



## TEAMSTERS LOCAL 723 WELFARE FUND

Robin Modzelewski, Fund Administrator

### FROM THE TRUSTEES



**V**eteran's Day is a time to thank those who served in our armed forces and gave so much to protect the freedoms we all enjoy everyday. Some of these veterans have made the ultimate sacrifice and can not be here to enjoy the freedoms we sometimes take for granted.

As we approach the Holiday Season, we should remember those who made it possible to enjoy it.

The Trustees and Fund Office ad-

ministrative staff would like to extend to you and your family a Happy and Healthy Holiday Season and to thank the American veterans who keep it safe.

The Trustees continue to make their best effort to bring you a health care plan that provides you and your eligible dependents with access to the best providers with the least out-of-pocket expense to you.

We all hope that 2018 brings you happiness, good health and peace throughout the New Year\*

### FLU SHOT

**F**all is the start of flu season. We want to remind you that the Welfare Fund will cover the Flu Shot at Walgreens and other participating pharmacies. The flu shot **is not** covered if administered in a doctor's office.



This is most important for people over 50 years old. This age group is most susceptible to complications brought on by the flu\*

### VISIT OUR WEB SITE

**T**he Welfare Fund has established a web site for your convenience. The site has our latest Summary Plan Description, Summary of Benefits Coverage, Newsletters and other information you will find useful.

All this information can be found at: <http://www.local723.com>.

The web address above must be typed in at the search bar at the top of your internet explorer page in order to get to the correct site\*

## LIVING WELL



### WEIGHT MANAGEMENT

#### The Challenge

Obesity is now epidemic in the United States with approximately two thirds of adults and one fifth of children being overweight or obese.

Direct and Indirect costs related to obesity include lost wages, increased medical expenses, disability claims and job discrimination.

- \$190 billion is spent annually on increased medical care in the U.S. related to obesity.
- \$30 billion is spent on weight loss remedies each year.



#### A Solution

A weight management program can change your life for the better. You should set realistic goals that are attainable, which will provide a long-term pathway to success and ongoing weight management.

A successful weight loss program will ultimately improve your overall quality of life.

Obesity increases the risk for many chronic diseases including heart disease, diabetes, stroke, and some cancers. An effective weight management program involves lifestyle changes coupled with diet and exercise habits. Look at these influences and make positive impacts on your life.

- Set a weight loss goal.
- Increase your physical activity.
- Address your barriers to change.
- Monitor your progress\*

## IMPORTANT INFORMATION

### PODIATRY

Podiatry visits and/or services are covered for Diabetic Participants **only**. Some surgeries may be covered if pre-certification is obtained.

If you are unsure of your eligibility for this benefit, please contact the Fund Office at: (908) 688-0723.

### IMPORTANT LAB INFORMATION

If you are seeing more than one physician, please take any lab results with you or have them faxed to your other physician before any tests are ordered. The Fund **does not** pay for duplicate or unnecessary testing. And remember to utilize **Quest** Diagnostic Labs or **LabCorp** for any blood test ordered by your doctor.

### PHYSICAL THERAPY & CHIROPRACTIC

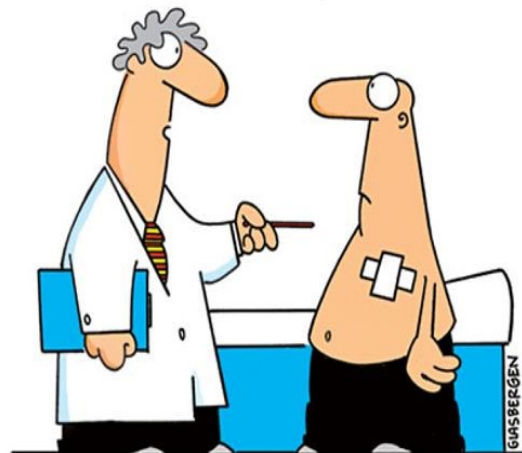
Please be aware that these services are covered only when utilizing an in-network provider. In-patient services are eligible and covered by the Plan providing you receive pre-certification.

### ROUTINE GYNECOLOGICAL EXAMS

Routine gynecological exams (Well Woman) are covered once per year.

### TESTING

Lab work, x-rays, MRI's and other diagnostic tests are not covered at a hospital unless the test cannot be performed at a diagnostic center or a participating lab. The only exceptions are for pre-admission testing or if you are an inpatient or having a surgical procedure.



**W**e continue to alert you regarding the use of an Emergency Room (ER) vs. an Urgent Care Center. It is important to you because an ER visit will cost you more money and time; however, you should not substitute an Urgent Care Center for a doctor's office visit.

