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More on This Year's Flu Shot

The composition of the U.S. flu vaccine is reviewed annually and updated to match circulating flu viruses around the globe.

For the 2017–2018 flu season, three-component vaccines are recommended to contain:

- An A/Michigan/45/2015 (H1N1) pdm09-like virus
- An A/Hong Kong/4801/2014 (H3N2)-like virus
- A B/Brisbane/60/2008-like (B/Victoria lineage) virus

Administrative UPDATE

by Frank Vaccaro
Contract Administrator

Take Care of Yourself: Get a Flu Shot

Self-care is important. But what exactly is self-care?

When it comes to your health, self-care means the activities you do to try to enhance or restore your health, prevent disease, and limit illness.

Self-care has many dimensions. It involves how you eat, move, rest, express yourself, and even harmonize with nature.

In September, flu shots will be available for members and eligible dependents older than age 18. Flu shots are one of the best ways to protect yourself and your family from the flu.

The flu is contagious. You can infect others beginning one day before you experience symptoms and up to seven days after becoming sick. This means you may be able to pass the flu on to someone else before you are sick, as well as while you are sick.

Make a commitment to work on self-care—start by getting your flu shot. See page 3 for a schedule of where you can get your FREE flu shot on the Mobile Health and Wellness Unit.



ANNOUNCING Health Manifest Survey Winners

By Terry Mason, Health Coach

Health Manifest offered a new email program to employees last year. Health Manifest counselors offer phone counseling to anyone with elevated health risks. Most people now use a cellphone and computer to get health information. So we decided to offer both phone and email health programs. We wanted to provide health education that was timely, convenient, and personalized.

The emails compare personal risk results with recommended goals. Employees also get the top three tailored recommendations for improvement. These are based on the risk assessments that members get on the mobile unit.

Winner, Winner!

Health Manifest sent out an evaluation survey about the email program. We offered three prizes. If you sent in your survey, you entered the drawing. The three winners of this year's drawing are:



\$100 gift certificate—Matt Penner of ShopRite of Chews Landing in Laurel Springs, NJ. Harry Greenwood, the store manager, helped deliver the certificate to the winner. Rich Erskine from the mobile unit was on hand as well.



\$10 gift certificate—Denise Delfemine of Murphy's Market of Medford, NJ. Ron Griswold, the store manager, delivered the certificate to the winner. Rich Erskine from the mobile unit was on hand as well.



\$10 gift certificate—Christine Massi of ShopRite of Burlington, NJ. Karin Files, R.N., from the Fund office delivered the certificate to the winner.

We had such a great response! Survey responders reported that they read their health report. Even better, most said they made at least one of the three recommended health changes. In the Health Manifest email program and our follow-up survey, clearly everyone won!

Get Help Now

Members never have to wait until the mobile unit comes to their location to reach a health counselor from Health Manifest. Your health education counselors are available by phone and email anytime. Call **866-242-7586** and a health counselor will get back to you within 48 hours. It does not matter whether you want counseling or just have a health question—we are here to help!

2017 FREE Mobile Health and Wellness Unit Flu Shot Schedule



Local 1360 Union Hall, 400 Commerce Lane, West Berlin, NJ, Thursday, Oct. 5, 12 p.m. to 2 p.m.

Camden Price Rite

2881 Mount Ephraim Avenue
856-650-9010
Wednesday, Sept. 6
1 p.m. to 3 p.m.

Brooklawn ShopRite

Route 130 and Browning Road
856-742-8700
Thursday, Sept. 7
12 p.m. to 4 p.m.

