

Let UCT PRIME Help You



Manage Diabetes

Through UCT PRIME, UCT providers work closely with drivers who have been diagnosed with diabetes to help them better manage their condition.

The UCT provider sits with the driver on day 1 to educate him about diabetes and to define a long-term game plan and objectives.

The FMCSA assesses if the driver has demonstrated a documented history of well managed/controlled IDDM (Type 1 diabetes) – no extreme fluctuations in blood sugar, poorly controlled blood sugars, diabetes related complications, etc.

In accordance with the American Diabetic Association Standards of Care, a diabetes management plan would include the following:

- Establishing a baseline HgbA1c, blood pressure, and cholesterol levels.
- Discussion and identification of HgbA1c/blood glucose control.
- Identification of HgbA1c monitoring intervals.
- Comprehensive diabetes management program that includes medication management, nutritional guidance, and exercise recommendations as appropriate based on the individual patient.

The UCT provider and the driver keep in communication often (visit UCT clinic minimum every 3 months) and together define updated objectives as milestones are reached.

Diabetes: Considerations for the Trucker

By Fantasia Harris, FNP – Dallas, TX

Diabetes is a metabolic disease in which the body's inability to produce any or enough insulin causes elevated levels of glucose in the blood. There are a few different classifications of diabetes but predominantly the most common types are Type I and Type II. Type I, also known as insulin dependent diabetes mellitus (IDDM), is usually considered juvenile onset and most often occurs when there is immune related β -cell destruction in the pancreas which causes little or absolute insulin deficiency. Type II, often referred to as non-insulin dependent diabetes mellitus (NIDDM) is usually adult onset and begins with insulin resistance which decreases the body's ability to process sugar in the blood. With the increase of prevalence of childhood obesity, likewise, Type II diabetes has increased among children/adolescents. Vastly, Type II accounts for ~90-95% of diabetes cases.



Symptoms of diabetes include polyuria (frequent/increased urination), polydipsia (increased thirst), weight loss, sometimes with polyphagia (increased appetite), and blurred vision. Long-term complications of diabetes include retinopathy (damage to vessels in the eye) with potential loss of vision; nephropathy (damage/kidney disease) leading to renal failure; peripheral neuropathy (damage to the nerves usually in the feet and hands) with risk of foot ulcers, amputations, and malformed joints. All of which would likely render the driver permanently disqualified during a DOT physical exam.

UCT PRIME: **Member Benefits**

UCT PRIME provides drivers with discounted DOT Physicals and Medical Visits, and companies with a no-cost benefits program to help improve driver retention.

UCT PRIME Corporate rates/programs are available. Below are the program details for walk-in patients.

UCT PRIME costs \$50/year and provides the following benefits to members:

- FIRST DOT Physical is only \$40 or FIRST Medical Visit is only \$75
- Up to 30% discount on future Medical Visits and DOT Physicals
- Family Plans also available

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.

When a driver has diabetes, some of the information that the medical examiner may require are a capillary blood glucose (“finger-stick” to check blood sugar), fasting blood sugar (glucose check with nothing to eat or drink with the exception of water for at least eight hours), glycosylated hemoglobin (HgbA1c), and/or recent medical records with documentation of these values.

Here are a few tips for the day of the DOT physical exam:

- If you will be going for your DOT physical exam in the morning, try to fast in order to allow the medical examiner to get a more accurate picture of how well controlled your blood sugars are. However, you should avoid taking your diabetes medications and fasting at the same time due to concern of hypoglycemia (low blood sugar).
- Make sure you drink plenty of water to hydrate your kidneys while you fast. If you plan on going for your DOT physical in the afternoon, then make sure you do not skip meals and you take your medication exactly as prescribed. Since most diabetes medicines are taken with a meal to help reduce blood sugar elevations after you eat, this may help to avoid uncharacteristic hyperglycemia (high blood sugar). Likewise, this will also allow the medical examiner to get an idea of how effective your current medication regimen is.

Diabetes can be a very complex condition to manage but with a reasonable diet, medication, and exercise it can be very manageable. The most important point to remember is prevention, which also continues even after one has been diagnosed with diabetes. Preventing complications related to poorly controlled diabetes can mean the difference between continuing a career of driving or being challenged with finding a new occupation. Partnering with your health care provider by having routine visits can be one of the best ways to help prevent and/or manage diabetes.

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

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