

# ROADSIDE READER

## MEMORIAL DAY

REMEMBER & HONOR

MONDAY, MAY 29

### MEMBERS BENEFIT

#### **Disability Insurance Awareness Month**

You have insurance to cover your truck, home, and other valuable assets. But do you have insurance that protects your most important asset – YOU? Would a sudden accident or illness severely impact your ability to make a living?

May is Disability Insurance Awareness Month - and your NAIT membership gives you access to affordable short-term disability – up to \$3,000 of monthly disability benefits guaranteed and approved! For a quote or more information, call Marc Ballard at (888) 472-4114.



### MEMBERS BENEFIT



#### **Get a jump on your paperwork**

Drivers can beat the rush and knock out their Form 2290 right now!

ExpressTruckTax has been the #1 IRS-authorized e-file provider in the trucking industry for 13 consecutive years, offering live US-based customer support through phone, email, and chat!

## CONTACT US

Association & NAIT Member Benefits  
NAIT Specialist Mona Brimeyer 877-770-6248  
MemberBenefits@NAITUSA.com



MAY2023

## NAIT BENEFITS



Semi-truck drivers face a variety of stressors and challenges that can contribute to mental health issues, including long hours on the road, isolation, and pressure to meet tight delivery schedules.

Many drivers spend weeks away from home, driving 10 to 14 hours daily, leading to fatigue, boredom, and loneliness. **The isolation from the job can also contribute to mental health issues**, as drivers may feel disconnected from their families and communities. The lack of social support can make it difficult for drivers to cope with stress. As a result, it can lead to feelings of depression and anxiety.

Fortunately, some steps can be taken to address these challenges and improve the mental health of semi-truck drivers. NAIT members have access to support services like Telemedicine Plus.

Studies show **20% of Americans suffer from a mental health condition**. Still, many do not seek treatment due to a lack of convenience and accessibility to services. Teladoc Mental Health provides confidential therapy on your terms with virtual access to licensed therapists for only \$25 per visit.

Among the benefits of Telemedicine Plus:

- Establish an ongoing relationship with a licensed therapist through video or phone sessions;
- Get support for anxiety, depression, stress, grief, PTSD, family or marriage issues, and more;
- Adolescent therapy is available for teens ages 13-17, excluding psychiatry;
- Teladoc's licensed therapists are available seven days a week.

NAIT understands the need to increase awareness of mental health issues and to provide education and training to **help drivers recognize the signs of mental health problems and seek help when needed**.

Telemedicine Plus involves providing information about mental health resources and encouraging drivers to take advantage of them.

Many drivers may be reluctant to seek help, and we must reduce the stigma associated with mental health issues. By promoting a culture of acceptance and support, companies can help drivers feel more comfortable seeking help. As a result, they can reduce the negative impact of mental health issues on their well-being and job performance.

## CONTACT US

Association & NAIT Member Benefits  
NAIT Specialist Mona Brimeyer 877-770-6248  
MemberBenefits@NAITUSA.com



MAY2023

# NAIT BENEFITS

## WHY JOIN NAIT?

With more than 41 years of industry experience and the strong buying power of our members, NAIT offers several programs and services you can't find elsewhere. We've recently added valuable new programs and services based on membership feedback. As a NAIT member, your voice counts. Bottom Line? Working together is powerful. Take advantage of all NAIT has to offer by joining today.



### Telemedicine Basic

Feeling sick? Access doctors 24/7 from the convenience of your truck or anywhere! They can prescribe medicine – as needed.

#### Benefits Include:

- Dental
- Vision
- New Benefits Rx
- Diabetic Supplies
- Medical Equipment
- Lab Testing
- MRI & CT Scans
- Hearing
- and More ...
- **Call 877-770-6248**



### Telemedicine Plus

Need more than a doctor? Feeling stressed? Telemedicine Plus also includes access to mental health therapists and counselors.

#### Benefits Include:

- Counseling Services
- MyEWellness
- New Benefits Rx
- Diabetic Supplies
- Medical Equipment
- Lab Testing
- MRI & CT Scans
- and More ...
- **Call 877-770-6248**



### Pet Care

Is your pet not looking so well? Now you can access pet health benefits whether on the road or at home.

#### Benefits Include:

- NB Pet Telehealth
- Instant Deals
- Vitamins
- New Benefits Rx
- Diabetic Supplies
- Medical Equipment
- Lab Testing
- MRI & CT Scans
- and More ...
- **Call 877-770-6248**



### Dental, Vision & Alternative

Affordable access to discounts on your family's dental, vision, and chiropractic needs with many bonus benefits.

