

# Truckers Health Team Member Services

Driving a truck is a tough and stressful job. We know how hard it is to keep healthy even in the best of situations. It's not surprising that half of truckers have Diabetes (high sugar levels), Hypertension (high blood pressure) and/or Obesity (overweight). You are the CEO and driver of your health – we are here to help!

Our **Chronic Care Management and Wellness Programs** will help you to:

- make better choices,
- develop better habits and
- get you on the road to better health.

**Truckers Health Team wants to be your partner to help you drive a million more miles!**

## Clinic and Telehealth Visits

- No co-pay / no deductible
- In-Person / Phone / Video Visits
- Advice Nurse ( 8AM – 5PM EST M – F)

## Programs

- Chronic Care Management
  - Diabetes, Hypertension, Obesity
- Wellness / Lifestyle Management

## Basic Medical Services

- Health Risk Assessment
- Physical Exam and Baseline Measurements
- Minor Cuts, Bruises and Lacerations
- Colds, Sinus Infections / Congestion
- Flu-Like Symptoms
- Sore Throat, Bronchitis, Hay Fever
- Earache, Red Eye/Styes
- Rashes, Cold Sores, Poison Ivy, Sunburn
- Nausea / Diarrhea (<5 days)
- Simple Urinary Tract Infections
- Stomach Acid Reflux

## Driver / Employee Services

- DOT Physical Exam
- Turnkey Drug Screen
  - Collection, Lab, MRO and Reporting
- Urine / Hair Drug Screen Collection

## In-Clinic Lab Services

- Flu Shot (1 per year)
- HbA1c (1 per 3 months)
- Lipid Profile (1 per 6 months)
- Rapid Strep Testing
- Sexually Transmitted Disease (STD)
- Lab Services Blood Draw

## Pharmacy Services \*\*

- Mail Order to home or pick up at pharmacy
- Good faith exam done before writing prescriptions

**\*\* Cost of medications not included**

**\*\* No Scheduled II – V prescriptions (narcotics, sedatives & barbiturates are excluded due to the danger in driving.)**

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## **Truckers Health Team Membership Does Not Cover:**

- Children under 18 years of age
- Ambulance transportation
- Emergency transportation from a clinic to an Emergency Room
- Emergency room care and provider fees
- Hospitalization costs and provider fees
- Outpatient surgery or non-Truckers Health Team outpatient care
- Any specialty physicians
- Chronic pain management
- Alternative therapies such as massage therapy, acupuncture, chiropractic
- Cost of filling prescriptions
- Drug and alcohol dependency treatment
- Hearing care / vision care
- Lab work / analysis performed by 3<sup>rd</sup> party labs
- Cosmetic surgery
- Dental care

### **Disclaimer:**

**Truckers Health Team is neither health insurance nor an official ACA Major Medical Plan. Results can vary depending on the individual and there is no guarantee of specific results.**