



# Benefit Updates for 2011

Active/NCH/Retiree Edition

January 2011

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## TeamstersCare Autism Spectrum Benefit Expanded



The TeamstersCare Trustees recently voted to expand the current autism spectrum benefit, subject to oversight by the TeamstersCare Mental Health team.

TeamstersCare Mental Health is currently establishing pre-screening protocols for referrals and will provide these services through our Employee Assistance Program (EAP).

The Mental Health team is also developing a group of providers to administer psychological services, a list of resources, and an informational packet to educate and assist parents in meeting the psycho-educational needs of their children.

TeamstersCare Mental Health will be available both before and after the Sunday January 16, 2011 Local 25 Union Meeting to answer questions and to provide resources. At the conclusion of the Union Meeting, they will be

available in the Day Room on the first floor to meet with members individually for questions specific to your circumstances.



**You can reach TeamstersCare Mental Health team by calling 1-800-851- 8326.**

## TeamstersCare Hours of Operation

As we increase efficiency, we are consolidating office hours.

All TeamstersCare Offices will close at 4:00 pm on Fridays beginning February 4, 2011.

## Smoking Cessation Medication Benefit

Surgeon General Regina Benjamin recently said about cigarette smoking, *"It's never too late to quit but the sooner you quit the better."*

The importance of quitting smoking cannot be overstated.

In support of your efforts to quit, TeamstersCare

will continue to provide Bupropion SR (generic for Zyban) **at no cost to the member** in 2011, for up to two three-month attempts to quit smoking.



**TeamstersCare Charlestown Pharmacy Sunday Hours Pilot Program Discontinued**

**Due to a lack of interest, the Charlestown Pharmacy will no longer be open on Union Meeting Sundays.**