



## Guide to Member Benefits, Discounts and Services

***Featuring discounts on:***

**Health Services**

**Business Services**

**Travel Services**



**Find us on Facebook**

[www.facebook.com/healthytruckingassociation](http://www.facebook.com/healthytruckingassociation)



Dear Trucking Professional:

Congratulations on becoming a member of the Healthy Trucking Association of America! Whether you signed up personally or received your membership through your employer, you have taken a key step toward improving your personal health and wellness and toward helping to create a HEALTHY trucking industry.

HTAA was the first nationwide association ever formed for the purpose of helping America's professional drivers become healthier and live longer lives. Your HTAA membership provides you with a long list of benefits for you and your family, especially since we offer the same membership you have to your spouses as well. All your spouse needs to do to become a member is provide us with contact information. HTAA recognizes that it is not just the driver but the driver's family as well who live life on the road so your family is as important to us as you are!

Please find enclosed your initial membership materials, which include a Benefits Guide that outlines many of the free services and discounts you will receive as an HTAA Member. A few of the many benefits you receive as an HTAA Member include a Discount Prescription Card that can be used by any member of your family and Healthy Trucking discounts on numerous products and services, including vision and dental discount programs. Please check the HTAA Member Benefits Directory in this Guide for a complete list.

You will also receive numerous free health-related resources from HTAA and other free Member benefits.

We look forward to serving you and your family as part of the many thousands of HTAA Driver Members who keep this country running. As an HTAA member you are part of an association that is dedicated to your health and wellness and that of your family. It is our goal to provide all our driver members with the resources you need to live long, healthy lives. We understand that over-the-road professionals are the life's blood of this nation and we want you to know that HTAA is your friend and your advocate every day and we are always here for you, whether you are at home or on the road.

***WELCOME TO THE HEALTHY TRUCKING ASSOCIATION OF AMERICA!***



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## FREE DIABETES PREVENTION PROGRAM



# DIABETES PREVENTION PROGRAM **FREE** TO ELIGIBLE DRIVERS

### Say hello to a whole new way to get healthy!

I'm excited to announce the **Healthy Trucking Association of America** and the **American Association of Diabetes Educators** are now offering Omada® to eligible truck drivers. Omada is a digital lifestyle change program that can help you lose weight, feel fantastic, and develop long-term healthy habits. It's also 100% confidential and your information will not be shared with anyone outside the Omada Program.

**More great news:** If you're at risk for type 2 diabetes, Omada is available at no additional cost to you—a \$650 value—thanks to AADE & HTAA.

**See if you're eligible at [omadahealth.com/htaa](http://omadahealth.com/htaa)** or text HTAA to 444999.

Participants in Omada will get:

- **A professional health coach** to keep you on track
- **A wireless smart scale** to monitor your progress
- **An interactive program** with weekly lessons
- **A supportive peer group** and much more!

I can't wait to see what we accomplish!

Happy in health,



## FREE DIABETES PREVENTION PROGRAM, *cont.*



# HEALTHY HABITS, BUILT OVER TIME



Staying healthy while on the road can be challenging but the **Healthy Trucking Association of America (HTAA)** and the **American Association of Diabetes Educators (AADE)** have partnered to offer truckers Omada,<sup>®</sup> a digital lifestyle change program that inspires healthy habits that last.

Take action now to maintain your CDL and improve your health while **PARTICIPATING WITH PEACE OF MIND:** HTAA does not collect personal health information; your participation and progress in Omada is confidential.

- + **EAT HEALTHIER**  
Learn how to make smart choices while on the road
- + **INCREASE ACTIVITY**  
Discover easy ways to move and boost energy
- + **OVERCOME CHALLENGES**  
Manage a physically demanding career while keeping your health in mind
- + **STRENGTHEN HABITS**  
Zero in on what works for you

**MORE GREAT NEWS:** If you're a truck driver who is at risk for type 2 diabetes, AADE will cover the entire cost of the Omada program— **A \$650 value.**

**TAKE A ONE-MINUTE HEALTH TEST TO SEE IF YOU'RE ELIGIBLE:**  
[omadahealth.com/htaa](http://omadahealth.com/htaa) or text **HTAA** to **444999**

Funding is supported by the Cooperative Agreement number 17NUS8DP006361-01-00 from The Centers for Diabetes Control and Prevention.

