



DRIVING DOWN COSTS

“My health continues to get better and better each day since I started HealthCheck360. It keeps me informed on where my health is and the Health Coach helps me and encourages me to live healthier. Great program! I feel great!”

Over the Road Driver

The driver shortage and the cost of running a business. They're constantly on your mind and affect every decision you make, everyday. With 28.5% of drivers getting a “short card” during their DOT physical, and 8% being disqualified¹, there's more at stake than driver retention. Your bottom line takes a hit.

THE TRUE COST

You know that time is money. You're not just paying for the physical. Companies rack up **\$1,220 per driver per day** in lost revenue when trucks sit because drivers are getting DOT physicals and going to follow-up appointments to deal with poor health.

DRIVER SUPPORT

We understand the unique challenges drivers face. A combination of sedentary lifestyle and limited healthy foods makes staying healthy on the road tough. Our team develops one-on-one relationships with your drivers and programming is tailored to help them renew their med card. 3, 6, and 12-month programs are available.

Programs include:

- Regular one-on-one coaching calls
- Support with sustainable lifestyle changes for health improvement
- Tracking tools specific to risks
- Unlimited inbound coaching

21%

OF DRIVERS
REPORT HEALTH
ISSUES AS A REASON
FOR TURNOVER

\$1,220

AVERAGE LOST
REVENUE PER DRIVER,
PER DAY FOR TRUCKS
NOT HAULING FREIGHT

2X

OBESITY
ALONE DOUBLES
CRASH RATES

\$116,437

AVERAGE COST
OF WORKER'S COMP CLAIMS
OF OBESE DRIVERS

FEWER INJURIES, FEWER ACCIDENTS

Frequent medical checks affect costs, productivity, and life satisfaction. But safety and work comp costs also take a hit due to poor health. Obese drivers are more likely to experience an injury and when they are injured, they take longer to recover. Over a third of drivers have a medical condition linked to poor driving performance and drivers with 3 or more conditions have a crash rate nearly 3 times that of healthy drivers ³.

EASY FOR YOU

You're busy, so we run the program for you. There are no screenings or medical exams to complete. We use the DOT physical data you already have to reach out to drivers, enroll them in the program, and start working toward better health.

KEEP YOUR DRIVERS ON THE ROAD

With a driver shortage of over 50,000 qualified drivers and industry turnover rates hovering around 90%, it's more important than ever to find ways to keep the drivers you have, and keep them on the road. Give your drivers an additional benefit and help them renew their med card, while driving down your costs.

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4448672/>

² <http://progressive2.acs.playstream.com/truckline/progressive/ATAs%20Driver%20Shortage%20Report%202017.pdf>

³ https://journals.lww.com/joem/Fulltext/2017/02000/Multiple_Conditions_Increase_Preventable_Crash.11.aspx