Hammonton ShopRite

80 South White Horse Pike
609-704-7609
Friday, Sept. 8
10 a.m. to 2 p.m.

Mays Landing ACME

4454 Black Horse Pike
609-625-4710
Tuesday, Sept. 12
9 a.m. to 12 p.m.

Egg Harbor Township ShopRite

3003 English Creek Avenue
609-645-7553
Tuesday, Sept. 12
1 p.m. to 6 p.m.

Galloway ShopRite

401 South Pitney Road
609-404-4160
Thursday, Sept. 14
9 a.m. to 12 p.m.

Absecon ShopRite

616 White Horse Pike
609-646-2448
Thursday, Sept. 14
1 p.m. to 5 p.m.

Somers Point ShopRite

23 Bethel Road
609-927-8133
Friday, Sept. 15
9 a.m. to 1 p.m.

Ocean View ACME

2087 Shore Road
609-624-9004
Friday, Sept. 15
2 p.m. to 4 p.m.

Marmora ShopRite

4 West Roosevelt Boulevard
609-545-0410
Saturday, Sept. 16
10 a.m. to 1 p.m.

Cape May Court House ACME

11 South Dennis Road
609-463-9106
Saturday, Sept. 16
2 p.m. to 6 p.m.

Rio Grande ShopRite

1700 Route 47 South
609-886-1917
Monday, Sept. 18
9 a.m. to 2 p.m.

North Cape May ACME

3845 Bayshore Road
609-884-1203
Monday, Sept. 18
3 p.m. to 5 p.m.

Millville ShopRite

2130 North Second Street
856-776-2300
Tuesday, Sept. 19
11 a.m. to 4 p.m.

Vineland ShopRite

3600 East Landis Avenue
856-691-0106
Wednesday, Sept. 20
8 a.m. to 12 p.m.

Vineland ShopRite

1255 West Landis Avenue
856-691-9395
Wednesday, Sept. 20
1 p.m. to 5 p.m.

Bridgeton ShopRite

1000 North Pearl Street
856-451-1577
Thursday, Sept. 21
11 a.m. to 3 p.m.

Woodstown ACME

857 Route 45
856-769-8000
Friday, Sept. 22
10 a.m. to 1 p.m.

Pennsville ACME

251 North Broadway
856-678-4213
Friday, Sept. 22
2 p.m. to 5 p.m.

Wilmington ShopRite

1600 West Newport Pike
302-999-1227
Saturday, Sept. 23
11 a.m. to 1 p.m.

Newark ShopRite

37 Chestnut Hill Plaza
302-292-1220
Saturday, Sept. 23
2 p.m. to 5 p.m.

Wilmington ShopRite

1300 Rocky Run Parkway
302-477-3270
Monday, Sept. 25
9 a.m. to 12 p.m.

West Chester ShopRite

1115 West Chester Pike
610-696-4066
Monday, Sept. 25
1 p.m. to 4 p.m.

Eddystone ShopRite

1568 Chester Pike
610-490-1200
Tuesday, Sept. 26
11 a.m. to 2 p.m.

West Deptford ShopRite

Route 45 and Parkville Station Road
856-468-8700
Wednesday, Sept. 27
10 a.m. to 4 p.m.

