A red semi-truck is shown from a front-three-quarter view, driving on a road. The truck has a large chrome grille and a white trailer. The background is a blue sky with scattered clouds. An orange horizontal bar is located in the top right corner of the image.

Health Conditions of the American Trucker

Presented by Jake Ragan, CDL-A

CDL Instructor

Sarah Ragan, COC, CPC, CPMA, CRC, CFPC, AAPC
Approved Instructor, and Vice President of Daytona
Beach AAPC Chapter for 2023.




About our Speaker...

- Jake has been a commercial driver since 2001. He has driven both locally and OTR (over the road), and has traveled to the entire lower 48. During these years, he owned two semi trucks, started and ended his own trucking business, and drove 2 million miles with no accidents. That's our dog Tequila. She hates trucks.

About Our Other Speaker


- Sarah Ragan, COC, CPC, CPMA, CRC, CFPC, AAPC Approved Instructor is a medical coder and educator. She is currently the VP of the Daytona Beach AAPC chapter and has served as the secretary and president in the past. Her role as a trucker's wife made her realize this could be an interesting topic for a meeting!





Sounds like Fun, Right?

- Despite what you may hear in commercials, driving a commercial vehicle is more than just “being a paid tourist.” It involves long hours, being away from family, severe weather conditions, and health issues. Our focus today is to discuss the health conditions of the American trucker.

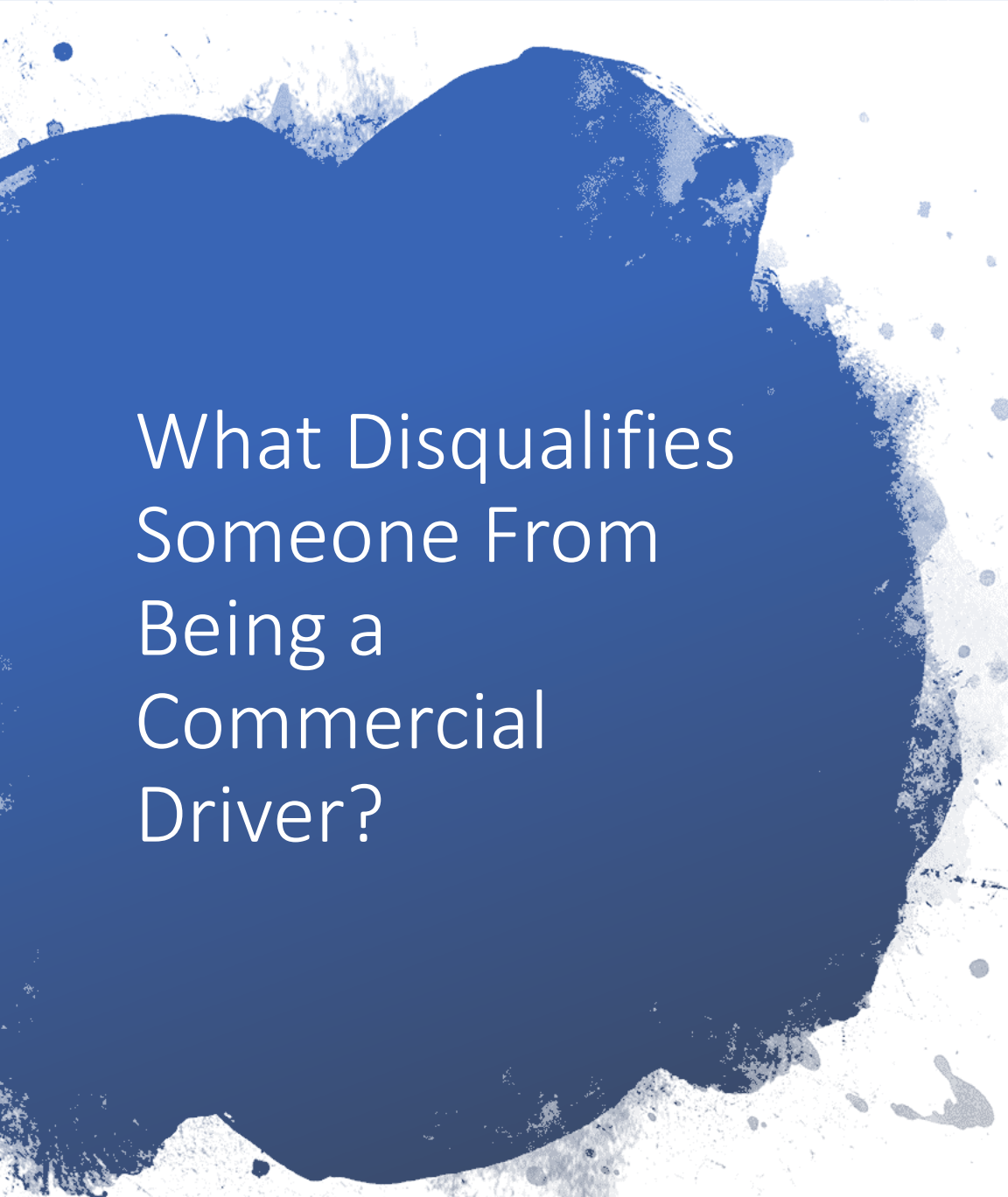
A large American flag is shown waving against a clear blue sky. The flag is positioned diagonally, with the top left corner near the top left of the frame and the bottom right corner near the bottom right. The flag's stars and stripes are clearly visible. A semi-transparent light blue circle is overlaid on the right side of the image, containing text.