#### Benefits Include:

- Dental and Vision
- Alternative Medicine
- MyEWellness
- New Benefits Rx
- Diabetic Supplies
- Medical Equipment
- Lab Testing
- MRI & CT Scans
- and More ...
- **Call 877-770-6248**

This program is NOT insurance coverage, not intended to replace insurance, and does not meet the minimum creditable coverage requirements under the Affordable Care Act or Massachusetts M.G.L. c. 111M and 956 CRM 5.00. It contains a 30-day cancellation period, provides discounts only at the offices of contracted health care providers, and each member is obligated to pay the discounted medical charges in full at the point of service. For a complete list of disclosures, click here. Discount Plan Organization: New Benefits, Ltd., Attn: Compliance Department, PO Box 803475, Dallas, TX 75380-3475.

## FUN FACT



Broccoli is a cruciferous vegetable rich in many nutrients. It is a good source of Vitamins A, C, and K. Broccoli is related to cauliflower, cabbage, Brussels sprouts, and Bok choy.

MAY 2023



memorial day recipe

# CRISPY CHEESY ROASTED BROCCOLI

## INGREDIENTS

- 1 head of broccoli cut into florets with 1-inch stems attached
- 2 tablespoons extra virgin olive oil
- 2 teaspoons kosher salt divided
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons unsalted butter melted
- 1/3 cup panko bread crumbs
- 1 cup shredded sharp cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/8 teaspoon crushed red pepper flakes

## DIRECTIONS

- Heat oven to 450°F and set a large, rimmed sheet pan on the middle rack in the oven (while the oven heats).
- While the oven preheats, bring a large pot of water and 1 teaspoon of salt to a boil.
- While the water heats, rinse and cut the broccoli into florets (they should all be about the same size).
- Fill a large mixing bowl with ice water, and set it next to the stove.
- When the water is boiling, add the broccoli florets, and set the heat to medium-low. Boil the broccoli for 2 minutes. After 2 minutes, use a slotted spoon to submerge the broccoli in the ice water to cool for 2 minutes. Transfer the broccoli to a paper towel-lined plate to dry and pat dry with another paper towel.
- Mix broccoli, olive oil, 1 teaspoon salt, and black pepper in a large bowl.
- Mix the melted butter, panko crumbs, shredded cheddar, grated Parmesan cheese, and red pepper flakes in a medium bowl.
- Remove the hot baking sheet from the oven and spread the broccoli mixture evenly over the pan.
- Set the oven to broil and return the pan with the broccoli to the middle rack of the oven.
- Broil the broccoli for 4 minutes. Remove the pan from the oven, and
- sprinkle the breadcrumb/cheese mixture evenly over the top of the broccoli.
- Return the broccoli to the oven and broil another 3-5 minutes or until the broccoli is fork-tender and the cheese has melted and is crispy around the edges. Watch closely so the cheese doesn't burn. (If the cheese is browning too quickly, remove the broccoli from the oven and turn off the broiler. After 1 minute, return the broccoli to the oven and let it finish cooking with residual heat.)



## CONTACT US

Association & NAIT Member Benefits  
NAIT Specialist Mona Brimeyer 877-770-6248  
MemberBenefits@NAITUSA.com



MAY2023

# NAIT BENEFITS

**\$11 MONTHLY FOR \$5K IN MEMBER BENEFITS**



ZERO-FEE Fuel Card



Sleep Apnea Testing



Hotel Discount: up to 60% off

NAIT has long-term partnerships with providers that share its dedication to the industry. We have worked with our members to develop association benefits to meet their needs.



To receive a quote for any of these programs, call 877-770-6248.

[www.NAIT.Elelife.com](http://www.NAIT.Elelife.com)

### New Benefits

- Telemedicine
- Chiropractic
- Dental/Vision/Hearing
- MRI and Lab Tests
- Pharmacy Discount Program
- Diabetes Care
- Vitamin Discounts
- Pet Telehealth/Vet Visit/Medicine
- ... and more!

### Business Solutions

- Emergency Breakdown and Roadside Assistance
- NAIT Fuel Program
- Used Truck Purchase Program
- Computer Hardware and Software
- Form 2290 Truck Tax Assistance
- Heavy Duty Truck Parts
- Office products
- Tax Consultants/Preparation
- Mapping and Navigation App

### Insurance Coverages

[www.transguard.com](http://www.transguard.com)

Comprehensive packages designed for members and families by IAT TransGuard.

Available coverages Include:

- Occupational Accident and Non-Occupational Accident
- Workers' comp for employee drivers and casual labor
- Occupational Compensation for casual labor
- Non-Trucking Liability - when your truck is used for a private passenger vehicle
- Physical Damage, including Collision Comprehensive, Glass Breakage, Towing, Rental, and Personal Contents
- Passenger Accident

### Exclusive Benefits/Discounts

- Hotel
- Flowers and Gift Baskets
- Car Rental
- Epic Vue
- New Sleep Test Mobile App



Learn more at [www.naitusa.com](http://www.naitusa.com)  
or call 877-770-6248