

Let UCT PRIME Help You



Manage Hypertension

Through UCT PRIME, UCT providers work closely with drivers who have hypertension to help them better manage their high blood pressure.

Your blood pressure reading is a key component of the DOT Physical Exam, so working with UCT, including taking advantage of UCT PRIME member's special pre-DOT Health Check, can help maximize your DOT re-certification period.

Hypertension is a chronic medical condition. It requires monitoring, coaching, discussions and adjustments between a patient and a practitioner.

Blood pressure management is sometimes challenging to achieve, especially during the initial choice of medication, and during times of illness.

UrgentCareTravel's healthcare providers recognize that each patient is unique, and will work closely on a regular basis to achieve a target goal for blood pressure control.

If you get off track with holiday food and beverages, UCT PRIME members can call a provider for advice or stop by one of our clinics for a free blood pressure reading.

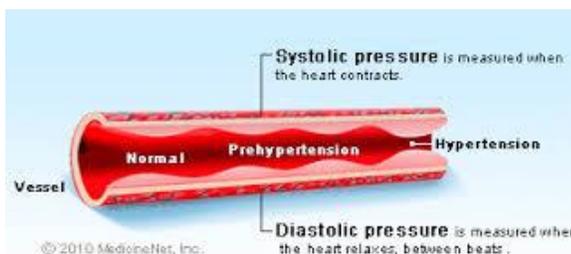
You should regularly check your blood pressure (at a UCT clinic, for example) and work with a UCT provider on an ongoing basis to review your strategies to manage blood pressure.

Understanding and Managing Blood Pressure

By Patricia Smith, FNP – Knoxville, TN

Blood pressure is the pressure of the blood within the arteries. It is produced primarily by the contraction of the heart muscle. Its measurement is recorded by two numbers. The first (systolic pressure) is measured after the heart contracts and is the highest numerical value. The second (diastolic pressure) is measured before the heart contracts and is the lowest numerical value. A blood pressure of 120/80 is considered a normal blood pressure for an adult.

The systolic pressure is believed to cause target organ damage, when it remains consistently high over time. The organs that are targets for high blood pressure include those with the smallest vessels: the kidneys, eyes, and the brain. Of course, all of the vessels in the body are affected in hypertension. The damage can cause many problems, including chest pain (angina), heart attack, heart failure, kidney failure, stroke, blocked arteries in your legs or arms (peripheral artery disease), eye damage, and aneurysms.



Ten Tips to Control High Blood Pressure

1. **Make sure your blood pressure is under 120/80 mm Hg.** If your systolic pressure (the top number) is over 140, ask your doctor what you can do to lower it.
2. **Take your high blood pressure medicine, if prescribed, every day.** If you have questions, talk to your doctor.

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 (off UCT Clinic prices) 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.

3. **Aim for a healthy weight.** If you are overweight or obese, carrying this extra weight increases your risk of high blood pressure. One way to determine if you need to lose weight is to find out your body mass index or BMI. If your BMI is above the healthy range (i.e., 25 or greater), or if your waist measurement is greater than 35 inches (women) or 40 inches (men) you probably have excess abdominal weight and you may benefit from weight loss especially if you have other risk factors. Talk to your doctor to see if you are at increased risk for high blood pressure and need to lose weight.
4. **Increase your physical activity.** Do at least 30 minutes of moderate activity, such as walking, most days of the week. You can do 30 minutes in three 10-minute segments.
5. **Choose foods low in salt and sodium.** Most Americans should consume no more than 2.4 grams (2,400 milligrams) of sodium a day. That equals 6 grams, about one teaspoon of table salt a day. For someone with high blood pressure, the doctor may advise less.
6. **Read nutrition labels.** Almost all packaged foods contain sodium. Every time you prepare or eat a packaged food, know how much sodium is in one serving.
7. **Keep a sodium diary.** You may be surprised at how much sodium you consume each day and the diary will help you decide which foods to decrease or eliminate.
8. **Use spices and herbs instead of salt** to season the food you prepare at home.
9. **Eat more fruits, vegetables, grains, and low-fat dairy foods.**
10. **If you consume alcohol at all, consume moderate amounts.** For men, this is less than two 12 oz. servings of beer, or two 5 oz. glasses of wine, or two 1 1/2 oz. servings of "hard" alcohol a day. Women or lighter weight people should have not more than a single serving of any one of these beverages in a given day.

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