Truck Driving is ranked #6 in
America for most dangerous
jobs, per Forbes Magazine.
Can you guess #1 and #2?

Number 1 and Number 2 Dangerous Jobs

- Logging
 - Commercial Fishing and Hunting
-





What Disqualifies Someone From Being a Commercial Driver?

- Epilepsy (G40.***)
- Current or History of Alcoholism (F10.**)
- Type 1 Diabetics (E10.**)
- Type 2 Diabetics on Insulin (E11.**, Z79.4)
- **!! Or does it?!?!
am I sure about this? Stay tuned!**
- Blood pressure of 140/90 or higher (I10),
unless controlled with medication.
- Loss of a foot, hand, leg or arm. (Z89
series)
- Per Federal Motor Carrier Safety
Regulations Pocketbook, Section 391

Type 1 Diabetes and a CDL

- I (Sarah) was recently challenged by a dear coder friend about the type 1 disqualification. So I did some extra research, and this is what I found:



Insulin Rules

- As of 2005, a person with type 1 diabetes, or a person with type 2 and on insulin, CAN drive a commercial vehicle, with certain caveats.
- This driver has to file paperwork called the “Federal Diabetes Exemption.”
- Their DOT physical has to be performed by a physician who is qualified as a “medical examiner” on the Federal Motor Carrier Safety Administration (FMSCA) National Registry.
- You may be required to also see an endocrinologist, ophthalmologist, and/or optometrist to keep their CDL compliant.
- You cannot have had one or more hypoglycemic episodes in the past 12 months, or 2 or more occurrences in the past 5 years which have resulted in a seizure, loss of consciousness, a need for assistance from another person, a period of confusion, or any signs of organ damage.
- Information obtained from: www.allstatecareer.edu/blog/driving-training/how-to-pursue-your-cdl-if-you-have-diabetes.html.

That Being Said...

