

**Creating a
Wellness Program
for OOIDA
Members**



Twelve Challenges to Implementing a Wellness Program.

1. Hours-of-service regulations
2. Pay by the mile
3. Lack of parking facilities
4. Poor food choices available at truck stops
5. Scheduling problems
6. Long hours
7. Delays at loading docks
8. Proper sleep
9. Available health care
10. Prolonged sitting
11. Intermittent intense exercise during loading, tarping, tying down, etc.
12. Vibration



Seven Common Themes of Successful Health and Wellness Programs.

- 1. They must be customized to meet the individuals needs**
- 2. Steps within the program must be incremental**
- 3. There needs to be a feeling of anonymity where the driver feels free to discuss and openly express concerns**
- 4. An accessible avenue to obtain information from just about anywhere they might be**
- 5. Accessible professional information and advice**
- 6. On-going monitoring of program and participation**
- 7. Minimal cost**



Common Themes of Successful Health and Wellness Programs.

Perhaps the most essential element of a successful program is that the driver must feel that the administrator of the program is concerned with the health and well being of the individual, not for cost savings, or to improve their safety on the road, but because they are an important and valuable resource unto themselves.



The OOIDA Foundation Wellness Pilot Program

The primary purpose of Phase I pilot program was to answer the question of whether a population of drivers that were on the road and away from home for lengthy periods of time could be reached with information about health and wellness.

Furthermore, the pilot test was designed in order to investigate the amount of participation that might accompany such a program.



Utilize the Six Basic Sections Found in the Medical Exam.

1. Health History
2. Vision
3. Hearing
4. Blood Pressure/Pulse Rate
5. Laboratory Examination
6. Physical Examination



Plain Talk Directed to Drivers and Their Families





User Friendly Enrollment





Discoveries

1. The three days that witnessed the greatest usage were Mondays, Wednesdays, and Thursdays.
2. The most common usage time during the day was between 9 p.m. and 6 a.m.
3. eDoc was one of the most utilized portions of the program



Findings

The pilot program received 293 participants, including 212 family members. The following table illustrates the primary concerns of the participants of the pilot study

Hypertension

Well for Life	OOIDA	Trucking Industry	Driver Concerns
59% indicated that they needed to lower Blood Pressure	48% of members use prescription medications	26% of the industry has hypertension	Can only receive a 1-year medical certificate



Findings

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Diabetes

Well for Life	OOIDA	Trucking Industry	Driver Concerns
55% worry about developing or controlling diabetes	Weight is associated with diabetes, the average BMI is 30.5 for members	14% of the industry has diabetes	Will need a waiver through the FMCSA exemption program



Findings

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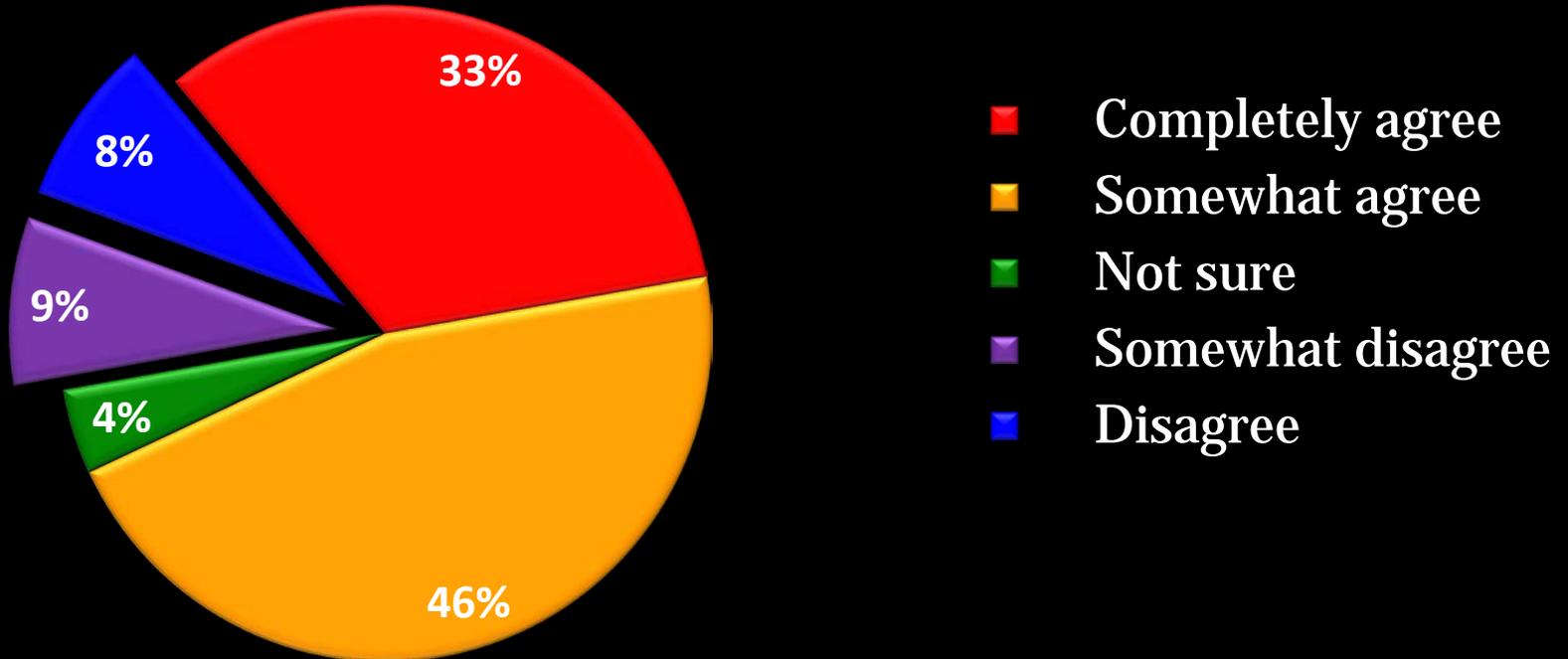
Weight Issues

