

November 15, 2015

Let UCT PRIME Help You



Implement a Strategy to Meet Your Health Goals

Through UCT PRIME, UCT providers work closely with drivers to set their health goals and define a strategy for success. Goals could include a 2-year DOT Physical certification or specific blood pressure / weight goals.

UCT providers work closely with members to determine their present state of health, and work with them to attain realistic goals. Whether the condition is obesity, hypertension or passing the next DOT physical exam, UCT providers will establish a baseline state of health and establish a plan with the client to reach goals within a certain time frame.

Sometimes the most challenging issue in change management is accepting a certain situation. Knowing that you're not alone is somewhat comforting, but working with a "coach," or someone who understands that there will be pitfalls along the way is a realistic way of working toward a goal.

A key element of success is frequent meetings between the UCT provider and the member to monitor the progress toward the goals and make changes to the action plan as needed. As short-term goals are met, new goals can be set with updated action plans worked out between the UCT provider and the member. This partnership is the recipe for long-term health.

Setting Health Goals – A Strategy for Success (for DOT Physicals and Long-Term Health)

By Patricia Smith, FNP – Knoxville, TN

Action plans in healthcare are designed to accomplish a small behavior change with a high likelihood of success rather than a large change that is difficult to achieve. In several ways it is similar to a business plan, with a sequence of steps that must be taken, or activities that must be performed well, for a strategy to succeed. An action plan has three major elements (1) specific tasks, (2) a time horizon, and (3) resource allocation (medications, access to healthcare).

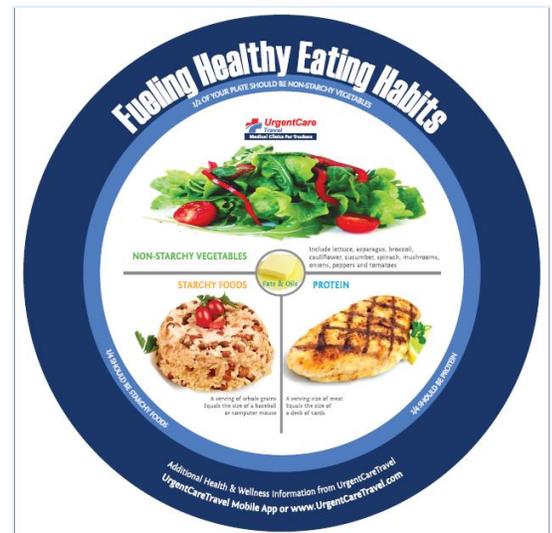
According to several studies, when patients can achieve a small success, their self-efficacy (self-confidence in the capacity to make positive lifestyle changes) increases; self-efficacy has been correlated with improved health-related behaviors and clinical outcomes. A 2008 study by the American Journal of Health Promotion indicated that tailored action plans result in more improvement over time. The desire for better health begins internally. A healthcare provider will diagnose and treat, but there is an opportunity for both patient and provider to tailor a plan to set and reach a realistic and achievable healthcare goal.

Improving one's eating habits is often a key element of a successful health strategy. This includes understanding the right foods to eat, as well as portion control.

To the right is an example of a portion plate that will soon be available from UrgentCareTravel to visually help a person plan his meal.

On the next page is an example of an action plan for High Blood Pressure.

Setting Health Goals – A Strategy for Success continued on next page



Join UCT PRIME for Only \$100 per Year

UCT PRIME is a NEW program that provides drivers with discounted DOT Physicals and medical services, and companies with a low-cost program to help improve driver retention.

UrgentCareTravel's **UCT PRIME** network provides the following benefits to members:

- \$50 DOT / non-DOT Physicals,
- \$50 Urgent Care Visits
- \$50 or Less for Each Clinic Service (does not include Home Sleep Tests)

2nd Clinic Service FREE

DOT Physical – FREE (Save \$95)
Urgent Care Visit – FREE (Save \$130)

With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, **UCT PRIME** addresses the need for affordable medical services. To enroll or request additional information about UCT PRIME, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com.

High Blood Pressure Action Plan

My blood pressure goal is: _____

My last blood pressure reading: _____

My goal is to weigh _____ lbs. in 6 months

Things I can do to help control my high blood pressure:

- Stop using table salt. Eat less foods that have a lot of salt (sodium) like fast foods, canned soups, lunch meats, pickles, ham, salt pork and salted chips.
- Eat more foods with potassium such as vegetables.
- Eat less foods that are high fat such as: red meat, whole dairy foods, fried food, bacon, sausage, packaged foods with trans fats.
- Pay attention to portion size. Eat smaller helpings of food.
- Limit fast food to only _____ times each month.
- Exercise _____ times a week for _____ minutes each day. Good activities are walking or swimming.

This is one type of action plan that both the healthcare provider and the patient would create. The provider recognizes that there will be failures and successes with any chronic condition, and one failure does not indicate that a goal cannot be attained. For example, if an individual is planning to take a DOT Physical Exam, he must have a blood pressure reading of less than or equal to 140/90 mmHg in order to obtain a 2 year medical card. If he is struggling with maintaining a blood pressure at or below this threshold, one of our providers would work with him to set a plan in motion, with follow-up and feedback.

About UrgentCareTravel

UrgentCareTravel, a network of medical clinics for truckers, is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea testing, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

Knoxville, TN

7200 Strawberry Plains Pike
Knoxville, TN 37914
(865) 329-9492

Oklahoma City, OK

406 South Morgan Road
Oklahoma City, OK 73128
(405) 789-0212

Atlanta, GA Metro Area

970 Cassville-White Rd NE
Cartersville, GA 30120
(770) 386-0707

Dallas, TX

7383 Bonnie View Rd
Dallas, TX 75241
(214) 238-0797