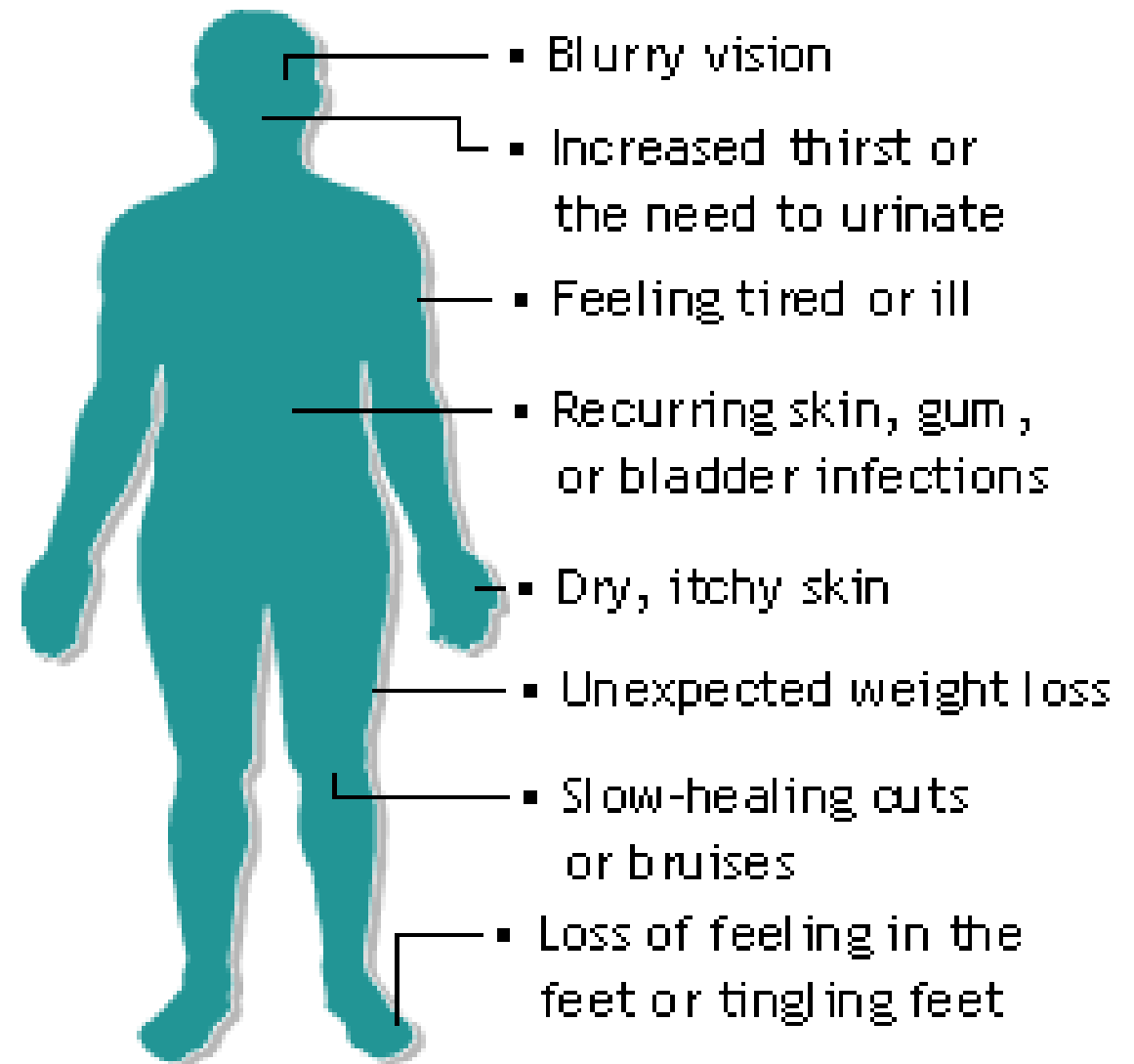
- It takes a very disciplined person with T1D, or T2D with insulin to maintain that standard.
- It's difficult to keep insulin refrigerated at a constant temperature in a truck.
- Many companies might not be willing to deal with a driver with these kind of health conditions.
- So while it may not be illegal to be insulin dependent with a CDL, will a person reasonably be able to use the CDL in a work environment? I would suggest an insulin dependent diabetic to REALLY do their research and find a company to pre-hire him or her before they go through the trouble of obtaining the CDL.

Diabetes



- We discussed T1D, but what about T2D?
- Type 2 diabetics can legally operate a commercial vehicle, and they are required to renew their DOT physical every year, instead of every other year.

• Do you have symptoms of diabetes? Or could it be something else?



Coding Type 2 Diabetes (DM)

- If the type of DM is not clearly documented, the default is Type 2
- Use additional code to identify control using insulin Z79.4 or oral antidiabetic drugs Z79.84
- If a patient is using both insulin and oral drugs, you would append both Z79.4 and Z79.84. There is also a fairly newish code for non-insulin injections like Ozempic, Z79.85.
- If there are no manifestations documented, E11.9 would be an appropriate diagnosis code.
- If there are manifestations, they need to be supported and documented. For example, if a patient has DM and CKD, both the DM and CKD need to be supported; these codes would then be E11.22, N18.* (DM w/CKD, then the CKD level.)



This Photo by Unknown Author is licensed under CC BY

Hypertension

- What is hypertension?
- High blood pressure (HBP or hypertension) is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high.
- In order to survive and function properly, your tissues and organs need the oxygenated blood that your circulatory system carries throughout the body. When the heart beats, it creates pressure that pushes blood through a network of tube-shaped blood vessels, which include arteries, veins and capillaries. This pressure — blood pressure — is the result of two forces: The first force (systolic pressure) occurs as blood pumps out of the heart and into the arteries that are part of the circulatory system. The second force (diastolic pressure) is created as the heart rests between heart beats. (These two forces are each represented by numbers in a [blood pressure reading](#).)
- www.heart.org

How is Hypertension Diagnosed?