Sewell ShopRite

382 Egg Harbor Road
856-582-6330
Thursday, Sept. 28
10 a.m. to 2 p.m.

Mullica Hill ShopRite

143 Bridgeton Pike
856-357-9301
Friday, Sept. 29
10 a.m. to 1 p.m.

Clayton ACME

20 South Delsea Drive
856-881-9884
Friday, Sept. 29
2 p.m. to 4 p.m.

Williamstown ShopRite

100 South Black Horse Pike
856-728-5600
Saturday, Sept. 30
12 p.m. to 4 p.m.

Sicklerville ShopRite

542 Berlin Cross Keys Road
856-262-0411
Monday, Oct. 2
10 a.m. to 4 p.m.

Tabernacle Murphy's

381 Medford Lakes Road
609-268-8301
Friday, Oct. 6
11 a.m. to 4 p.m.

Medford ShopRite

208 Route 70
609-953-7700
Saturday, Oct. 7
12 p.m. to 4 p.m.

Cherry Hill ShopRite

400 East Evesham Road
856-216-1400
Monday, Oct. 9
12 p.m. to 3 p.m.

Cherry Hill ShopRite

2240 Route 70
856-910-2300
Tuesday, Oct. 10
12 p.m. to 4 p.m.

Mount Laurel ShopRite

1000 Nixon Drive
856-439-9700
Friday, Oct. 13
12 p.m. to 3 p.m.

Maple Shade ACME

300 South Lenola Road
856-778-2028
Saturday, Oct. 14
9 a.m. to 12 p.m.

Cinnaminson ShopRite

141 Route 130 South
856-303-7676
Saturday, Oct. 14
2 p.m. to 5 p.m.

Levittown ACME

6800 New Falls Road
215-946-1840
Monday, Oct. 16
11 a.m. to 1 p.m.

Fairless Hills ShopRite

547 South Oxford Valley Road
215-547-4600
Monday, Oct. 16
2 p.m. to 5 p.m.

Ewing ShopRite

1750 North Olden Avenue
609-219-0202
Tuesday, Oct. 17
10 a.m. to 12 p.m.

Lawrenceville ShopRite

3373 Brunswick Pike
609-275-8555
Tuesday, Oct. 17
1 p.m. to 4 p.m.

East Windsor Township ShopRite

319 Route 130
609-448-1040
Friday, Oct. 20
12 p.m. to 4 p.m.

Hamilton Township ShopRite

130 Marketplace Boulevard
609-581-5823
Saturday, Oct. 21
9 a.m. to 1 p.m.

Hamilton Square ShopRite

1235 Route 33
609-890-8088
Saturday, Oct. 21
2 p.m. to 6 p.m.

Bayville ShopRite

431 Atlantic City Boulevard
732-606-0800
Monday, Oct. 23
10 a.m. to 12 p.m.

Lanoka Harbor ShopRite

Routes 9 and 1
609-693-1152
Monday, Oct. 23
1 p.m. to 5 p.m.

Waretown ShopRite

501 Route 9 South
609-971-6001
Tuesday, Oct. 24
11 a.m. to 3 p.m.

Manahawkin ACME

609 East Bay Avenue
609-597-4009
Wednesday, Oct. 25
10 a.m. to 1 p.m.

Manahawkin ShopRite

297 Route 72
609-597-0091
Wednesday, Oct. 25
2 p.m. to 5 p.m.
Thursday, Oct. 26
8 a.m. to 12 p.m.

Bordentown ShopRite

622 Route 206
609-298-8700
Friday, Oct. 27
11 a.m. to 2 p.m.

Burlington ShopRite

1817 Mount Holly Road
609-387-1602
Tuesday, Oct. 31
11 a.m. to 1 p.m.

Mount Holly ACME

531 High Street
609-702-1776
Tuesday, Oct. 31
2 p.m. to 5 p.m.

KEY: New Jersey locations

Pennsylvania locations

Delaware locations

Important Notice from the UFCW and Funds About Your Prescription Drug

Please read this notice carefully and keep it where you can find it.

This notice has information about your current prescription drug coverage with the UFCW or Tri-State Health and Welfare Fund, and about your options under Medicare's prescription drug coverage.

This information can help you decide whether you want to join a Medicare drug plan. If you are considering joining, you should compare your current coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area. Information about where you can get help to make decisions about your prescription drug coverage is on the next page.

There are two important things you need to know about your current coverage and Medicare's prescription drug coverage:



1 Medicare prescription drug coverage became available in 2006 to everyone with Medicare. You can get this coverage if you join a Medicare Prescription Drug Plan or join a Medicare Advantage Plan (like an HMO or PPO) that offers prescription drug coverage. All Medicare drug plans provide at least a standard level of coverage set by Medicare. Some plans may also offer more coverage for a higher monthly premium.

2 The UFCW and Tri-State Health and Welfare Funds have determined that the prescription drug coverage offered by Express Scripts Inc. is, on average for all plan participants, expected to pay out as much as standard Medicare prescription drug coverage and is therefore considered creditable coverage. Because your existing coverage is creditable coverage, you can keep this coverage and not pay a higher premium (penalty) if you later decide to join a Medicare drug plan.

Tri-State Health and Welfare Coverage and Medicare

When Can You Join a Medicare Drug Plan?

You can join a Medicare drug plan when you first become eligible for Medicare and each year from Nov. 15 through Dec. 31.

However, if you lose your current creditable prescription drug coverage, through no fault of your own, you will also be eligible for a two (2) month Special Enrollment Period (SEP) to join a Medicare drug plan.

What Happens to Your Current Coverage If You Decide to Join a Medicare Drug Plan?

If you do decide to join a Medicare drug plan and drop your current UFCW or Tri-State Health and Welfare prescription drug coverage, please be aware that you and your dependents may not be able to get this coverage back. However, you and your spouse will continue to be eligible for vision and/or dental coverage. Please contact us for more information about what happens to your coverage if you enroll in a Medicare Prescription Drug Plan.

When Will You Pay a Higher Premium (Penalty) to Join a Medicare Drug Plan?

