

News for You, from Your Trust Board



August 2018



ITDR Road Show Update

Thanks to all who have attended the Trust's Road Shows in past years. The feedback we've received is that they have been great events for our Atlanta-area Members to see old friends and get updates about their Trust Plan Benefits. We value the camaraderie, and appreciate that feedback as we look toward ways to continue to grow Trust Plan Membership.

We are making a change and suspending the Road Show for this fall. Instead, resources will be used to support other opportunities in various locations focused on increasing our visibility within the Delta community, and increasing the number of new retirees that choose to join the Trust when they become eligible.

The remainder of our enrollment schedule this fall will remain as in years past. Look for our postcard in September with a heads up about the mailing of annual enrollment kits and other benefits updates.

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Stay Tuned for More Benefit Plan Updates This Fall

In October, the Trust will provide an online presentation and resources for all current and prospective Members to learn about 2019 benefits plan updates that will be covered in your annual enrollment materials.

As always, Health Advocate and the Retiree Service Center will be available to answer any questions you have about your benefit plans.

New Shingles Vaccination – What You Need to Know About Shingrix

Millions of Americans, especially those older than 50, are susceptible to shingles, caused by the very same virus that causes chickenpox. About 1 in 3 will get shingles during their lifetime, and it can strike whether you have, or have not previously had chickenpox. There are about a million new cases of shingles each year.

In October 2017, the Food and Drug Administration approved **a new shingles vaccine**, called Shingrix. **Shingrix has proved to be far more effective** at preventing this disease than the previous recommended vaccine Zostavax. Getting vaccinated is the only way to protect against the painful rash and its complications.

How is Shingrix different from Zostavax?

The new Shingrix vaccine is officially **recommended even if you previously received the older Zostavax**. Shingrix provides stronger protection and is now the recommended vaccine for its strong, longer-lasting protection. The two required doses of Shingrix are more than 90% effective at preventing shingles. The older Zostavax vaccine loses its effectiveness over time and is less effective in people age 70 or older.

Who should get the Shingrix Vaccine?

The Centers for Disease Control and Prevention officially recommends that healthy adults 50 and older should get vaccinated (This is a change from the previous age 60 recommendation). It's also recommended that people who got Zostavax get re-vaccinated with the new Shingrix vaccine.

You should get Shingrix even if you:

- have had shingles
- received the previous vaccine Zostavax
- are not sure if you had the chickenpox



How many doses of Shingrix do you need?

Shingrix is a two-dose vaccine. The second dose is given 2-6 months after the first.

How will the Trust Plan cover Shingrix?

Shingrix is covered under your ITDR Express Scripts Part D prescription drug plan at a Preferred Brand copay.

Many pharmacies can administer the vaccine on premises, in which case your drug plan will cover the cost of the vaccine administration, and you will pay your Preferred Brand copay for the drug. If you have the vaccine administered by your physician, they **may** charge you a fee to administer the drug, in which case this fee would be applied to your medical plan.

How Do I get Shingrix?

A prescription is required. Talk with your healthcare provider about the Shingrix vaccine to determine whether it's right for you, and when is the right time to plan for your first and second doses.

Balance – Key to Physical Health and Independence

It's never too early to start thinking about improving your balance and preventing falls. Improving your balance with exercise can significantly help reduce your risk of falling. These simple exercises can help decrease your risk of falling and allow you to lead a safer, more mobile and independent life. To be as safe as possible, we recommend performing these exercises with the help of a sturdy chair to hold onto. Or, ask a friend or family member to stand alongside you during exercise. It's always a good idea to speak with your doctor before starting any new exercise program.

Side and Back Leg Raises

Leg raises are a great way to help build balance and strengthen your hips, buttocks and thighs. To perform side leg raises, stand behind a chair with your feet slightly apart. Lift one leg slowly out to the side. Keep your body upright and your toes

pointed forward. Pause, then slowly lower your leg. Repeat 10 to 15 times with each leg. To perform back leg raises, stand behind a chair with your feet slightly apart. Slowly lift one leg straight back without bending your knee or leaning forward. Pause, then slowly lower your leg. Repeat 10 to 15 times with each leg.

