

January 15, 2016

Let UCT PRIME Help You



Tackle Obesity

Obesity is curable and preventable. Through UCT PRIME, you will receive friendly, professional care from UCT providers who will work closely with you to tackle obesity.

It's critical to understand that not only can obesity affect your ability to drive and earn a living, but it can also impact your and your family's quality of life.

Tackling obesity can feel like a monumental challenge. UCT Providers can partner with you to design a successful program for your weight management concerns.

The UCT Provider will first work with you to identify the factors that contributed to your current condition; were they lifestyle-related and/or medical-related?

Based on the underlying causes, the UCT provider will review the various treatments to help address the weight situation, including, but not limited to mental (healthy attitude), lifestyle (eating, sleeping, etc.), and physical (exercise, activity, etc.)

UrgentCareTravel's healthcare providers recognize that each driver is unique, and will work closely on a regular basis to achieve a target weight goal.

You should regularly check your weight (at a UCT clinic, for example) and work with a UCT provider on a regular basis to review your strategies to tackle obesity.

Obesity – Causes, Complications and Treatments

By Jeff Owen, FNP – Oklahoma City, OK

Obesity is an epidemic in the U.S. Obese individuals have an increased risk for developing Type II Diabetes, Heart Disease, and various forms of Cancer. The Centers for Disease Control and Prevention estimate that obesity among U.S. adults exceeds 35%.

Common Causes of Obesity

- **Poor Food Choices** that are high in processed chemicals and calories. Many of these food items do not provide an adequate supply of health-building nutrients.
- **Lack of Sleep.** Your body needs regular, quality sleep. Sleep deprivation can lead to hormonal changes that contribute indirectly to weight gain.
- **Lack of Activity.** Physical activity burns calories and can help in weight management.
- **Aging.** As you age, you lose lean muscle that can slow down your metabolism.
- **Genetics.** Some individuals are predisposed to weight gain, which adds to the challenge of maintain health over time.



Medical Causes of Obesity

- **Hypothyroidism** is a sluggish thyroid that can cause you to gain weight and feel fatigued during the day.
- **Cushing's Syndrome** is caused by an excessive amount of cortisol (hormone) being produced in your system.
- **Stress.** Excessive stress can have a negative impact of weight management efforts.
- **Low Testosterone (Low-T)** in men can slow down the metabolism in men.

Are You at Risk?

- 25% (1 in 4) of obese persons have genetic, metabolic issues that may have caused their obesity.
- Your Work, Home, and Recreational environments play a role in your overall health and wellness.
- Stress, Depression, and Nervousness have been shown to put you at an increased risk for weight gain.

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.

Major Complications of Obesity That Can Affect Your Ability to Drive

- High Blood Pressure
- Type II Diabetes
- Sleep Apnea & Other Respiratory Issues
- Arthritis
- Heart Disease
- High Cholesterol
- Liver / Gallbladder Problems
- Cancer
- Stroke
- Erectile Dysfunction

Are You at Risk?

- **Healthy Attitude** starts from within. With the right tools, you can achieve a healthy weight and improve your quality of life (and your family).
- **Counseling / Support Groups** have been shown to provide accountability and motivation for individuals desiring to improve their health and control their weight.
- **Better Food Choices.** Plan your meals AND snacks to maximize your nutrition.
- **Water Intake.** Water increases your metabolism, helps to flush out toxins from your body, and helps to reduce food consumption.
- **Stress Reduction.** Take time for yourself. Find healthy recreational / leisure activities that help you enjoy every day.
- **Increase Your Activity.** ***"ALWAYS"** seek medical clearance before starting or increasing physical activity!* Regular, daily activity helps to burn more calories, increase circulation, and strengthens your heart.

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