### YOU'LL GET YOUR OWN:

-  Interactive program
-  Wireless smart scale
-  Weekly online lessons
-  Professional health coach
-  Small group of participants



## FREE DIABETES PREVENTION PROGRAM, *cont.*



### Kaptain Jack

*“Beginning in early April, I have been on the Omada program for almost 4 weeks and have lost over 11 pounds. The program is very easy to participate and actually has encouraged me to become more involved in my personal health. The health coaches are wonderful, the scale immediately sends my weight to my app and I feel better than I have in a long time.”*

### Eddie

*“On January 4th, I weighed 236 lbs and I’m at 191 lbs right now. Huge change. I was a size 40 jeans, now I wear size 34. This has been huge to feel better and have the mental ability to focus on more than one thing, to manage different aspects of your life – personal and business. I’m able to do that now. Before there was no pattern, it was just scrambling, it was nuts.”*



## HEALTH & WELLNESS BENEFITS

### DIAGNOSTIC IMAGING NETWORK FOR MRI AND CT SCANS

Through an exclusive partnership with One Call Care Management (OCM), HTAA can offer significant discounts to members for advanced diagnostic imaging procedures such as Magnetic Resonance Imaging (MRI) and Computed Tomography (CT) scans. OCM was the first company in the nation to develop a business devoted exclusively to managing advanced radiology (MRI and CT) costs. For over 16 years OCM has been the preferred solution for ensuring access to high-quality radiology testing at lower costs.



### ADVANTAGES OF USING HTAA/OCM NETWORK:

- Access to over 2,900 radiology centers located throughout the United States.
- Providers undergo a rigorous credentialing and peer review process for radiology quality unique scheduling services to assist members with selection and scheduling of appointments.
- Nationwide call centers operating 7:00 am – 7:30 pm CST with multilingual staff.
- 20 to 80% discounts on MRI and CT scans.
- Quality service at no additional cost.
- Toll-free telephone access.
- Multilingual customer service staff.
- Priority appointment scheduling.
- Nationwide coverage (7:00 am– 7:30 pm)

**For more information call 1-877-814-2461**

## HEALTH & WELLNESS BENEFITS, *Continued.*

### PHARMACY DISCOUNT

#### Save money with your prescription discount program!

As prescription costs continue to spiral out of control many organizations are looking for ways to provide relief for their members or employees - and their families. The Agelity Prescription Drug Discount Plan does just that!



The Agelity program boasts the largest pharmacy discount network in the country with well over 56,000 participating pharmacies including just about every major pharmacy chain from CVS to Wal-Mart.

Agelity didn't stop there however - our pharmacies are contracted to deliver some of the highest discount rates in the industry. And for those on maintenance drugs, our Mail-Order service delivers even richer discounts.

Vast network size and incredible discounts are only part of the equation. Agelity has gone to great lengths to provide a simple turnkey system that will enable your organization to deliver this service directly to your clients and their members.

**Print and cut below to give to your pharmacist as your ID card:**

#### **THIS DISCOUNT PLAN IS NOT INSURANCE**

Look up current drug prices and locate participating pharmacies at:  
<http://bit.ly/2ap0eu1>

**Member ID: GP058108**

**Group ID: GP05**

Valid for entire family!

Pharmacy Service:  
**1-800-847-7147**  
(pharmacy use only)

Powered by:

**Customer Service: 1-800-800-1198**



## HEALTH & WELLNESS BENEFITS, *Continued.*

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### VISION AND LASIK

With **EyeBenefits**, your members save from 10% to 50% off of usual charges for contact lens and eyeglass examinations and materials. Members can choose from over 14,000 independent, regional and national optical and LASIK locations nationwide.

Members save between 40% and 50% off the national average cost of LASIK procedures with **QualSight**. This national network of refractive surgeons consists of board certified ophthalmologists at over 850 locations nationwide.

#### **For more information:**

- 1). visit [www.eyebenefits.com](http://www.eyebenefits.com)
- 2). Click on "Sign-upOnline"
- 3). Use Group Code: **HTA**



## HEALTH & WELLNESS BENEFITS, *Continued.*

### DENTAL

With the DenteMax discount dental plan, your members save from 25% to 40% off of usual charges at over 148,000 dental locations nationwide. DenteMax requires all dentists to complete and pass credentials before being admitted into the program and are periodically re-credentialed to maintain a level of high quality service.



**For more information visit [www.dentemax.com](http://www.dentemax.com)**

### DIABETIC SUPPLIES

- Free Mail Order Rx card
- Savings Of 5-50%
- First Shipment Includes 5 Free Test Strips
- Free Carrying Case
- Free Lancing Device
- Free Lancets
- Free Control Solution
- No Hassle Delivery Right to Your Door
- Automated Monthly Shipments
- Two Convenient Ways to Enroll
- Money Back Satisfaction Guarantee



**For more information call 1-888-666-4530**



## HEALTH & WELLNESS BENEFITS, *Continued.*

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### HEARING

Beltone is pleased to announce additional discounts and services for all enrollees. Beltone, the most recognized name in hearing health care, is offering to our enrollees and their immediate family members (grandparents, parents, spouses and children) a new value-added Free Hearing Screening.

Beltone will offer these discounts and services through their U. S. Hearing Care Network of over 1,400 preferred providers.

