



Matson & Kellogg Healthcare Liaison Program

Summer Educational Series

SESSION 2

Topic 1: Rx Trends — GLP-1s & Specialty Medications

Topic 2: Chronic Conditions & Early Intervention

Matson & Kellogg Healthcare Liaison Program

Presented by Matson & Kellogg

Date: Thursday, July 16, 2026

Two back-to-back 20-minute mini-sessions



Why This Matters

Your health is part of your road readiness. Whether you drive, dispatch, work in the office, manage the shop, or support daily operations — your health affects everything.

On the Job

- Energy & focus
- Safety on the road
- Work performance

At Home

- Family life
- Long-term quality of life
- Peace of mind

Your Wallet

- Out-of-pocket costs
- Healthcare premiums
- Future medical expenses





GLP-1s: The Medications Everyone Is Talking About

You've probably heard names like **Ozempic**, **Wegovy**, **Mounjaro**, and **Zepbound** in the news or from coworkers. These are GLP-1 medications — a class of drugs that have become widely discussed for their effects on blood sugar and weight.

What They May Be Used For

- Type 2 diabetes management
- Weight management
- Obesity-related health risks
- Certain heart-health risks (when medically appropriate)

What They Are NOT

- A quick fix or shortcut
- A one-size-fits-all solution
- Safe without medical supervision
- Right for everyone

GLP-1s Are a Tool, Not the Whole Toolbox

Medication can help move the needle, but it works best when paired with consistent healthy habits. Think of GLP-1s as one tool among many — not a replacement for lifestyle choices that protect your long-term health.



Stay Hydrated

Drinking more water supports the medication and reduces side effects.



Eat Enough Protein

Protein helps preserve muscle while losing weight on GLP-1s.



Move Regularly

Even short activity breaks build strength and improve results.



Get Enough Sleep

Rest supports metabolism, mood, and recovery during treatment.



Keep Appointments

Regular check-ins help your provider monitor progress and side effects.

✓ **Key Takeaway:** Medication can help, but your daily habits still matter.

Questions to Ask Before Starting a GLP-1

Being informed before you begin is one of the most important steps you can take. Don't be afraid to ask your provider these questions — they exist to protect your health and your wallet.



Is this medication right for me?

Ask your provider if a GLP-1 is appropriate based on your health history and current conditions.



What side effects should I watch for?

Understand how it might affect your workday, your driving, and what to do if you feel sick.



Is it covered by my plan?

Ask about prior authorization requirements, cost assistance programs, and pharmacy requirements.



How much water and protein do I need?

Get specific targets from your provider so you can stay safe while on the medication.

Specialty Medications: What Are They?

Specialty medications are used to treat complex, chronic, or serious conditions. They are often more expensive, require closer monitoring, and may need to be filled through a specialty pharmacy rather than a regular drugstore.

They May Be Used For:

- Rheumatoid arthritis & autoimmune
- conditions Crohn's disease
- Multiple sclerosis
- Cancer treatment
- Psoriasis
- Severe asthma

Key Takeaway: Specialty medications can be life-changing, but they often require extra support and planning.





Check Your Gauges: Health Edition

A truck has warning lights and gauges for a reason — to tell you something needs attention before it becomes a breakdown. Your body works the same way. The key is knowing which gauges to check.

Truck Gauges

- Fuel level
- Oil pressure
- Tire pressure
- Engine temperature
- Warning lights

Your Body Gauges

- Blood pressure
- A1C / blood sugar
- Cholesterol
- Weight or waist measurement
- Sleep quality & energy level
- Stress level



Key Takeaway: Do not wait until the warning light is flashing. Know your numbers now.

Why Early Intervention Matters

When you catch a health problem early, you have options. You can make small adjustments, work with your provider, and often avoid bigger complications. Waiting shrinks those options — and the consequences can affect your job, your income, and your family.

Protect Your DOT Physical

Unmanaged blood pressure, diabetes, or sleep apnea can jeopardize your certification and your livelihood.

Reduce Missed Work

Early treatment means fewer emergency doctor visits, hospital stays, and unexpected days off.

Lower Your Costs

Preventing complications is almost always cheaper than treating them after they develop.

Feel Better Every Day

Managing your health early leads to more energy, better focus, and improved quality of life.