Standing on One Foot

Begin by standing behind a chair, holding on with both hands. Slowly lift one foot off the ground and hold the position for 10 seconds. Repeat with the same leg 10 to 15 times, then perform the same number of repetitions with the other leg. Over time, as you feel more comfortable with this exercise, try holding on with only one hand. If you can, challenge yourself one more step and try performing this exercise without holding on to the chair at all.

Silver Sneakers is Here to Help!

Need a little push to get you started?

Take advantage of your Silver Sneakers

Membership included with your Trust

Medical Plan. Get the support and encouragement you need to live out your fitness goals by joining millions of seniors just like yourself who are having fun, meeting new people and reaching new levels of fitness!

Taking your first step is easy! Order your at-home Steps Kit by calling 1-888-423-4632. Choose between a Walking Kit, Strength Kit, Yoga Kit or Stress Relief Kit. **To find out more about your program benefits, visit SilverSneakers.com or call 1-888-423-4632 (TTY:711), Monday-Friday 8 a.m. to 8 p.m. ET.**



Members Enjoy:

- Gym membership and access to over 14,000 gym and fitness centers nationwide
- Indoor and outdoor social events
- Access to speak with program advisors to learn more about what programs better fit your personal needs and goals
- Tai chi, yoga, walking groups, boot camp fitness classes and much more

Visit us online at www.ITDR.com and check the Message Center often for updates. Send your suggestions to trustmailbox@itdr.com. Contact a Personal Health Advocate™ with any personal claims, benefits, or administration-related questions or concerns at 1-877-325-7265, Option 2.



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Please use the above address for account specific correspondence, including premium payment, insurance plan eligibility, enrollment status, medical claims status or questions, and Delta subsidy information. To contact the Trust Board, please send correspondence to ITDR Member Care, 2405 Satellite Blvd., Suite 125, Duluth, GA 30096.

Saving Money on Your Drugs is as Easy as 1-2-3

Save Big Money with My Rx Choices

Looking for ways to save on your prescription drugs? The Express Scripts **My Rx Choices** tool helps you quickly and easily find the most cost-effective way to fill your prescriptions. With a quick search by zip code you can view:

- Prices at all local pharmacies to pinpoint your lowest retail cost option
- Options for the Express Scripts mail-order pharmacy for up to a 90-day supply of medication delivered directly to your door
- Potential savings by brand vs. generic comparisons or preferred brand alternatives

Find Ways to Save!

Log on now to
www.Express-Scripts.com
to view local pharmacy pricing,
as well as mail order options.



Accessing My Rx Choices is quick and easy! Go online to Express-Scripts.com and select "Save with My Rx Choices" under "Manage Prescriptions."

Haven't registered online yet? Simply go to Express-Scripts.com, click on "Register" and follow the instructions. You will need your member ID number from your ID card and a recent prescription number. When you access the site in the future, you'll just need to enter your e-mail address and password.

French Toast

An Easy Way to Start Your Day

2 Servings

Ingredients:

- 2-Eggs
- 3/4-Cup Milk
- 1/2- Teaspoon Cinnamon
- 1/2- Teaspoon Vanilla Essence
- 4 slices- Wholemeal/Wholegrain Toast Bread



Serving suggestion:

Serve with fresh fruit or fruit compote.

Preparation:

- Crack eggs into a large bowl. Use a fork to whisk in milk.
- Heat a frying pan over medium heat. Oil can be added if required.
- Dip each side of bread into egg mixture until coated on both sides. Place into pan.
- Cook for 2-3 minutes on each side until golden and bread separates from the pan.



Breakfast Barley

with Banana and Sunflower Seeds

2 Servings

Barley is a delicious whole grain rich in protein and nutrients such as iron and magnesium. Barley's high fiber content stimulates your digestive system and makes you feel fuller longer. Bananas are a good source of potassium and sunflower seeds contain vitamin E, protein, and healthy fats that increase good cholesterol levels. Whether you are on-the-go in the mornings or need a quick and easy breakfast recipe, whipping up this delicious meal is simple and has healthy rewards!



Ingredients:

- 2/3 cup water
- 1/3 cup uncooked, quick-cooking pearl barley
- 1 banana, sliced
- 1 tablespoon unsalted or salted sunflower seeds
- 1 teaspoon honey



How to Make It:

- Combine 2/3 cup water and barley in a small microwave-safe bowl.
- Microwave on HIGH for 6 minutes.
- Stir and let stand 2 minutes.
- Top with banana slices, sunflower seeds, and honey.