



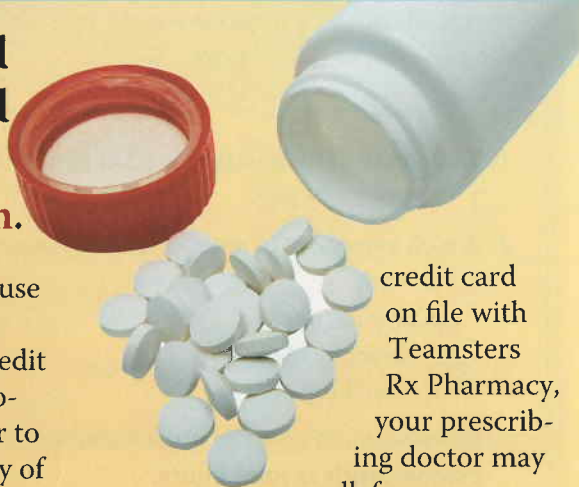
NORTHERN NEW ENGLAND Benefit Trust

NNEBT is a non-profit Trust Fund providing Teamster members and their families with quality health and welfare benefits.

News from The Trust

SEPTEMBER 2009

Teamsters Rx and Northern New England Benefit Trust have partnered with Ascend Specialty Pharmacy in Portland, Maine. See their website at www.ascendspecialtyrx.com.



Specialty pharmacies cover a limited number of prescriptions that are indicated for certain medical conditions. These medications are usually given by injection and often have complex dosing requirements. Ascend Specialty Pharmacy has nurses and pharmacists specifically trained in the use of these limited medications. Specialty medications that may have been filled at retail pharmacies or through the Teamsters Rx Mail-Order Pharmacy are being transitioned over to Ascend. If your specialty prescription has been transferred to Ascend Pharmacy, you may receive a call from them requesting credit card information as we keep your credit card information secure within Teamsters Rx Pharmacy.

Ascend Specialty Pharmacy will ship these specialty medications directly to you. Please note that medications dispensed through Ascend Specialty Pharmacy are limited to a 30-day supply. If you have any questions regarding specialty medications, please call us at the Teamsters Rx Member Help Line at 1-866-888-0103.

■ TEAMSTERS RX PHARMACY DEBIT AND CREDIT CARD RENEW-

ALS: For those members who use the Teamsters Rx mail-order pharmacy and have a debit/credit card on file for prescription co-pays, please try and remember to notify Teamsters Rx Pharmacy of any updates or changes to your debit/credit card so there is no delay in processing your prescriptions. Please call the pharmacy at 1-866-888-0104 and the pharmacy staff will update your debit/card information.

■ **WHAT IS A MAINTENANCE MEDICATION?** It's a medication that is "needed on an ongoing basis." All members and dependents of Northern New England Benefit Trust should be filling maintenance medications through the Teamsters Rx Pharmacy. For a \$10.00 or \$20.00 co-pay you will receive a 90-day supply (a few legal limits apply) as opposed to the same co-pay for a 30-day supply at a retail pharmacy. Diabetics may also receive three months of their testing supplies (test strips and lancets) through the mail-order pharmacy. A prescription from your doctor is required for the testing supplies and it should be made out for a 90-day supply with three refills. By placing a debit/

credit card on file with Teamsters Rx Pharmacy, your prescribing doctor may call, fax or

e-prescribe new prescriptions directly to the mail-order pharmacy. The new prescription will be automatically sent to your home. The ordering of refills is simple as the automated prescription refill line is available 24 hours, seven days a week.

■ **CHANGING YOUR PRIMARY CARE DOCTOR:** If you or a family member need to or wish to change the primary care physician that either Blue Cross Blue Shield of Massachusetts (1-800-241-0803) or Cigna Healthcare (1-800-244-6224) has listed as the primary care doctor, you must call the member services number on your medical health insurance card and make notification. New medical cards will be mailed out within ten business days. In order for claims to be processed under the new primary care doctor, it is advisable to wait until the new medical cards have been received before seeing the new primary care doctor.

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QUIZ: Your Aching Joints

The most common joint disease is osteoarthritis. It often occurs in the weight-bearing joints – your knees, hips and low back – making it a very common cause of disability. Best prevention tip: Maintain a healthy weight to ease the burden on your joints. Take the quiz to learn more.

More prevention tips:

To protect your joints, **stay lean**; **stay safe** from overuse injuries during sports and vigorous exercise; and **stay nourished** with foods rich in vitamins C and D. **Sources of D:** sunlight, fortified milk and yogurt, and supplements with 400 IU of vitamin D a day (600 IU after age 70).



1. The cause of osteoarthritis (OA) is not clear.

- True False

2. Which symptom is not typical of osteoarthritis?

- a. Pain
 b. Tenderness
 c. Discoloration
 d. Swelling

3. Before middle age, the most common cause of osteoarthritis is joint injury.

- True False

4. The most effective exercise for people with arthritis is:

- a. Range-of-motion
 b. Strengthening
 c. Aerobic
 d. All of the above

5. A treatment option for mild osteoarthritis is:

- a. Strict bed rest
 b. Strenuous activity
 c. Braces or shoe inserts
 d. Heat and cold avoidance



ANSWERS

1. *True* – The cause of OA is unclear but several factors may contribute, including age, injury, genetic defect and overweight. It usually involves loss of cartilage, the cushioning material covering the ends of your bones where they meet in a joint. When you lose cartilage, your bones may rub together, a motion that can lead to symptoms and may permanently damage the joint.