An Urgent Care Center **should not** be used instead of a doctor's office for minor illnesses. A determination is made in the Medical Review Department and the guidelines that are followed in making the decision determine whether a claim is considered as a true ER visit. ER visits that are not considered a true emergency will be denied by the medical review department. The Medical Review Department will also

determine if it was appropriate to use an Urgent Care Center rather than a doctor's office. Your claim may be denied for minor visits that could have been treated in a doctor's office setting.

Most of us are not aware that an Urgent Care Center is able to provide and remove stitches for small open wounds.

An Urgent Care Center should only be used to replace an ER visit. You should have a doctor in your area and know what center is located in your area to avoid an unnecessary visit to the ER\*



## SUMMARY ANNUAL REPORT

This is a summary of the annual report of the TEAMSTERS WELFARE FUND OF NORTHERN NEW JERSEY LOCAL 723, EIN 22-1736275, Plan No. 501, for period January 1, 2016 through December 31, 2016. The annual report has been filed with the Employee Benefits Security Administration, U.S. Department of Labor, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

### Insurance Information

The Plan has contracts with insurance carriers to pay claims incurred under the terms of the Plan. The total premiums paid for the plan year ending December 31, 2016 were \$293,634.

### Basic Financial Statement

The value of Plan assets, after subtracting liabilities of the Plan, was \$18,561,454 as of December 31, 2016, compared to \$17,083,341 as of January 1, 2016. During the plan year the Plan experienced an increase in its net assets of \$1,478,113. This increase includes unrealized appreciation and depreciation in the value of Plan assets; that is, the difference between the value of the Plan's assets at the end of the year and the value of the assets at the beginning of the year or the cost of assets acquired during the year. During the plan year, the Plan had total income of \$6,577,190, including employer contributions of \$5,604,311, employee contributions of \$17,163, realized gains of \$112,889 from the sale of assets, and earnings from investments of \$842,827.

Plan expenses were \$5,099,077. These expenses included \$1,178,609 in administrative expenses, and \$3,920,468 in benefits paid to participants and beneficiaries.

### Your Rights To Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

- an accountant's report;
- financial information;
- assets held for investment;
- insurance information, including sales commissions paid by insurance carriers;

To obtain a copy of the full annual report, or any part thereof, write or call the office of Trustees of Teamsters Local 723 Welfare Fund at 714 Rahway Avenue, Union, NJ 07083, or by telephone at (908)688-0723.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of net assets available for benefits and accompanying notes, or a statement of changes in net assets available for benefits and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report.

You also have the legally protected right to examine the annual report at the main office of the Plan (Trustees of Teamsters Local 723 Welfare Fund, 714 Rahway Avenue, Union, NJ 07083) and at the U.S. Department of Labor in Washington, D.C. or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington, D.C. 20210.

# NEWBORNS' & MOTHERS' HEALTH PROTECTION ACT

The Newborns' and Mothers' Health Protection Act of 1996 (NMHPA) affects the amount of time you and your newborn child are covered for a hospital stay following childbirth. This law applies both to persons covered by this Plan. In general, this plan may NOT restrict benefits for a hospital stay in connection with childbirth to less than 48 hours following a vaginal delivery or 96 hours following a delivery by cesarean section.

If you deliver in the hospital, the 48-hour (or 96-hour) period starts at the time of delivery. If you deliver outside the hospital and you are later admitted to the hospital in connection with childbirth, the period begins at the time of the admission.

Although the NMHPA prohibits this Plan from restricting the length of a hospital stay in connection with childbirth,

this Plan does not have to cover the full 48 or 96 hours in all cases. If an attending provider, after speaking with you, determines that either you or your child can be discharged before the 48-hour (or 96-hour) period, this Plan does not have to continue covering the stay for whichever one of you is ready for discharge. An attending provider is an individual, licensed under State law, who is directly responsible for providing maternity or pediatric care to you or your newborn child. In addition to physicians, an individual such as a nurse midwife, physician assistant, or nurse practitioner may be an attending provider. This Plan would NOT be an attending provider.

The Plan benefits relating to this Act are found in the benefits section of your SPD. Your health coverage provided by this Fund complies with NMHPA standards\*

## MOVING?



If you have moved or are planning to move, please notify the Fund Office. Informing your employer or the

Union of your move will not be communicated to the Fund Office. Therefore, please let the Fund Office know where you live so we can keep you up to date and informed on your benefit Plan\*

Important information to help  
save your health care dollars.

Teamsters Local 723  
Welfare Fund  
714 Rahway Ave., Suite 3  
Union, NJ 07083  
Telephone 908-688-0723