✅ **Key Takeaway:** Early action gives you more choices. Waiting usually gives you fewer.

The Trucking Reality

Staying healthy on the road — or working long shifts in a shop or dispatch center — is genuinely hard. The conditions of this work create real barriers that most wellness programs don't acknowledge. The goal here is not perfection. It's **realistic progress**.

- ❏ **Key Takeaway:** The goal is not perfect health. The goal is realistic progress — one better choice at a time.

Common Challenges in This Work:

Physical

Long sitting time, fatigue, irregular sleep, and shift disruptions.

Nutritional

Limited healthy food options, irregular meal timing, and eating on the go.

Mental

Stress, time away from home, and delayed access to doctor visits.

Small Moves That Work on the Road or at Work

You don't need a gym. You don't need an hour. You just need a few minutes at each stop or break to start building movement into your day. Those minutes add up — and over time, they make a real difference.



The Simple Rule

Every stop = 3 to 5 minutes of movement. Walk around the truck or building, take the stairs, or park farther away when safe.



Strength Moves Anywhere

10 squats or chair stands, wall pushups, and calf raises require zero equipment and can be done at any stop.



Stretch & Reset

Shoulder rolls, neck stretches, and resistance band work help reduce tension from long hours of sitting or standing.



Key Takeaway: Small movement breaks add up. Consistency beats intensity every time.

Food Choices: Better, Not Perfect

You don't have to overhaul your entire diet. Focus on small upgrades that are doable in real work conditions — at a truck stop, a breakroom, or a drive-through. Better more often is the goal.

Add Protein First

Protein keeps you full longer, stabilizes blood sugar, and reduces junk food cravings later in the day.

Drink Water First

Before reaching for a soda or energy drink, try water. Dehydration often disguises itself as hunger or fatigue.

Grilled Over Fried

At fast food stops, choosing grilled more often is a simple swap that adds up over time.

One Fruit or Vegetable a Day

Just one. An apple, a banana, a side salad. Small additions are still real progress.

Don't Wait Until Starving

Hunger leads to poor choices. Keep a snack nearby and eat on a schedule when you can.

TRIVIA TIME



Trivia Time: Road Ready Health

Three questions. Employees who answer correctly will be entered into a drawing for a **\$50 gift card**.

Office & Terminal Staff

Submit your answer in the chat window.



Drivers

When safe and appropriate, unmute through Bluetooth and answer out loud.



The Reward

Your correct answer enters you into a drawing for a **\$50 gift card**.

QUESTION 1 OF 3

GLP-1 Safety

What is the safest first step before starting a GLP-1 medication like Wegovy, Ozempic, Mounjaro, or Zepbound?

A

Order it from the cheapest online ad you can find.

B

Talk with a licensed medical provider and use a licensed pharmacy.

C

Borrow a dose from a coworker or friend who already takes it.

✔ **Correct Answer: B** — Always consult a licensed medical provider and fill through a licensed pharmacy before starting any GLP-1 medication.

QUESTION 2 OF 3

Know Your Numbers

Which of these is often called a "silent" health condition because you may not feel any symptoms?

A

High blood pressure

B

A paper cut

C

Seasonal allergies

✔ **Correct Answer: A** — High blood pressure is often called the "silent killer" because most people have no symptoms until serious damage has already been done.

Small Changes

What is one realistic way to improve your health during a long workday or route?

A

Wait until you have time for a perfect gym routine before doing anything.

B 

Move for 3 to 5 minutes during a stop or break.

C

Skip all meals until you get home at the end of the day.

✔ **Correct Answer: B** — Short movement breaks during stops or breaks add up over time and make a real difference for your health and energy.



Your Health Is the Most Important Load You Carry

Better health doesn't happen all at once. It happens one smart decision at a time—one extra glass of water, one short walk, one question asked, one appointment kept.

Know One Number

Check your blood pressure, A1C, or cholesterol this week.

Move One Extra Time

Add one short walk or stretch to your day.

Ask One Question

About a medication, a benefit, or a health concern you've been putting off.

Schedule One Appointment

A physical, a follow-up, or an overdue screening.

✅ **Final Message:** You do not have to overhaul your life. Just make the next healthier choice.