Is the sole on your shoe worn down on one side? A simple shoe insert may help but what if you need custom orthotics. Good news! Custom orthotics are available through Pro Support Systems (PSS) and their network of participating physicians covered under the Teamsters Fund benefits. Eligible members can get one pair of custom orthotics annually, if needed, at no-cost share.

Orthotics are medical devices that are worn inside the shoe to correct foot problems caused by issues such as flat feet and plantar fasciitis. The Fund's orthotics program requires an appointment with a participating physician and valid prescription. To get started, contact PSS at 1-800-262-3338 and let them know you are a member of the Teamsters Health and Welfare Fund. Specialist copay will apply.

Health & Welfare

Open Enrollment begins November 1, 2022

What are your options costing you?

It's that time of year again for open enrollment! Open enrollment is your annual opportunity to review your medical benefit plan choices. If you wish to stay with the same coverage you currently have you will not need to take any action. If you want to change your coverage for 2023, you will need to act on the information mailed to you within the coming weeks. Enrollment begins November 1, 2022 and will close on December 2, 2022. All changes in coverage will take effect on January 1, 2023.

Keep in mind that the level of coverage (Platinum or Gold) you will have during the 2023 coverage year depends on whether or not you, and if applicable your spouse, completed the required annual wellness screening and a preventive dental exam by October 31, 2022. For questions and information on open enrollment, please contact the Fund's Member Services department at 800-523-2846, option 1 or visit teamsterfunds.com to review medical plans and provider directories.



Your health is an investment, not an expense. Preferred programs have low to no out-of-pocket costs for eligible members.

Teamsters Fund Health & Benefits Fair

Saturday, October 1, 2022

10:00 a.m. to 1:00 p.m.

Hosted at Teamsters Local 107
(12275 Townsend Rd., Philadelphia, Pa.)

Onsite screenings, free flu shots, premium giveaways and more. Fund staff and benefits providers will be onsite to answer questions and provide member support. All are welcome and encouraged to attend.



Get fitted for custom orthotics

Pro Support Systems will be at the Teamsters Fund health fair providing consultations for custom orthotics.

Pro Support Systems

At home wellness screening kits

Claim your at-home wellness screening kit at color.com/teamsters or visit Color onsite at the health fair.

Color Essential Care

Your health is an investment, not an expense

Know your benefit options and the many valuable services offered to you at no additional cost, visit teamsterfunds.com for more info.

Teamster Funds



Teamsters Health & Welfare Fund
of Philadelphia and Vicinity
2500 McClellan Avenue, Ste. 140
Pennsauken, NJ 08109

PRSRT STD
US Postage PAID
Lehigh Valley, PA
Permit No. 460

Health & Benefits Fair, October 1st from 10 a.m. to 1 p.m.
Hosted at Teamsters Local 107 **see inside for details.*