You should also know that if you drop or lose your coverage with the UFCW or Tri-State Health and Welfare Fund and don't join a Medicare Prescription Drug Plan within 63 continuous days after your current coverage ends, you may pay a higher premium (penalty) to join a Medicare drug plan later.

If you go 63 continuous days or longer without creditable prescription drug coverage, your monthly premium may go up at least 1 percent of the Medicare base beneficiary premium per month for every month that you did not have that coverage. For example, if you go 19 months without creditable coverage, your premium may consistently be at least 19 percent higher than the Medicare base beneficiary premium. You may have to pay this higher premium (penalty) as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the following November to join.

For more information about this notice or your current prescription drug coverage:

Call the Fund office at **856-793-2500**.

NOTE: You'll receive this notice each year. You will also get it before the next period you can join a Medicare drug plan, and if this coverage through the UFCW or Tri-State Health and Welfare Fund changes. You also may request a copy of this notice at any time.

For more information about your options under Medicare prescription drug coverage:

More detailed information about Medicare plans that offer prescription drug coverage is in the *Medicare & You* handbook. You'll get a copy of the handbook in the mail every year from Medicare. You may also be contacted directly by Medicare drug plans.

For more information about Medicare Prescription Drug Plans:

- Visit **www.medicare.gov**.
- Call your State Health Insurance Assistance Program (see your copy of the *Medicare & You* handbook for the telephone number) for personalized help.
- Call **800-MEDICARE (800-633-4227)**. TTY users should call **877-486-2048**.

If you have limited income and resources, extra help paying for Medicare prescription drug coverage is available.

Information about this extra help is available from the Social Security Administration (SSA) online at **www.socialsecurity.gov**, or you can call the SSA at **800-772-1213**. TTY users should call **800-325-0778**.

Remember: Keep this creditable coverage notice. If you decide to join one of the Medicare drug plans, you may be required to provide a copy of this notice when you join to show whether you have maintained creditable coverage and, therefore, whether you are required to pay a higher premium (penalty).

5 Essential Things to Know About Prostate Cancer

Prostate cancer is the most common cancer (other than skin cancer) among American men. About one out of every seven men will be diagnosed with prostate cancer at some point. Yet as common as this cancer is, many people still don't know a lot about it. Here are five key facts every man should know.

1 *The risk of having prostate cancer rises rapidly after age 50.*

Age is the strongest risk factor for this cancer. More than two-thirds of new cases occur in men ages 55 and 74. Other factors that may increase your risk include being African-American and having a father or brother who developed the disease.

2 *Not every man needs to be tested for prostate cancer, however.*

The PSA blood test measures how much prostate-specific antigen, which is a protein, is present in your blood. It can often find prostate cancer early, before symptoms arise. But it's not infallible. A high PSA level could be a sign of prostate cancer, but it might also be a sign of a prostate infection, benign enlargement of the prostate, or other noncancerous causes. And some men with low PSA levels turn out to have cancer, too. The American Cancer Society recommends that men talk with their doctors and make an informed choice about whether PSA testing is right for them.

3 *Symptoms that may signal prostate problems shouldn't be ignored.*

Many men with prostate cancer don't experience any symptoms, which is why it's crucial to discuss screening with your doctor. However, others have symptoms, such as:

- Pain when urinating
- Slow or weak urine stream
- More frequent urination, especially at night
- Blood in the urine or semen
- Trouble getting an erection

If you develop any of these symptoms, see your doctor.

4 *Some men with prostate cancer never need any treatment.*

In many cases, prostate cancer grows quite slowly. Older men and those in poor overall health may

opt to avoid immediate treatment. Instead, they just have the doctor monitor their prostate cancer. If anything changes, they may need to reconsider treatment.

Treatments that may be used for prostate cancer include:

- Surgery
- Radiation therapy
- Hormone therapy
- Chemotherapy
- Vaccine treatment
- Cryotherapy

5 *The outlook is excellent for most men with prostate cancer.*

Prostate cancer can be life-threatening once it has spread to distant parts of the body. But when it's caught earlier, as it usually is, the five-year relative survival rate is nearly 100 percent. The 15-year survival rate for all stages of prostate cancer combined is 95 percent.





PRODUCE

May Be the Key to Happiness

The old saying goes “An apple a day keeps the doctor away.” But new research says that more than just keeping your body healthy, fruits and vegetables may help improve your mood, too.

