

Membership Guide Benefits and Discounts



Call us at: 888-748-2636 M-F, 8am-7pm EST ¡Hablamos Español!



Visit online at www.nawp.us





As a member, you receive benefits and discounts that are designed to give you confidence as you plan for the future.

FEATURED BENEFITS

Rolling Strong		.3
CDL Health Scanner		.4
Aeroflow Sleep [©] Sleep Apnea Testing		. 5
WellCard [®] Prescriptions and Health Services		.6
Additional Benefits	••••••	.7
\$10,000 Basic Term Life401K Retirement	 Identity Theft Protection 	l





HEALTHY EATING, HEALTHY MOVEMENT AND SUPPORT COMMUNITY

Rolling Strong's mission is to reverse the declining health of transportation workers. Getting or staying healthy allows you to be more alert and focused and leads to longer DOT Medical Certifications, and can improve your quality of life at work and at home.



Program Benefits

- Rolling Strong App
- Health Education
- Coaching
- Weight Management
- Fitness & Nutrition Guidance
- Stress Management
- Sleep Management
- DOT Physical Prep
- Health Assessments
- Competitions/Win Prizes

START NOW

When you enroll in NAWP, look for an email from Rolling Strong to activate your account!

Download the App







CDL Health Scanner is a revolutionary preventative health tool for drivers. The scanner is accessed through your smartphone browser and uses your camera to scan your face and analyze key vital signs.



Monitor Key Health Information

- Blood Pressure
- BMI
- Heart Rate
- Respiratory Rate

Health education resources

- Diabetes Resource
- Sleep Apnea Resource

Prepare for your DOT Exam with this powerful tool!

START NOW

When you enroll in NAWP, you will receive a confirmation email with an access code and instructions on accessing the scanner.



SLEEP APNEA TESTING & MANAGEMENT

20 million Americans suffer from undiagnosed Sleep Apnea. The program is designed to help you test, treat, and manage sleep disorders without needing to go to a sleep center.

HOW IT WORKS

1. Prescription

Receive a prescription from your doctor

3. Testing

Easy to follow instructions with 24-hour support line. Ship the device back after the test is completed in provided return envelope.

2. Test Kit Delivery

Free sleep testing device will be shipped to your home via UPS

4. Interpretation

Test results are interpreted by a Board Certified Sleep MD and you'll be notified of the recommended next steps.

5. Follow-Up Care

If the results are negative, you'll receive a sleep apnea release letter. 24-hour access to ongoing support will be provided to members undergoing therapy.

BENEFIT	RATES
In-Home/In-Cab Sleep Study Expense	\$329
Auto-Titrating PAP Machine with compliance monitoring.	Pricing may vary
Support to Members	Included

RESOURCES



Contact AeroFlow Sleep: 1-866-650-7508 Ext 3353 commercialsleep@aeroflowinc.com





WellCard Health gives you and your family access to pre-negotiated discounts on prescription drugs and a wide range of health care services that are included in your membership!

Save up to 50%

- Prescription Drugs
- Vision
- MRI & Imaging
- I ab

Save up to 45%

Dental

Save up to 30%

Medical Bill Help

Save up to 20%

Doctor Visits

Save up to 15%

Hearing

Save up to 10%

- Daily Living Products
- Diabetic Care Services
- Vitamins

Save time - 24/7 Doctor Save when you shop -WellCard Rewards

Over 410,000 Physicians and 45,000 Ancillary Provider Locations Over 59,000 Nationwide Pharmacies Accept WellCard Health with Availability for Mail Order and Specialty Pharmacy



RESOURCES



Call for more info 800-562-9625



wellcardsavings.com

How to login:

- Click New User
- Group ID: NAWPH
- Member ID: Do not Enter Anything and select Continue. This will continue through the registration.



LIFE INSURANCE & 401K

\$10,000 Term Life Insurance

Members receive \$10,000 with no health questions!

401k Retirement

Invest in a 401K plan with tools and resources that make it easy with minimum contribution of \$50/month.

Contact NAWP: 888-748-2636 M-F 8 AM to 7 PM EST ¡Hablamos Español!



ID Resolution provides identity management services and offers every victim or suspected victim unlimited access to a fraud specialist who will facilitate the resolution of virtually any identity related problem.

Contact ID Resolution: 1-877-308-9169 M - F 8 AM - 8 PM EST Monitored 24/7 for emergencies Group name: Enrollment First, Inc.



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