Well for Life	OOIDA	Trucking Industry	Driver Concerns
82% know that their weight will cause health problems	The average weight is 220 lbs. with a height of 70 in	BMI for the industry: 40% are 25-29.9 26% are 30-34.9 23% are 35+	Back pain Sleep Apnea Diabetes Cardiovascular Disease



Participant Feedback

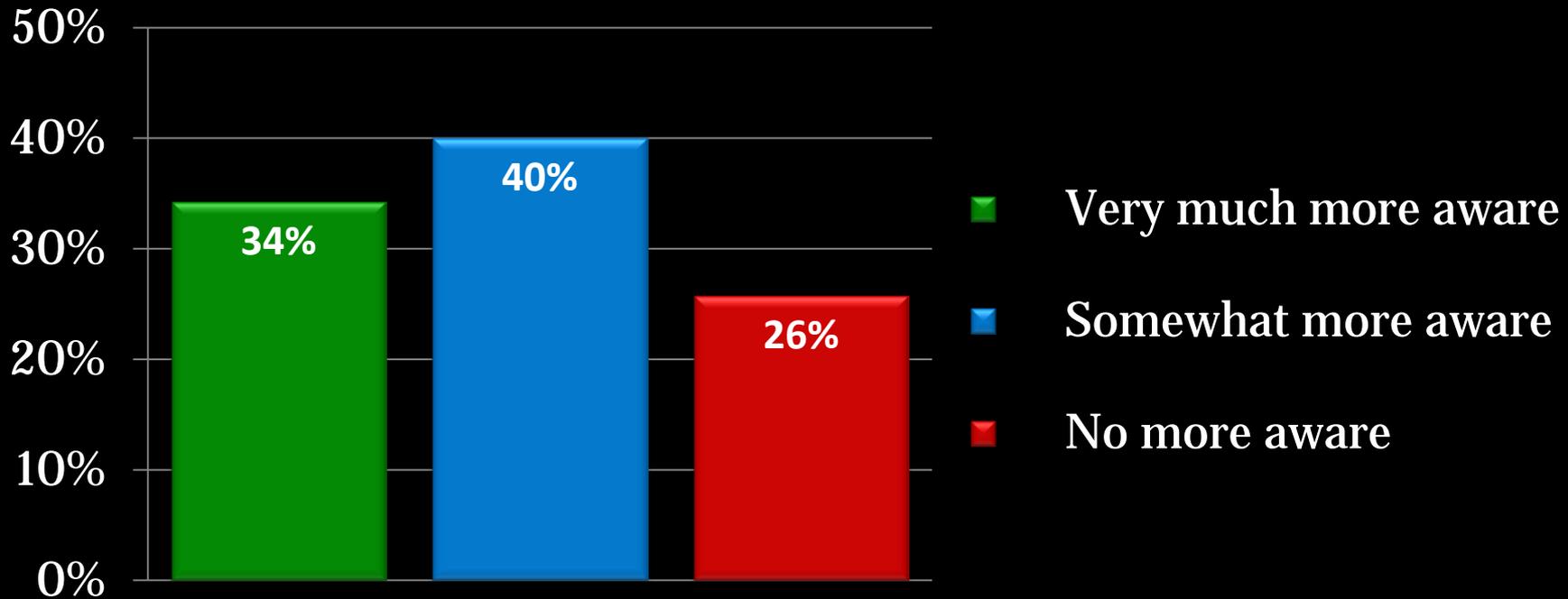
I have learned behaviors to lower my blood pressure