One British study found that those who reported feeling down in the dumps ate fewer than three servings of produce per day. Meanwhile, those who consumed five servings or more of fruits and veggies had the brightest moods. Researchers surveyed about 14,000 adults with questions about what they ate and their moods. In another study, adults who ate a fruit-and-veggie-rich Mediterranean diet had more positive feelings and fewer negative emotions.

Make the Right Call

Why produce? Well, researchers believe one reason is related to the feel-good boost you get from knowing you’re eating healthy. By now, almost everyone has heard that fruits and vegetables form the cornerstone of a nutritious diet. So you should rightfully feel proud of placing them on your plate.

Boost Your Brain Power

But that’s not all. Healthy compounds in produce help your brain function properly, improving your psychological health. Some of the best nutrients to look for are:

- **B vitamins**, including folate and vitamin B-6. Your body needs these nutrients to produce brain chemicals called neurotransmitters. Fall short and your emotions tend to run off track.
- **Complex carbohydrates**. All carbs provide an instant lift as glucose, insulin, and serotonin flow through your veins. But unlike simple sugars, which often cause you to quickly crash, complex carbs from starchy veggies and fruits keep your blood sugar and hormone levels steady.

Some evidence also suggests that antioxidants in fruits and vegetables, including vitamins C and E, may help combat a process in your body that triggers cell damage. The jury is still out, but it’s possible antioxidants in fruits and vegetables may help keep your mood intact and, in particular, protect against depression.

Reach for the Best

Health experts recommend at least five to nine servings per day of fruits and veggies. Create your own mood-boosting shopping list with these picks. They’re easy to find, low in cost, and can fit into dishes your whole family will love.

- **Bananas** (contain complex carbohydrates and vitamin B-6). Think beyond cereal—try bananas blended into smoothies, sliced lengthwise and topped with frozen yogurt, or even tossed with apples, lettuce, and peanuts for an unexpected salad.
- **Peas** (rich in complex carbohydrates). Mix into pasta, stir into salads, or combine with onion, garlic, broth, and seasonings for a tasty soup.
- **Spinach** (good source of the B vitamin folate). Use as a pizza topping, heat up frozen greens as a side dish, or cook in a pan with chickpeas for a tasty beans-and-greens sauté.



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**UFCW and Participating Employers
Health and Welfare Fund**
27 Roland Ave., Suite 100
Mt. Laurel, NJ 08054-1056

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Are We *in touch*?

If you are aware of any coworkers who are not receiving the *in touch* newsletter on a quarterly basis, please advise them to call the Health and Welfare Fund office at **800-228-7484, ext. 2504**.

The Fund distributes the *in touch* newsletter to present reliable, up-to-date health information, including updates about programs and benefits available to eligible participants. Call the Fund office to obtain the status of your eligibility and verify your current address.

Your ideas are important! Let us know if there is a particular topic that you would like included in your *in touch* newsletter.



Information About Our Pharmacy Network

All eligible participants and eligible dependents of the Tri-State Health and Welfare and the UFCW Health and Welfare Funds have prescription benefits through Express Scripts.

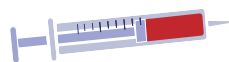
You can use your Express Scripts card at any pharmacy in the Health and Welfare Fund Provider Network. The network includes many of the participating employer stores, such as, ACME Markets, ShopRite, Stop and Shop, Rite Aid, and other independent stores.

The Mail at Retail Drug Program enables you to obtain your mandatory maintenance drugs directly from a store in the Mail at Retail Network (ACME Markets, ShopRite, Stop and Shop, and Rite Aid).

The Health and Welfare Fund Pharmacy Network **does not** include the following pharmacy chains: **CVS, Walmart, Kmart, Walgreens, Target, Costco, BJ's, Sam's Club, Hannaford Supermarkets, and Drug Fair.**

If you choose to have a prescription filled at one of these pharmacy chains and pay cash for the prescription, such expenses will not be reimbursed by the Fund.

If you have any questions regarding the pharmacy network, please call the Fund office at **800-228-7484, prompt #5**.



Self-Injectable Medication

Self-injectable medication is a covered benefit under your major medical benefit directly at the Fund office. If your physician gives you a prescription for a self-injectable medication, please call the Fund office at **800-228-7484, prompt #4**.