

ROADSIDE READER



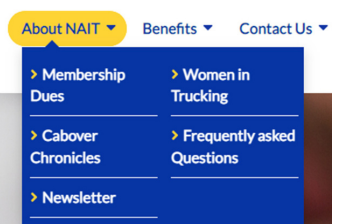
Bacon-wrapped meatloaf

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NAIT MEMBERS

Improved benefits packages!

NAIT is committed to bringing its members the best options, whether in healthcare, business solutions, or entertainment. So, we've been working with vendor partners to improve member benefits. For example, you shouldn't have to choose between prescription medications and other essential expenses. To address this, NAIT will soon be rolling out more information on telemedicine, dental, vision, alt medicine - even pet care! We're excited about these changes and cannot wait to share them with you!



Missed an issue of the NAIT Newsletter? We have all back issues on our website! On the Home page, click "About NAIT" and then "Newsletter" in the dropdown.

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NAIT MEMBERS

SAVE TIME, MONEY, AND WORRY



Telemedicine Basic - Feeling sick? Access doctors 24/7 from the convenience of your truck or anywhere! They also can prescribe medications as needed.

Telemedicine PLUS - Need more than a doctor? Feeling stressed? Telemedicine Plus also includes access to mental health therapists and counselors.

Dental / Vision / Alternative Medicine - Finally, affordable discounts on your family's dental, vision, and chiropractic needs. Alternative medicine is included, along with many bonus benefits.

Pet Care - Your pet not looking so well? Now you have access to pet health benefits no matter if you are on the road or at home.

BENEFITS DETAILS COMING SOON!

FUN FACT



American meatloaf has its origins in scrapple, a mixture of ground pork and cornmeal served by German-Americans in Pennsylvania since colonial times. Meatloaf in the contemporary American sense did not appear in cookbooks until the late 19th century.

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ROAD EATS

This ain't ya mama's meatloaf!



Beef-and-Bacon Meatloaf

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, grated on large holes of a box grater
- 1 garlic clove, finely chopped
- ¾ cup ketchup
- ¼ cup of apple cider vinegar
- 3 tablespoons dark brown sugar
- ¼ teaspoon cayenne pepper
- ¾ cup low-sodium chicken broth
- ½ cup chopped fresh parsley
- 2 large eggs
- ⅔ cup fine breadcrumbs
- ½ cup finely grated Parmesan
- 1 tablespoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 pounds ground beef chuck (15% fat)
- 6 strips of bacon

DIRECTIONS

- Preheat oven to 350 degrees. Line a rimmed baking sheet with foil, then parchment paper.
- Heat oil over medium in a small skillet. Cook onion and garlic, occasionally stirring, until very soft, about 4 minutes. Transfer to a large bowl.
- Bring ketchup, vinegar, brown sugar, and cayenne to a boil in a small saucepan, reduce heat, and simmer, occasionally stirring, until slightly reduced and syrupy, about 5 minutes. Transfer 2 tablespoons ketchup mixture to a blender; add broth and parsley and blend until smooth. Set the remaining ketchup mixture aside.
- Add broth mixture, eggs, breadcrumbs, Parmesan, salt, and pepper to onion and garlic; mix to combine. Add beef and mix well with your hands to combine. Transfer meatloaf mixture to prepared pan and form into a long log (about 12"x5"), smoothing surface. Spread reserved ketchup mixture over top and drape bacon in a crisscross pattern over the loaf, tucking underneath. Bake until an instant-read thermometer inserted into the center registers 165 degrees and the bacon is crisp (70-80 minutes).
- Let rest 10 minutes before slicing.

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NAIT BENEFITS





ZERO-FEE
Fuel Card



Sleep Apnea
Testing



Arrow Truck Sales
Prime Program

For 41 years, the National Association of Independent Truckers has served the needs of Independent owner-operators.

NAIT has long-term partnerships with providers that share its dedication to the industry. We have worked with our members to develop association benefits to meet their needs.

- Among the health and wellness benefits:
- Exclusive App-Based Sleep Apnea Testing
 - Guaranteed Issue Life/Disability Insurance
 - Dental and Vision Insurance Programs
 - Medicare Supplement Insurance
 - Major Medical Insurance Programs
 - WellCard Prescription & Health Discount Card Program

Healthcare Insurance Options

- Affordable Care Act (ACA) Plans
- Short-Term Medical (STM)
- Guaranteed Whole Life Insurance
- Critical Illness
- Accident (off-the-job)
- Dental
- Vision

Entertainment

- Lodging
- Floral and Gift Basket Discounts
- Epic Vue
- Car Rental

Business Solutions

- Emergency Roadside Assistance Program
- Cost-Friendly Sleep Test Mobile App
- NAIT Fuel Program
- Used Truck Purchase Program
- Computer Hardware & Software Discounts
- Form 2290 Truck Tax Assistance
- Heavy Duty Truck Parts
- Accountant & Tax Consultants/Preparation
- Mapping and Navigation App



To receive a quote for any of these programs, call 877-770-6248.

Coming soon, the **NAIT Member Benefits Portal** will replace the SHOWBenefits app. You can access from a mobile phone or computer. Watch for the launch date coming to your email!



NEXT MONTH

- The complete rundown of all the exciting new healthcare benefits for NAIT members!
- Everyone knows about St. Patrick's Day – but do you know *who* Saint Patrick was and *why* he's celebrated?
- A twofer recipe: lip-smacking Irish Stew and Irish Soda Bread!
- Opening Day! Baseball season starts on March 30.
- WordSearch: Mark your calendar to find "national days" for March!