

# ROADSIDEREADER

NATIONAL ASSOCIATION  
OF INDEPENDENT TRUCKERS

## TELEMEDICINE'S IMPACT ON LONG-HAUL TRUCKERS

3

If you got sick many miles from home, what would you do?

Whether you have health insurance or not, seeing a doctor can be a big hassle; nowadays, it may even be unnecessary!



2

**FOR YOU**  
NAIT MEMBER BENEFITS

5

**PLAY**  
WORD SEARCH: M WORDS



ZERO-FEE  
Fuel Card



Comprehensive  
Insurance



Hotel Discount:  
up to 60% off

**\$11** MONTHLY  
**FOR \$5K**  
IN MEMBER BENEFITS

**TRUCKERS HEALTHCARE**

- Health Insurance
- Dental/Vision
- Life Insurance
- Disability Insurance
- Critical Illness and Accident
- Telemedicine (Teladoc)

[www.truckershealthcare.com](http://www.truckershealthcare.com)

**BUSINESS SOLUTIONS**

- Emergency Breakdown/Roadside Assistance
- NAIT Fuel Program
- Used Truck Purchase Program
- Computer Hardware and Software
- Form 2290 Truck Tax Assistance
- Heavy Duty Truck Parts
- Office Products
- Mapping and Navigation App

**INSURANCE COVERAGES**

Comprehensive packages designed by IAT TransGuard for members and families

Available coverages Include:

- Occupational Accident and Non-Occupational Accident
- Workers' comp for employee drivers and casual labor
- Occupational Compensation for casual labor
- Non-Trucking Liability – when your truck is used for a private passenger vehicle
- Physical Damage, including Collision Comprehensive, Glass Breakage, Towing, Rental, and Personal Contents
- Passenger Accident

**EXCLUSIVE BENEFITS / DISCOUNTS**

- Hotel
- Flowers and Gift Baskets
- Car Rental
- Epic Vue

[www.transguard.com](http://www.transguard.com)



**MORE INFO**

NAIT Specialist Mona Brimeyer  
(877) 770-6248  
MemberBenefits@NAITUSA.com

# TELEMEDICINE'S IMPACT ON LONG-HAUL TRUCKERS

If you got sick many miles from home, what would you do?

Whether you have health insurance or not, seeing a doctor can be a big hassle; nowadays, it may even be unnecessary!

## What is telemedicine?

Telemedicine is a general term that covers all the ways you and a doctor can use technology to communicate without being in the same room. It can include:

- Phone calls or video chats where you talk live with your healthcare provider
- Using email or another secure system to send messages and receive responses
- Remote monitoring that lets your doctor check up on



you without you leaving your home. For example, a device might take your vital signs and send them to your doctor.

Truckers away from home for days or longer with limited or no access to care can get much more mileage from a telemedicine provider. In most cases, a driver with flu-like symptoms who is miles from home will probably “ride it out,” possibly leading to further

# TELEMEDICINE'S IMPACT ON LONG-HAUL TRUCKERS

complications and time missed from work. With telemedicine, that driver now has quick access to a board-certified doctor and, if needed, a prescription waiting a few exits down the highway. That driver is on the mend immediately and, most likely, continues with no time lost from work.

Here are some other examples of when you can use telemedicine:

- Getting results of lab tests or X-rays
- Managing a mental health condition
- Dealing with a recurring problem like migraines or a urinary tract infection
- Urgent care issues like a cough, an infection, or stomach issues
- Managing prescriptions
- Diagnosing skin conditions

NAIT members have access to TruckerMED, a telemedicine program that gives you 24/7 access to board-certified doctors from your home or truck anywhere in the U.S.! TruckerMED comes with two options:

- **For \$10/month**, you and your household get 24/7 access to TruckerMED Basic, including routine flu visits, infections, and more.
- **For \$20/month**, you and your household get TruckerMED Plus, which covers the routine visits from the Basic Plan and includes mental health services.

For more information, call (877) 770-6248.

- Physical or occupational therapy
- Remote monitoring of conditions like diabetes or high blood pressure

# WORD SEARCH

U B S A P M A C H I N E Y P G G M F Y R A B N P Q  
 E D A M M I L K S H A K E Q Y L O M O J Z H G E A  
 D J Z Z A M A N A G E R R E E K T A A E G V M M X  
 C L W J H R S S I X F M K P Y N O D O N D V A Z F  
 K Y H Y N G B O D W I E M S V R R G C S I V R E V  
 R N Y M O Z F L B C Z X O A S F C M U M M F K S M  
 Q O F H O C S T E R W I N D S L Y A M K A R E L A  
 F O Q Z N U L M B S E C K L P G C I N Z O G T S D  
 N Q O V B V N L I F L O E J Y E L L B J F J I B T  
 M M A P M L K T M R A V Y M S L E V J E A D Y C S  
 E U B U T U J Q A A R A N E I L W T W O M D D G D  
 F L S S A L F R V I G O F N V F A W M S A M B E D  
 W X I E K P S F D I N A R U A V E V U B S T A M L  
 T A K V U I D U I L E J Z V V T H D S Q T C U O X  
 M N H L T M M P N C A U I I F T V I I E L Q O L  
 S Y T J Y H K O E I L A F V N M E E C H R K Y N U  
 Y B R R P F U T D A R C K J V E O U G Y I M V V C  
 O M O N E Y V G F E S J X H R P I Z A L M I T H S  
 V B D X Y Q O D Q A L U C Y J A F M Z T M A B I E  
 J E Z Y E H G Y B G G E R A X A H J D A X O I V B  
 F R F J P L F M Z E Z J K E F A E H F M R B U V J  
 M E L T C H R T N X Z W D D Y W P L B X H E I T M  
 K L K N V M A X I M U M W Y U M Q W X M U L L I H  
 O G O X L J M O U S E I R D W Q D C W U D M T L P  
 B W L D B Y S Y D T H S K W R K P V O D F T K J A

- Machine
- Magazine
- Magic
- Mail
- Manager
- Manifest
- Map
- Marbles
- Market
- Master
- Maximum
- Measure
- Melt
- Menu
- Mexico
- Milkshake
- Mirror
- Model
- Money
- Monkey
- Moon
- Motorcycle
- Mountain
- Mouse
- Mouth
- Mozzarella
- Mud
- Muffin
- Museum
- Music

**MEMBER BENEFIT**

# AVAILABLE COVERAGE


• • • • •

NAIT members can access TransGuard services for independent contractors' needs based on motor carriers in the General Freight, Moving and Storage, and Home Delivery industries.



- Occupational Accident
- Non-Occupational Accident
- Workers' Compensation
- Physical Damage
- Occupational Compensation
- Non-Trucking Liability

**CALL NOW**

 (877) 770-6248