- What's the best way to diagnose HBP?
- The best way to diagnose [high blood pressure](#) (HBP or hypertension) is to have your blood pressure measured.
- How a blood pressure test works:
- A blood pressure reading is taken with a pressure cuff (sphygmomanometer).
- During the test, the cuff is placed around the upper arm before being manually or electronically inflated.
- Once inflated, the cuff compresses the brachial artery, momentarily stopping blood flow.
- Next, air in the cuff is slowly released while the person performing the measurement listens with a stethoscope or monitors an electronic readout.

Coding Hypertension

- I10; it's not just an interstate, it's one of the most common ICD10 codes used.
- One of the few codes that has only 3 characters.
- This code does not include other conditions such as heart failure and chronic kidney disease (CKD.) which would incorporate using the combination codes from I12 and I13 categories.
- This code differs from hypertensive crisis, the I16.x category. Those codes are: I16.0 hypertensive urgency; I16.1 hypertensive emergency; I16.9 hypertensive crisis, unspecified.
- A hypertensive crisis is a severe increase in blood pressure which can lead to a stroke. This would normally be diagnosed if a person has a 180/120 blood pressure or higher.

Smoking Statistics



- According to corporatewellnessmagazine.com, 21% of the general population smokes, but 54% of commercial drivers smoke.
- Vaping is not generally included in most smoking statistics. I have a feeling as we get younger drivers in the seat, those numbers will start to climb.
- According to findatruckerjob.com, the average life span of a trucker is 61 years old, while the average American man lives to 78.

This is a Vape.

- There is an air control mechanism that allows the amount of smoke to be changed while also providing a stronger hit.
- You add nicotine juice that comes in all types of flavors and colors. These include thin mints, popcorn, skittles, slushies, and even “cigarette.” They also come in menthol.
- There is a charging port on the bottom and two buttons which change the wattage. Some vapes can go as high as 300 watts.
- An average price for this type of vape is around \$80. However, they come in all shapes and sizes and can range from \$20-\$400.
- Nicotine per mg range between 0 and 28%.
- Information provided by: Grant Ragan, CDL-A. (Our son who can't stop vaping.)





This is an e-cig or Juul.

- This is a buttonless, battery operated electronic cigarette, also known as a Juul (which is the brand name.)
- It can go by other names such as “puff bars” “hit sticks”
- You don’t need to buy anything separately, this is an all inclusive product. (Except for Juuls where you have to buy a pod.) The pod is the black mouth piece, and a 4 pack of these cost about \$30. They last a very long time, though. People tend to like these because they are much cheaper than cigarettes.
- Juuls are not flavored, however other brands such as puff bar come in a vast variety of flavors, including menthol.
- This particular device cost about \$20.
- Average nicotine hit is around 5%.

How to Code for Smoking (copied from icd10data.com)

- [F17](#) Nicotine dependence
 - [F17.2](#) Nicotine dependence
 - [F17.20](#) Nicotine dependence, unspecified
 - [F17.200](#) uncomplicated
 - [F17.201](#) in remission
 - [F17.203](#) Nicotine dependence unspecified, with withdrawal
 - [F17.208](#) with other nicotine-induced disorders
 - [F17.209](#) with unspecified nicotine-induced disorders
 - [F17.21](#) Nicotine dependence, cigarettes
 - [F17.210](#) uncomplicated
 - [F17.211](#) in remission
 - [F17.213](#) with withdrawal
 - [F17.218](#) with other nicotine-induced disorders
 - [F17.219](#) with unspecified nicotine-induced disorders
 - [F17.22](#) Nicotine dependence, chewing tobacco
 - [F17.220](#) uncomplicated
 - [F17.221](#) in remission
 - [F17.223](#) with withdrawal
 - [F17.228](#) with other nicotine-induced disorders
 - [F17.229](#) with unspecified nicotine-induced disorders
 - [F17.29](#) Nicotine dependence, other tobacco product
 - [F17.290](#) uncomplicated
 - [F17.291](#) in remission
 - [F17.293](#) with withdrawal
 - [F17.298](#) with other nicotine-induced disorders
 - [F17.299](#) with unspecified nicotine-induced disorders



Overweight, Obese, Morbidly Obese

- What is the difference?



Statistics on Obesity in Truck Drivers

- Nearly seven in ten drivers are obese, according to businessinsider.com.
- 17% of those are morbidly obese, which is 100 pounds over your ideal weight.
- There are very few options for truckers to have access to healthy food.
- Most truck stops have “fast food” only, grab and go type items which are high in fat and calories.