#### **Free Hearing Screening**

- A 10-step evaluation process
- No cost to you to determine if and to what extent you may have a hearing loss.

#### **15% Discount**

- Off the retail price of any Beltone hearing aid with over 80 models to choose from.
- All hearing aid technologies available: state of the art digital hearing aids.

### **CAPTION CALL – FREE PHONES FOR THE DEAF OR HARD OF HEARING**

Do you or someone you know have trouble hearing on the telephone? With CaptionCall you can understand every word of every phone call. Its large easy-to-read screen quickly displays written captions of what your callers say. That means you can get more from your conversations -- and from life.

As an official affiliate/partner of HTAA, CaptionCall will provide a new benefit for HTAA members, their extended families, and friends who experience difficulty using the telephone due to hearing loss. This benefit is FREE of charge to all HTAA members.

**For more information call 1-800-235-8663**

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**HEALTH STATIONS AT HTAA DISCOUNT RATES** HTAA has partnered with the leading provider of Health Stations in the country at discounted rates.

**HTAA HEALTH AND WELLNESS NEWSLETTER** HTAA provides the most current and up to date information available through their partnership with one of the leading, accredited health care providers in the country.

## HEALTH & WELLNESS BENEFITS, *Continued.*

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### ADDITIONAL SERVICES:

- Health And Wellness Webinars, Programs And Seminars
- Health Risk Assessment
- Nutrition Evaluation
- Healthy Eating Menus
- Organic Cooking Programs
- Nutritional Guide To Over 3000 Restaurants
- Drivers Workout Curriculum
- Smart Phone App With Health Tracking
- Shopping List To Stock The Cab Of Your Truck

## BUSINESS SERVICES

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### TICKET ADJUDICATION & LAWSUIT PROTECTION

CDL CONSULTANT • 1-888-856-6823 • HTAA Account # XZ55985

HTAA has partnered with the nation's foremost expert for ticket adjudication, CDL Consultant Citation Services. CDL Consultant was able to save one company over \$1 million dollars in tickets and fines in just one year. They help professional drivers and motor carriers defend citations in court, using only local attorneys and operate in all 50 states. No subscription or membership and a simple flat fee for services provides substantial benefits to their users. HTAA is proud to partner with this organization.

Contact CDL Consultant at 1-800-856-6823. You must mention HTAA's Account Number to receive discount pricing.

Their program includes the following:

- Attorney fees in full for moving, non-moving, CSA or DOT citations, defense provided in courts in all 50 states
- Email Alerts on Pending Actions
- Email Alerts on Violation Hotspots



Scales of Justice



*“Helping transportation professionals arrive home safer, healthier, & happier”*

## HTAA / InTheCabRadio.com

*Developed in partnership with HTAA, Captain Jack your host, brings music & a message to our nations truckers. Listen Live all day. You just might hear your fellow truckers singing their hearts out and don't forget church on Sunday!!! Download the FREE app.*

### YOU WILL HEAR:

- Old and New Traditional Country Music, Southern Rock, Classics
- Up to the Minute Weather
- Health and Wellness Issues
- Money Saving Tips
- Traffic Hazards

### HELP CHOOSE MUSIC FOR AIRPLAY

Do you sing, play music or have a family member or friend who does? Do you think they should be heard on the air?

### BEHIND THE SCENES ACCESS

Members to be eligible for backstage access to artists.

**InTheCab**

**A TRUCKERS LOUNGE**

**A private social media site for trucker members only**



**Log on... Relax and Enjoy the ride.**

- Free Downloads of new music provided by the artists
- Automatic Entry each Month into our Prize Pack Contests which include Gift Cards, Tickets to Theme Parks, Festivals or Concerts
- CD and merchandise Give-A-Ways including Flat Screen TV's, Vacation getaways, signed memorabilia and more..



## TRAVEL SERVICES

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### CAR RENTAL DISCOUNTS ENTERPRISE & NATIONAL



- Over 7,200 locations worldwide
- Highest in Rental Car Satisfaction in J.D. Power 2015 North American Rental Car Satisfaction Study
- More than 250 makes and models of quality used cars
- Business Rental Program customized for your business needs

HTAA MEMBERSHIP NUMBER FOR  
ENTERPRISE AND NATIONAL IS **XZ55E21**.

USE THIS NUMBER FOR YOUR HTAA RENTAL DISCOUNT.



HEALTHY  
**TRUCKING**

ASSOCIATION OF AMERICA

*We carry healthy solutions*

**800-800-1198**

**[www.healthytruck.org](http://www.healthytruck.org)**

**HTAA RESERVES THE RIGHT TO ADD OR DELETE MEMBERSHIP  
BENEFITS AT ANY TIME AND AT ITS SOLE DISCRETION**