



AN INNOVATIVE WELLNESS SOLUTION THAT SUPPORTS DRIVER HEALTH & PROMOTES DRIVER RETENTION

TCA WELLNESS, IN-HOUSE PROGRAM

BASELINE PROGRAM

\$1.80 per individual/per month

\$1 one-time processing fee per individual

\$500 one time program launch fee: includes program kick-off onsite, training of program best practices by a Rolling Strong Account Manager to your company's designated Administrator * additional pre-approved travel expense

Support by designated Rolling Strong Account Manager \$500/month for 6 months (fee starts the second month) and \$250/month for each month thereafter

Each individual receives:

- Annual bio-screening, plus discount access to monthly re-testing
- Open access to eight thousand health-check stations nationwide
- Exclusive access to *RS/TCA-App*
- GPS routing to clinics for CDL physicals and pharmacy screenings
- Telephonic coaching 60 hours per week with specialty trained CDL Coaches
- Blood-glucose reader to those indicated
- Health related discounts-flu shot special pricing, discount DOT Exam
- Educational handouts-nutrition and exercise

MENU OF ADD-ONS

You may add, at any time, any additional services below to customize the Wellness Program

- Recruitment and training of the onsite CDL wellness coach(s)
- In-terminal health check stations for anytime use
- Set of health posters (14) for terminals and offices
- Health manuals for driver-trainers and affiliated driver-schools
- In-house, bio-screening events
- Health challenges/reward programs
- Monitoring and prepping for all CDL physicals
- The at-home, 30-day "*Rebuilt*" of any DOT/DQ drivers
- Custom newsletter and content
- Deep discount on both FIT products, bulk-ordered
- Custom cooler-bag with support materials

To request a phone consultation or to review a breakdown on pricing, contact Rolling Strong at tcawellness@rollingstrong.com or call 1-844-TCA-byRS