

The Teamsters Local 922- Employers Health Trust

Physical Address: 7130 Columbia Gateway Dr, Suite A

Columbia, MD 21046

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Helpful Hints & Reminders



Prescription Drugs

Using medications correctly at the right time and in the right way as prescribed by your doctor can help keep you healthy and control medical issues, but not everyone sticks to those rules. What they might not realize, however, is not doing so can have some grim consequences.

According to the Centers for Disease Control and Prevention (CDC), about 20 to 30 percent of medication prescriptions are never filled and in 50 percent of cases, patients don't continue medication as prescribed. Unfortunately, non-adherence causes 30 to 50 percent of chronic disease treatment failures and 125,000 deaths per year.

There are countless reasons medications aren't being used as prescribed, and not all of

them are intentional. Here are two common reasons and five ways to keep you on track.

"I'm feeling better. I can stop taking medication."

Sticking to medication may seem like a chore, especially if you're feeling better, but you should never abandon prescribed medication. If you aren't taking a certain medication, or medications, as prescribed by your doctor, there can be several negative outcomes.

"My medication is too expensive. Missing one dose or taking a half-dose here and there to save a little shouldn't be a big deal."

Your doctor may not notice you've missed a few doses here and there, however, that doesn't mean that it isn't bad for your body and health.



To help you better adhere to taking your prescribed

medications, the Board of Trustees has entered into a collaboration with CVS Caremark and PrudentRX to offer a copay assistance program that may help you save money on your specialty prescriptions.

What are Specialty Medications and What do They Cost?

There are over 400 Specialty medications available, and that number is growing. Rare diseases requiring specialty medication affect between 25-30 million patients and are prescribed to treat such diagnoses as Hepatitis C, Autoimmune disorders, Oncology and Multiple Sclerosis.

Specialty medications typically cost several hundred dollars monthly as they may require unique methods of administration such as injections, infusions, or nebulizers.

The PrudentRX program is making it possible to get your specialty medications at no out of pocket cost on any covered

specialty medication on the plan's designated specialty drug list when you fill your prescription at CVS Specialty Pharmacy.

Your enrollment in the program will be started automatically, but you can choose to opt out at any time.



Be on the lookout for information from PrudentRX.

For Information on How to Obtain Benefits, Contact:

BENESYS, INC.
(410) 872-9500

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Lemon & Dill Chicken

Total: 30 mins Servings: 4

Ingredients

4 boneless, skinless chicken breasts
Salt & freshly ground pepper, to taste
3 tsp extra-virgin olive oil, or canola oil, divided
¼ cup finely chopped onion
3 cloves garlic, minced

1 cup reduced-sodium chicken broth
2 tsp flour
2 Tbs chopped fresh dill, divided
1 Tbs lemon juice

Directions

Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.