

A GREAT BIG HIGH FIVE FOR YOU!

Thank you to everyone for making the registration for our new benefits a success! By getting all the forms done on time you all made it super easy to implement the new policies for health, dental and vision insurance. For that, I personally "High-Five" you all.

New policy cards should arrive to your mailing address within the next 15 days for health insurance.

Great West Casualty's Leadership Symposium

Last month Donne and I attended the Great West Casualty Leadership Symposium in Chandler, AZ. The conference was a host of informative information about changes in our transportation industry. The biggest change discussed was the upcoming e-log implementation date of 12/18/17. We were very surprised that nearly half of the attendees had not yet ordered, looked at and far from implemented an e-log program in their companies! We understand the changes have been long coming to

Vision and Dental are Roster Based so there is no card issued. You can tell your doctors or providers your name and SSN and they should be able to pull you up that way.

Again, that was a lot of details in a very short time. I totally appreciate the teamwork to get it done.

April

standardize this policy. Thank you for being a part of that.

We also discussed many other topics during the two-day session. Automated trucks, driver physical fitness, safe hiring practices and retention, the costs of a claim and many upcoming legislative issues happening in the new administration.

Be assured, automated trucks are a long way off! While they can do some things, they certainly cannot

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Do you ever wonder how you get the information you do? Do you ever wonder what goes into preparing the trip before you even get into the truck?

It is complicated and a lot of fun, and I enjoy my part in sending you out, and bringing you home. I particularly appreciate all that you guys do to get our plan complete. Our customers rely on our teamwork to get their freight delivered safely and intact and you all are a major part in that plan, so thanks!

The increase in information coming from you drivers to keep us up to date with changes, delays, breakdowns etc. has been super helpful for our department to respond and plan! Keep that kind of communication coming. It is so very helpful to know way beforehand if something is up!

replace the valuable driver. What they can do now is reduce some driver response time and prevent accidents from lane changes and following distances. That is neat to have that assistance to drivers. Donne really took a ton of information from that so get with him if you want to know more.

Driver fitness was one thing that we both thought we could pass onto you as something you can do each day to boost metabolism even though you are sitting still most of the day. We had a speaker, "America's Fittest

Trucker", Siphiewie Beleka, spoke to the group about his revolutionary program to boost metabolism in just 4 minutes a day. The take away is to do four minutes of strenuous (breaking a good sweat) exercise each day. This type of movement and heart rate opens your metabolism so your cells let go of the stuff that keeps weight on. If you want to know more you can check out the clip on Good Morning America at [abcnews.go.com/health.workout-secrets-trucker-fitness-guru](http://abcnews.go.com/health/workout-secrets-trucker-fitness-guru)

Mr. Beleka also released a book called the 4 Minute Fit:

The Metabolism Accelerator for the Time Crunched, Deskbound, and Stressed Out.

If you'd like a copy, we can get you one, just let April know.

If you have anything you'd like to contribute to this newsletter in the future, please submit it to April at april@indiancreekexpress.com

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