Participant Feedback

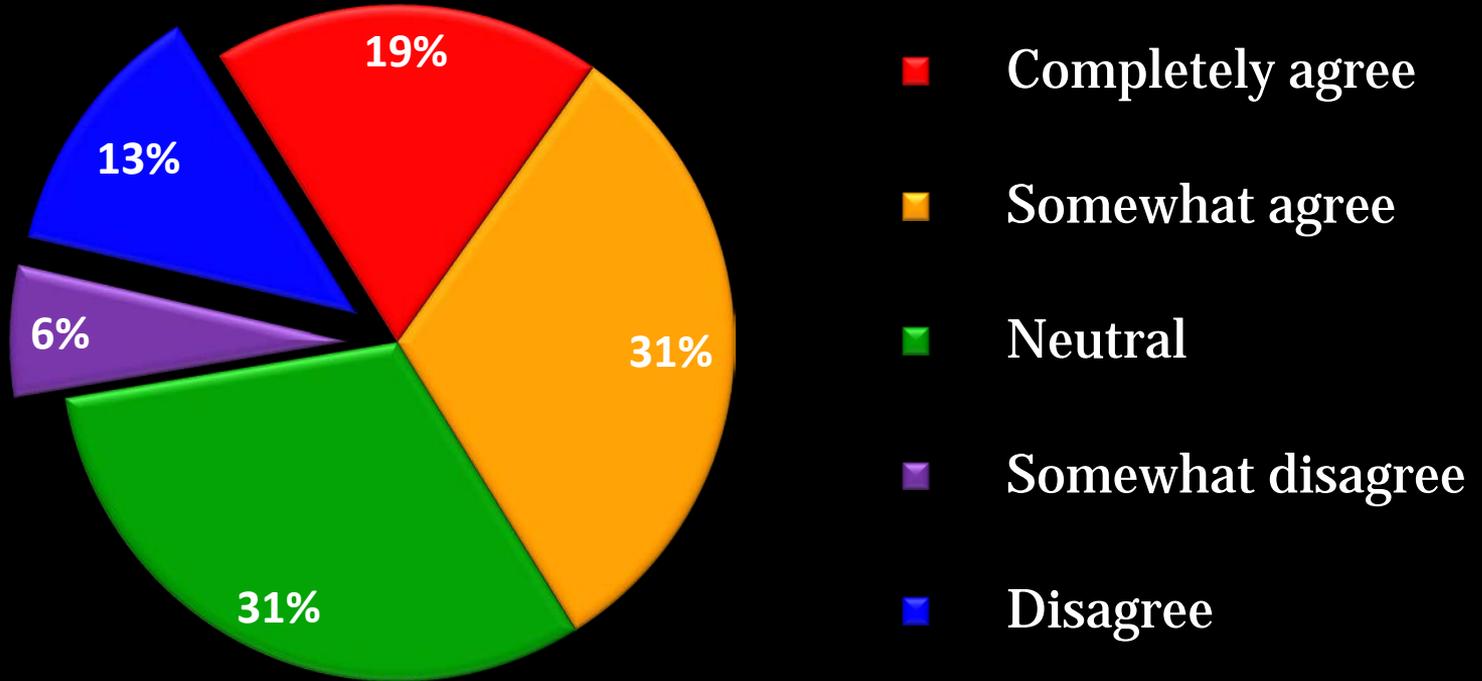
I am much more aware of the affects weight has on health problems





Participant Feedback

I have learned ways to control my diabetes





Results

1. The program experienced success in reaching the long-haul truck drivers
2. The program allowed 80 % of the members' family to participated in some portion of the pilot test, the national average for family participation in such a program is closer to 10 %.
3. The program provided a new avenue for the families to communicate with one another about health and other issues while the member was over the road.



Results

4. Through eDoc, drivers and the family members had access to board certified doctors, pharmacists, dentists, nutritionists, and other health care providers
5. Customizing the program allowed each participants to select which information they desired to receive and to control how frequently they received it.



Conclusion

Customizing the program to each participant's health concerns and tying it to the physical exam that the drivers must pass, proved to be a powerful motivational tool, thereby the Well For Life program was able to have a positive impact in both the members' lives and the member's families lives.