

Waggoners Pony Express...



FEBRUARY 2015

Did You Know The Fab Shop...

Wayne Waggoner always has great ideas to enhance our equipment, but did you know that these ideas start as a hand sketch as Wayne thinks of ways to transport the customer's freight? The Fab Shop in OKC is where Wayne's ideas become reality. The mechanics in that shop put in many hours in order to turn Wayne's ideas from a paper sketch to a vehicle on the road. When creating these designs, tons of steel may be removed and then replaced. For example, the shop has recently been customizing new trucks by removing the roof, then reinforcing and reinstalling the roof so vehicles can drive on the roof top. Every time Wayne has an idea it can result in Waggoners being able to customize the equipment to properly transport the customer's freight. Many of the parts used for these modifications are even created by the Fab Shop in OKC. This team can do just about anything; in May 2013 a tornado caused severe damage to the shop buildings and much of the rebuilding was done by the Fab Shop team.

Drivers always show their appreciation to the Fab Shop for the good work completed on their trucks (cookies are always welcomed). In case you have never been able to visit the Fab Shop in OKC, here is the chance to see the faces that are responsible for modifying the equipment. They also shared with us a before and after picture of a modification completed by the Fab Shop on one of your trailers. — OKC Fab Shop



From left to right: Jose Torres, Hector Velasquez, Julio Suchite, Juan Cadena, Juan Torres, Esteban Principi, Eivo Campos, Pascual Parraguerre, Juan Ponce, Gabino Mejia

Before trailer modification



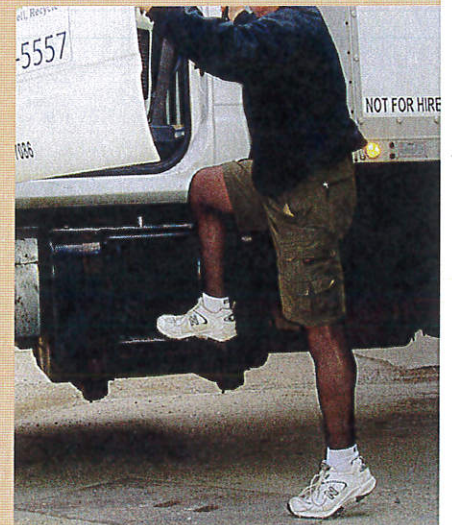
After trailer modification

Words from The Safety Department

The number one type of accident, especially during winter, is falling. In order to stay safe and accident free always use caution. Below are a few safety tips that can help prevent the common accident of a slip, trip or fall.

1. When entering or exiting your vehicle:
 - ✱ Follow the three-point rule - see picture to the right for a demonstration
 - ✱ Face your vehicle when entering or exiting
 - ✱ Both hands should be free of objects
2. Never jump:
 - ✱ Down from your vehicle
 - ✱ Onto or off of landings or loading docks
3. Be aware of your surroundings at all times
4. Take short steps on slippery or smooth surfaces
5. Clean up or report spills immediately so that the next person won't get hurt
6. Do not carry loads if you cannot see over the top
7. Watch for obstacles in your walking path
8. Wear appropriate footwear at all times

— Tim Meredith, Safety Department





Prescription Drug Costs Taking a Bite out of Your Wallet?

GoodRx provides prices and discounts for thousands of prescription drugs at more than 70,000 local and mail-order pharmacies in the USA. They are like a Sam's Club for prescription drugs. To use GoodRx simply enter the name of any drug (generic or brand-name), add a location, and the site will show you the lowest price you can find at both local and mail order pharmacies (for a variety of dosages and quantities) for your prescription. Visit www.goodrx.com to try this out.

What GoodRx will show you:

Cash Price

This is the price you will pay if you walk in, present your prescription and pay cash without insurance.

Coupon Price

GoodRx offers free, printable coupons which give you access to discounted prices at the pharmacy. You will see a GET COUPON link next to the price. There are no obligations, contracts or fees to you for using a coupon and pharmacies are required to accept them.

If you click on the "pharmacy" or the "price", you can see other available prices and discounts, and

additional information about that pharmacy, including the location, hours, fax and phone numbers, and services like walk-in clinics, compounding, and home delivery. In addition to prices, GoodRx also provides information about **manufacturer discounts**. These discounts are typically free but may require registration on the manufacturer website.



They also provide you with tips on how to save even more money by pill splitting or considering other medications for the same condition. Of course, only you and your doctor will know what works best for you, so check with your doctor on any recommendations.

If you are on the Waggoners Gold Health Plan, your prescription costs are already low and GoodRx may not be able to save you money. But it is still worth checking each time you get a new prescription. If you are on the Waggoners Silver Health Plan and your prescriptions are full price until you meet your deductible, or if you know anyone who does not currently have insurance, this may be a way to save significant money. GoodRx also provides information on pet medications that may be able to save you even more money.

— Amanda Wheless, Human Resources Director

Generic Prescriptions – The No-Cost Alternative

Today, over half of all prescriptions are filled with generic medications. Generic medications are a chemically equivalent, lower-cost version of brand name medications. These generic medications

have the same active ingredients, dosage, safety, strength, quality and performance as the brand name medication. Generic medications are FDA approved and are tested thoroughly to make sure their performance and ingredients meet the FDA's standards. The Waggoners Trucking Healthcare Plans offer a ZERO co-pay when your doctor prescribes a generic medication for you (for those on the Silver Healthcare Plan, the ZERO co-pay goes into affect once you have satisfied your deductible). This is a great benefit to have as even the lower costs of the generics can add up!



Generic medications can cost anywhere from 30-80% less than brand name medications. Ask your doctor and pharmacist to use the most effective drug at the best price and to write prescriptions for generics whenever possible. Below are some of the most commonly prescribed brand name medications that are also available generically.

Brand Name	Generic Equivalent
Adderall	D-Amphetamine Salts
Augmentin	Amoxicillin/Clavulanate
Celebrex	Belecoxib
Cipro	Ciprofloxacin
Coumadin	Warfarin
Cymbalta	Duloxetine
Flexeril	Cyclobenzaprine
Flonase	Fluticasone
Glucophage	Metformin
Glucotrol	Glipizide
Glucovance	Glyburide/Metformin
Lipitor	Atorvastatin
Loestrin	Microgestin
Lopressor	Metoprolol

— Terri Patterson, Benefits Coordinator