



THE MONTHLY MILER

MAY 2023 EDITION

“ We proudly place safety as an absolute priority of our company as we exceed the quality standards of each customer we serve. Our family-driven attitude exceeds our customer’s expectations which sets us above the industry standards in commitment to excellence, quality, and performance. ”



INSIDE THIS ISSUE

- 🚚 Safety Update
- 🚚 Top Industry News
- 🚚 Birthdays and Anniversaries
- 🚚 Get ready to stretch!
- 🚚 We are growing!



DRT
LOGISTICS

BIRTHDAYS AND ANNIVERSARIES

Chaz Anderson

May 11
IL Driver

Alex Diaz

May 8
Elizabethville Driver



Tyree Burnett

May 17
NJ Driver

Tony Holliman

May 16
PA Driver



Robert Gaillard

1 Year
Elizabethville Driver

Rubin Martinez

1 Year
NJ Driver

Jun Labunog

1 Year
CA Driver

Curtis Zuk

1 Year
Elizabethville Mechanic

WE ARE GROWING

DRT Logistics, a trusted logistics partner, is currently seeking customer-oriented, dedicated, and experienced truck drivers to join the team. If someone you know is interested in pursuing a career in the transportation industry, this could be an excellent opportunity for them. DRT Logistics is proud to announce that they are expanding their team by adding more regional drivers. With a focus on safety, reliability, and exceptional customer service, DRT Logistics is committed to providing a supportive work environment and competitive compensation packages.



Exercise on the Road

Persons who sit for long periods of time, lead sedentary lifestyles, or work in high-stress environments are prone to many serious health problems, such as type 2 diabetes, heart disease, depression, deep vein thrombosis, and more. Exercise is a great solution. It can help you feel better, boost your energy, manage your weight, and prevent work-related injuries.

Below are several exercises that use your own body weight as resistance. These can be performed in the office, around the truck, or at home. Be sure to consult your physician before starting any exercise program.

EXERCISE OPTIONS



STRETCH

Before starting any exercise program, take a few minutes to stretch your body thoroughly and warm up your muscles.



JUMPING JACKS

Choose a flat and sturdy surface. Stand straight with your feet together and hands at your sides. Raise your arms quickly above your head while jumping and spreading your feet apart. Reverse the movement to jump back to the starting position.



STEP UPS

Place your right foot on a stair step or tractor step. Bring your left foot up so you are standing on the step. Use the grab bar for stability. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor.



BENT OVER TWIST

Stand straight with feet shoulder width apart. Raise your arms to your sides and bend over, rotating your torso and touching your left shin with your right hand. Stand and touch your right shin with your left hand. As you progress, try reaching for your feet instead of your shins.



PUSH UPS

Lie in a face-down position with palms down on the floor. Lift yourself up with your arms, keeping your back and legs straight until your arms have straightened. Lower yourself slowly, keeping your elbows pointed close to your body. Start out with a few reps and build from there. You can also modify your technique by placing your knees on the ground.

Note: These lists are not intended to be all-inclusive.

CAPITAL BLUE CROSS

NEWS AND UPDATES

Faster, safer, and better for the planet.

Sign up to get vital information about your claims online instead of by mail.

It's fast and easy!

- Visit your claims preferences in your secure account and select "Email."
- Confirm your preference change by clicking "Update."



Once you sign up, you'll receive an email whenever a new explanation of benefits (EOB) is available for you to view online. Your EOB tells you what your health plan covers and what you may owe after a visit to a healthcare provider. Online EOBs offer you many important benefits, including:

- **Security and convenience.** Easily access claims on your secure portal whenever you need it.
- **Speed.** As soon as we process your claim, you'll have it too!
- **Less paper.** Cutting down on paper helps the environment, lowers healthcare costs, and reduces clutter.

Health coaching available virtually and in-person at Capital Blue Cross Connect

All Capital Blue Cross members receive three free health coaching sessions and a wellness consultation to discuss health goals, either in-person or virtually.

Meeting with a health coach includes:

- Nutrition consults that help to form long-lasting healthy habits and relationship with food.
- Learn how to create and maintain goals.
- Guide members through day-to-day decisions like exercising and grocery shopping.

A course toward less stress

A third of people say they're extremely stressed, and about three-quarters say that stress negatively affects their physical and mental health. But as we recognize National Stress Awareness Month, there are proven ways to help cope with stress, and an in-depth Capital Blue Cross course — offered to many with Capital health insurance through their employers — can help.

The Capital Blue Cross Health Promotion and Wellness team has a set of Stress & Your Health and Mental Health screensavers available for use at your clients' workplace. These screensavers can be used to provide valuable information like knowing the symptoms of depression in the workplace and tips for stress management.

Capital



All Capital Blue Cross members have access to our Healthy Blue Rewards portal, where members can access self-guided programs focused on managing stress and building resilience. They can track their progress by using the stress health tracker, or even get a personalized report on managing stress.

MARK CUBAN COST PLUS DRUG COMPANY UPDATES

Healthcare and prescription drug prices continue to be a significant concern for many Americans. As patients struggle to afford necessary medications, Mark Cuban, the renowned entrepreneur, and investor, has introduced a revolutionary approach - the Mark Cuban Drug Plus Plan. This innovative plan empowers patients, providing them with the tools and resources they need to take control of their health and access affordable medications.

