

**The Teamsters Local 922- Employers Health Trust**  
**Physical Address: 7130 Columbia Gateway Dr, Suite A**  
**Columbia, MD 21046**  
**Mailing address: P.O. Box 99758; Troy, MI 48099**

# Helpful Hints & Reminders

## Flu Season

Influenza (Flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year. Flu season usually occurs in the fall and winter. While influenza viruses spread year-round, most of the time flu activity peaks between December and February.

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.



You may be able to spread flu to someone else before you know you are sick, as well as when you are sick with symptoms.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

The time from when a person is exposed and infected with flu to when symptoms begin is about two days but can range from about one to four days. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- fever\* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with flu will have a fever.<sup>1</sup>



The Board of Trustees has implemented a new program to help those living with Diabetes. Beginning early next year, the Transform Diabetes Care® (TDC) program will provide an easier way to manage your diabetes and overall health. Available at no cost to you, the TDC program offers you a comprehensive way to manage your diabetes and overall health. In addition

<sup>1</sup> <https://www.cdc.gov/flu/about/keyfacts.htm>

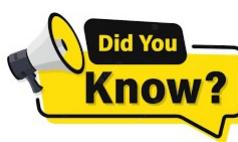
to glucose monitoring, TDC uses health information you share to provide you with personalized health coaching based on your specific needs. Along with virtual access to a team of pharmacists, nurses<sup>2</sup> and specialists.

TDC also provides:

- Reminders for your upcoming exams and screenings
- Assistance in creating and following a healthy lifestyle plan
- Access to the Health Optimizer Digital app
- Medication reminders

You can even get help on making sense of any lab results

from dedicated healthcare specialists. If you're managing diabetes, you're automatically enrolled. CVS Caremark will be in touch with more details on your next steps.



Teamsters Local 922 has a participant website where you can obtain basic benefit information about your Plan, find answers to frequently asked questions, access your claims and EOBs, and find links to your Healthcare providers.

Contact the Fund Office for details on registering. Once registered, you can access the site with your unique username and password. A different email address must be used for each member, spouse, and/or dependent over the age of 18 who desires website access.

***For Information on How to Obtain Benefits, Contact:***

**BENESYS, INC.  
(410) 872-9500**

**Physical Address:  
7130 Columbia Gateway  
Drive, Suite A  
Columbia, MD 21046**

**Mailing address:  
P.O Box 99758, Troy, MI 48099**



## White Chicken Chili



1 tbsp. extra-virgin olive oil  
1 small yellow onion, diced  
1 jalapeño, seeded and minced  
2 cloves garlic, minced  
1 tsp. dried oregano  
1 tsp. ground cumin

2 (4.5 oz.) cans green chilies  
3 boneless skinless chicken breasts  
5 c. low-sodium chicken broth  
Kosher salt  
Freshly ground black pepper  
2 (15 oz.) cans white beans, drained and rinsed

1 1/2 c. frozen corn  
1/2 c. sour cream  
Freshly chopped cilantro, for garnish  
1/4 c. shredded Monterey Jack  
1/4 c. crushed tortilla chips

In a large pot, over medium heat, heat oil. Add onion and jalapeño and cook until soft, about 5 minutes. Add garlic, oregano, and cumin and cook until fragrant, 1 minute. Add green chilis, chicken, and broth and season with salt and pepper. Bring to a boil, then reduce heat and simmer, covered, 10 to 12 minutes, until chicken is tender and cooked through.

Transfer chicken to a plate and shred with two forks. Return to pot and add white beans and corn. Bring to a simmer and let cook, 10 minutes, using a wooden spoon to mash about 1/4 of the beans. Turn off heat and stir in sour cream.

Ladle chili into bowls and garnish with cilantro, cheese, and chips before serving.

<sup>2</sup> Certified Diabetes Care Nurses do not diagnose or treat conditions. Their role is to

connect members to appropriate resources and help identify and close gaps in care.