

# NEW YORK CITY DISTRICT COUNCIL OF CARPENTERS

## UNION TRUSTEES

Joseph A. Geiger  
Co-Chairman  
Paul Capurso  
Michael P. Cavanaugh  
Stephen C. McInnis  
John Sheehy  
Paul Tyznar

## BENEFIT FUNDS

David Stewart  
Executive Director  
395 Hudson Street  
New York, N.Y. 10014  
Telephone: (212) 366-7300  
Fax: (212) 366-7444

## MANAGEMENT TRUSTEES

David T. Meberg  
Co-Chairman  
Catherine Condon  
John DeLollis  
Paul O'Brien  
Kevin O'Callaghan  
Michael Salgo

## SUMMARY OF MATERIAL MODIFICATIONS

### NEW YORK CITY DISTRICT COUNCIL OF CARPENTERS WELFARE FUND

To: Active and Retired Participants of the New York City District Council of Carpenters Welfare Fund and their Eligible Dependents

From: Board of Trustees

Date: January 2017

Re: **Pharmacy and Physician Restrictions for Certain Prescription Drugs and MEND Program**

---

This Summary of Material Modifications (“SMM”) is intended to notify you of an important feature of the prescription drug program offered through the New York City District Council of Carpenters Welfare Fund (the “Welfare Fund”). It also provides information about a new program for help with substance abuse and related issues. Please read this SMM carefully and share it with your family. You should keep it with your Welfare Fund Summary Plan Description (“SPD”) and other SMMs.

#### **Notification Regarding Implementation of Pharmacy and Physician Restrictions for Certain Prescription Drugs**

The Welfare Fund participates in a Fraud, Waste, and Abuse (“FWA”) program that is offered through Express Scripts, the Welfare Fund’s Pharmacy Benefits Manager (“PBM”). The FWA program is an investigative service program that helps detect potential fraud, control prescription drug costs, and maximize participant health. Here’s how it works:

1. The program identifies prescribers and participants with unusual or excessive utilization patterns.
2. If unusual or excessive behavior is substantiated through a case review, participants can be restricted to one pharmacy, and/or one physician, for controlled substances and muscle relaxants. The decision to impose these restrictions is made when records show that participants are having prescriptions for a particular controlled substance or muscle relaxant filled at more than one pharmacy, and/or by more than one physician. With controlled substances and muscle relaxants, there is a significant risk of an adverse reaction due to a duplicate prescription or a drug-to-drug interaction. Eliminating the possibility of having multiple physicians write prescriptions and having prescriptions filled at multiple pharmacies promotes participant health.
3. If, based on your prescription utilization patterns, Express Scripts assigns you to only one pharmacy, and/or one physician, you will be notified in writing by Express Scripts of those restrictions and their effective date.

4. In the event that you have a prescription filled at a pharmacy and/or by a physician other than the one assigned to you after written notification of your restrictions, the Welfare Fund will not provide any reimbursement for that prescription and you will be responsible for the full cost of the drug.

### **Appealing your Restrictions or Requesting to Change the Pharmacy and/or Physician you are Restricted to Utilizing**

Upon being notified in writing by Express Scripts that you are being restricted to one pharmacy and/or one physician for a particular controlled substance or muscle relaxant, you may either appeal the decision, or request to change the pharmacy and/or physician you are being restricted to utilizing. Your appeal or request for pharmacy/physician changes should be submitted in writing to:

**Express Scripts  
Drug Utilization Review Program  
One Express Way  
St. Louis, MO 63123  
Mailstop 3W03**

**Remember:** If you have a prescription filled from a provider or pharmacy that is not your assigned provider or pharmacy, no coverage will be provided and you will be responsible for the full cost of the prescription.

### **Members Education and Network for Dependency (“MEND”) Program**

Under the NYCDCC Welfare Fund, Empire BlueCross BlueShield covers “Medically Necessary” treatment for alcohol and substance abuse. Previously, if a covered participant or dependent wished to begin receiving treatment for alcohol or substance abuse, he/she would contact Empire BlueCross BlueShield to initiate the process for authorization. **Effective September 1, 2016**, with the launching of the Members Education and Network for Dependency (“MEND”) Program, this process has changed. Moving forward, any covered participant or dependent wishing to obtain access to confidential treatment for alcohol or substance abuse must contact the MEND Program directly. All level of care determinations, authorizations, utilization reviews, and case management services will be handled by MEND.

Please note that this procedural change does not affect your rights to file a grievance or appeal. Please refer to your SPD for an explanation of those rights.

If you or one of your dependents are struggling with substance abuse, please contact the MEND Program for assistance from our accredited staff. The MEND program can be reached by phone at **(212) 366-7590** or by email at **MEND@nycbf.org**. MEND is located at 395 Hudson Street, New York, NY 10014, on the 5th floor.

We know that it takes a lot of courage to seek help. Substance abuse is a nationwide problem that affects people from all walks of life. Please do not be embarrassed to ever ask for help.

### **Questions?**

If you have questions, you can call **Express Scripts at (800) 939-2091** or our **Member Services Department at (212) 366-7399**.

<p>The Board of Trustees reserves the right to terminate, suspend, reduce or otherwise modify benefits at any time.</p>
---