One of the key benefits of the Mark Cuban Drug Plus Plan is its focus on price transparency. With this plan, patients can access clear and upfront pricing information for their prescriptions. This allows them to make informed decisions and choose the most cost-effective options that fit their budget.

Another advantage of the Mark Cuban Drug Plus Plan is its emphasis on patient advocacy. The plan aims to empower patients with personalized support and guidance. Patients can access a team of healthcare advocates who can assist them in navigating the complex healthcare system, including understanding their insurance coverage, finding the best prices for their medications, and exploring alternative options if needed.

The Team Cuban Card is now accepted at multiple pharmacies in Houston, Texas!

To get started, simply sign up at <https://www.teamcubancard.com/sign-up>

Privia Gulf Coast Pharmacy
9539 Huffmeister Rd Ste C
Houston, TX 77095

Citizens Professional Pharmacy
17070 Red Oak Dr Ste 103
Houston, TX 77090

Amex Pharmacy – Houston
5990 Airline Drive Ste 150
Houston, TX 77076

On [teamcubancard.com](https://www.teamcubancard.com) you can search for available medications and find other affiliated pharmacies.

When you visit the affiliated pharmacy, tell them you are a Team Cuban Card member and show your card at checkout, either by printing it or saving it to your device. It's that easy!



www.teamcubancard.com/sign-up



We've just lowered the prices on these 5 popular meds!



NEWS YOU SHOULD KNOW!

Truck driver tax credit bill back in the House

Representatives Mike Gallagher (R-Wisconsin) and Abigail Spanberger (D-Virginia) this week reintroduced legislation to establish a refundable income tax credit for qualified commercial drivers.

First introduced by Gallagher and Spanberger in April 2022, but failing to make it out of the House Committee on Ways and Means last legislative cycle, the bipartisan Strengthening Supply Chains Through Truck Driver Incentives Act would provide short-term incentives to attract and retain new drivers, the legislators believe.

The lawmakers expect to bill to create a new refundable tax credit of up to \$7,500 for truck drivers holding a valid Class A CDL who drive at least 1,900 hours in the year. This tax credit would last for two years (2023 and 2024). A new refundable tax credit of up to \$10,000 is available for new truck drivers or individuals enrolled in a registered trucking apprenticeship. This tax credit would also last for two years. The bill also allows new truck drivers to be eligible for the credit if they did not drive a commercial truck in the previous year or drive for at least 1,420 hours in the current year. They may receive a proportion of the credit if they drive less than 1,420 hours in the year but drove at least an average of 40 hours a week upon starting to drive.

"We need to encourage more young men and women to join this career path," Gallagher said, invoking the notion of a workforce shortage in trucking, "and this bipartisan bill is a commonsense way to recruit and retain more drivers to keep our shelves stocked and our economy moving."

The legislation is endorsed by the American Trucking Associations, American Loggers Council, National Grocers Association, International Foodservice Distributors Association, American Building Materials Alliance, Forest Resources Association, Hardwood Federation, Wood Machinery Manufacturers of America, Third Way, and National Pork Producers Council.

Earlier this year, Reps. Dusty Johnson (R-South Dakota) and Jim Costa (D-California) introduced the Safer Highways and Increased Performance for Interstate Trucking (SHIP IT) Act, a bill that, among other things, also called for a temporary \$7,500 tax credit for eligible drivers. That bill puts a cap on eligibility linked to adjusted gross income for the taxable year not exceeding \$135,000 for couples filing jointly; \$112,500 as head of household; or \$90,000 individually. New drivers under the SHIP IT Act would be eligible for a \$10,000 tax credit. That bill in February was referred to the Subcommittee on Highways and Transit.



TRANSPORT TOPICS

TOP NEWS

How 3PLs Are Building More Collaborative Supply Chains

Third-party logistics providers have been adjusting to normalizing market conditions as the historic supply chain disruptions, inventory shortages and surging freight demand of the last few years have receded into the past.

But with the memory of those extraordinary times still fresh, 3PLs are now working to build more efficient and resilient supply chains for the future.

Logistics companies of all types, from freight brokers to warehousing and fulfillment providers, are pursuing closer collaboration with their shipper customers and carrier partners.

To realize that goal, logistics providers must get closer to their customers' businesses to fully understand their needs and how their objectives interact with their supply chains, said BlueGrace Logistics CEO Bobby Harris. "Going forward, I think you'll see more and more of that collaboration happening, not just with the shipper, but with the carrier," he said.

The value of true business partnerships among supply chain participants became especially clear amid the turbulence of the coronavirus pandemic and its many ripple effects on the flow of freight.

"Tough times for businesses mean they rely on their partners more than ever," Harris said. "If you're truly a partner — if you're really, really there to make their business better — you will end up winning in the long run."



By providing that level of customer support, 3PLs should be able to grow regardless of fluctuations in freight demand, Harris said, pointing to his own company as an example. BlueGrace, a freight brokerage and provider of managed transportation services, got its start in 2009 amid a particularly weak freight market.

Over the years, the role of 3PLs in the broader transportation industry has expanded. Harris said 3PLs are involved in a growing share of the total freight market, a trend he expects to continue in the years ahead.

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