

March 1, 2016

Let UCT PRIME Help You



Prevent Kidney Disease

The kidneys play a vital role in regulating your body's salt, potassium and acid content, as well as removing waste products from your system.

There are several things you can do to ensure that your kidneys are healthy and are operating effectively:

- Maintain blood pressure and blood glucose levels within normal limits.
- Limit dietary sodium to less than 2300 milligrams of sodium/day
- Lose weight if overweight.
- Hydrate appropriately with water.
- If using tobacco, start a cessation program.

At UCT, the nurse practitioners will measure your blood pressure, body mass index and blood glucose levels. We will perform a urinalysis as necessary and make a referral if necessary. We would obtain a thorough personal medical history as well as a family medical history. We will discuss any limitations to your diet and exercise choices, and assure that you are able to perform a basic exercise program. We will perform a thorough head to toe examination.

With UCT PRIME, we will work with you to prevent kidney disease.

Mid-America Trucking Show

Louisville, KY: March 31 – April 2

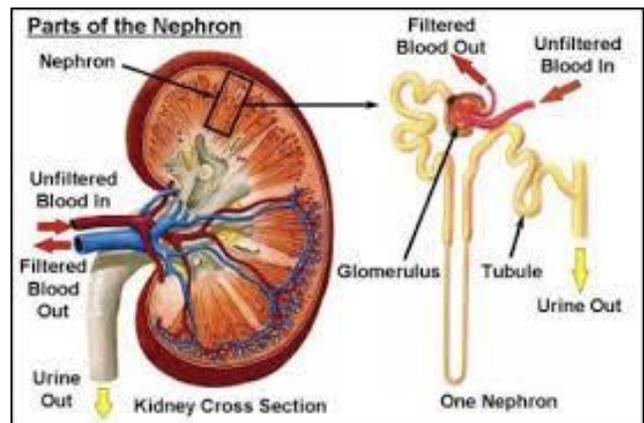

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Kidneys: Functions, Diseases and Your Health

By Patricia Smith, FNP – Knoxville, TN

The kidneys are a pair of fist-size organs that are located in the rear of the abdominal cavity. A major function of the kidneys is to remove waste products and excess fluid from the body. These waste products and excess fluid are removed through the urine. The production of urine involves highly complex steps of excretion and re-absorption. This process is necessary to maintain a stable balance of body chemicals.

The critical regulation of the body's salt, potassium and acid content is performed by the kidneys. The kidneys also produce hormones that affect the



function of other organs. For example, a hormone produced by the kidneys stimulates red blood cell production. Other hormones produced by the kidneys help regulate blood pressure and control calcium metabolism. Some of the more common kidney diseases include Polycystic Kidney Disease, Glomerulosclerosis Urinary Tract Infection, and Kidney stones.

When kidney function is less than optimal, illness can occur. Fortunately, if one kidney is impaired, the other kidney assumes the functions required by the body. There are many diseases associated with kidney malfunction. Two common causes of kidney damage includes uncontrolled Hypertension and uncontrolled Diabetes. Some of the symptoms of kidney disease include:

- Decreased urination
- Blood in the urine
- Nausea and vomiting
- Swollen hands and ankles
- Sleep disturbances
- High blood pressure
- Loss of appetite

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.

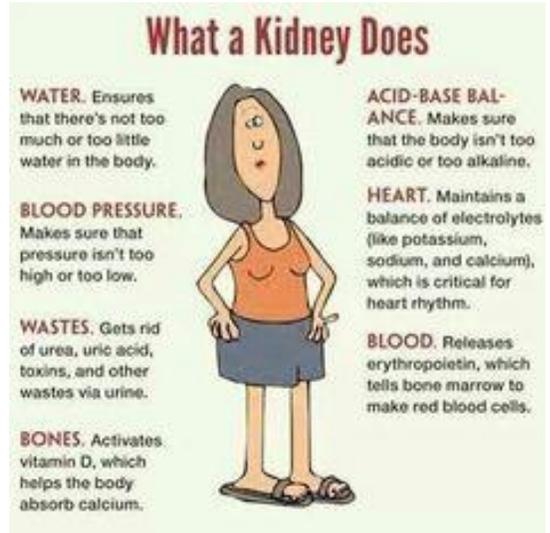
UCT PRIME Corporate rates/programs are available. Below are the program details for walk-in patients.

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.

In the clinical setting for occupational testing, the kidney is assessed both physically (putting light pressure on the kidneys by tapping) and through a urinalysis. The urinalysis examines 3 areas; the presence of glucose, blood, protein and urine specific gravity. The test for urine specific gravity evaluates the kidney's ability to concentrate urine. Levels that are not within normal limits indicate dehydration, over-hydration or other disease states.



Keep Your Kidneys Healthy

- Keep your blood pressure at target set by your healthcare provider, or less than 140/90 mmHg
- If you have Diabetes, control it
- Keep your cholesterol at target range
- Cut back on salt. Aim for less than 2300 milligrams of sodium each day
- Be more physically active
- Lose weight if overweight
- If you smoke, take steps to quit

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 Road NE
Cartersville, GA 30120
(770) 386-0707

Dallas, TX

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