2. *c* – In addition to pain and

swelling, stiffness and decreased joint motion are other common symptoms; however skin discoloration is not.

3. *True* – To lower risk of OA, prevent trauma and serious overuse of your joints. Examples: Wear proper sports shoes for support and cushion; don't overdue activities; stop activity if something hurts.

4. *d* – People with arthritis should focus on exercise that increases

strength and flexibility to help protect the joints against pain and further cartilage damage. Always start new activities gradually, and check with your provider before making significant changes in your exercise routine, especially if you have osteoarthritis.

5. *c* – Braces or shoe inserts, mild-to-moderate exercise, and physical therapy can help you control arthritis. Heat may relieve pain, while cold reduces swelling.



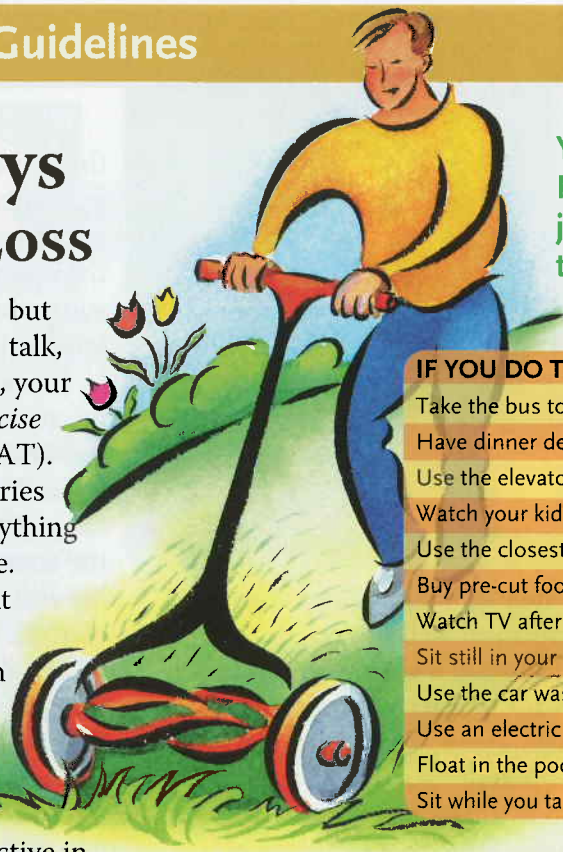
NEAT Ways to Weight Loss

You may not know it, but every time you write, talk, fidget and even sleep, your body experiences *non-exercise activity thermogenesis* (NEAT).

NEAT refers to the calories you burn doing virtually anything other than planned exercise. Researchers have found that people with healthy weight burn more calories through NEAT, or simply by moving more, than those who are overweight or obese.

It's a challenge to stay active in our busy, sit-down world. Whether you want to lose weight or keep it off, balancing calories consumed with calories burned is the key.

More Info ▶ Small Step, www.smallstep.gov



You can take small steps to a NEAT lifestyle. You don't need to join a gym or buy fancy equipment to burn more calories.

IF YOU DO THIS:

- Take the bus to work.
- Have dinner delivered.
- Use the elevator.
- Watch your kids play.
- Use the closest parking spot.
- Buy pre-cut foods.
- Watch TV after dinner.
- Sit still in your chair.
- Use the car wash.
- Use an electric or gas mower.
- Float in the pool.
- Sit while you talk on the phone.

TRY THIS:

- Get off one stop early and walk.
- Walk to the restaurant to eat.
- Take the stairs.
- Play with them.
- Park at the edge of the lot.
- Slice up produce by hand.
- Use a treadmill while you watch.
- Fidget.
- Wash the car by hand.
- Mow with a push model.
- Swim or tread water.
- Pace while you chat.

Reminder: Get at least 30 minutes of physical activity every day. Plus, add NEAT bits of movement to your routine.

Note: Get your health care provider's okay before changing or beginning your exercise routine.

MUSCLE WORKOUTS You Can't Resist

What can elasticized resistance bands do for your fitness? These bands, which resemble jump ropes, can help you do many of the things strength training does, including increasing lean muscle mass, burning calories, reducing body fat, and improving balance.

When using the bands, the resistance comes from pulling and stretching rather than from gravity. Since you can pull them in multiple directions, you can work and strengthen many joints and muscles.

HOW TO:

Use resistance bands for exercises usually done with free weights or other equipment. **Examples:** bicep curls, rowing, squats, or chest presses.

Begin gradually and learn proper technique to avoid straining. Try two 20-minute sessions a week and focus on

certain muscle groups each time. When it begins to feel easy, increase the resistance.

If you're a beginner or have joint difficulties, get your provider's okay first. Bands are inexpensive and portable for use at home, in the office, or when traveling.

How can you resist?



Exercise Band Safety

Injuries from elastic exercise bands can occur if they break when in use. Before starting your workout, the American College of Sports Medicine suggests that you inspect them for wear, tears or other damage. Do not use damaged bands, don't over-stretch them, and use them only for their original purpose.

GOAL LINE Craving sweets? Wait 15 minutes, brush your teeth or drink water. Omitting alcohol, excess sugar and caffeine may curb cravings.