Quick! Name Your Favorite Travel Snack!

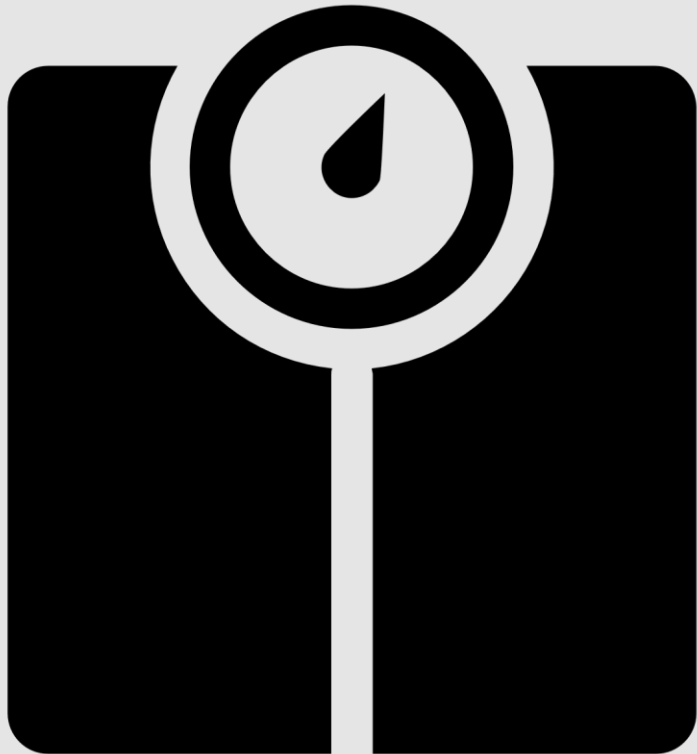


This Photo by Unknown Author is licensed under CC BY-SA



This Photo by Unknown Author is licensed under CC BY-SA-NC

It's a Weighty Situation!



- MUST CODE THE CONDITION FIRST!
- The most common codes are
 - E66.3 Overweight
 - E66.9 Obesity
 - E66.01 Morbid (severe) obesity
 - Only if the provider documents the patient's BMI, are we to code it. Even if we have a BMI calculator handy, that is considered CLINICAL and as coders, that is not our role.

Lack of Exercise

Codes Related to Exercise

- [Z72.3](#) Lack of physical exercise
- [Z72.4](#) Inappropriate diet and eating habits
- Again, we can't code these unless the provider specifically diagnoses this in the record.

I've been in lots of parking lots, I don't know if I'd do this.



Insomnia and Hypersomnia

Insomnia



Hypersomnia





Obstructive Sleep Apnea G47.33

- Obstructive sleep apnea, frequently documented as OSA, is an intermittent air flow blockage during sleep.
- Symptoms include snoring (R06.83) and daytime sleepiness (R40.0). Remember that if a provider documents obstructive sleep apnea, we are not to code the signs and symptoms. Many times, before a patient has an OSA diagnosis, s/he will be diagnosed with the signs and symptoms first.
- OSA is more prevalent in people who are obese. Weight loss, sleeping on your side, and reducing alcohol usage can help OSA symptoms.
- CPAPs and BiPAPs are often prescribed for patients with an OSA diagnosis.

Coding Insomnia and Hypersomnia

[G47](#) Sleep disorders [G47.0](#) Insomnia

[G47.00](#) unspecified

[G47.01](#) due to medical condition

[G47.09](#) Other insomnia

[G47.1](#) Hypersomnia

[G47.10](#) unspecified

[G47.11](#) Idiopathic hypersomnia with long sleep time

[G47.12](#) Idiopathic hypersomnia without long sleep time

[G47.13](#) Recurrent hypersomnia

[G47.14](#) due to medical condition

[G47.19](#) Other hypersomnia

- What can truckers do, which is legal while operating a commercial vehicle?
- Take Melatonin.
- Counting sheep (doesn't have to be sheep, any mundane counting should work.)
- Put phone away, turn TV off!
- Try a sleep app, like the sounds of rain with thunder. Consider Spotify or YouTube.
- Keep the trucker cabin cool and dark.
- Avoid sugar or caffeinated beverages.

Are you at Risk for OSA?

Take the STOP-BANG TEST!!!

[The Official STOP-Bang Questionnaire Website \(stopbang.ca\)](http://stopbang.ca)

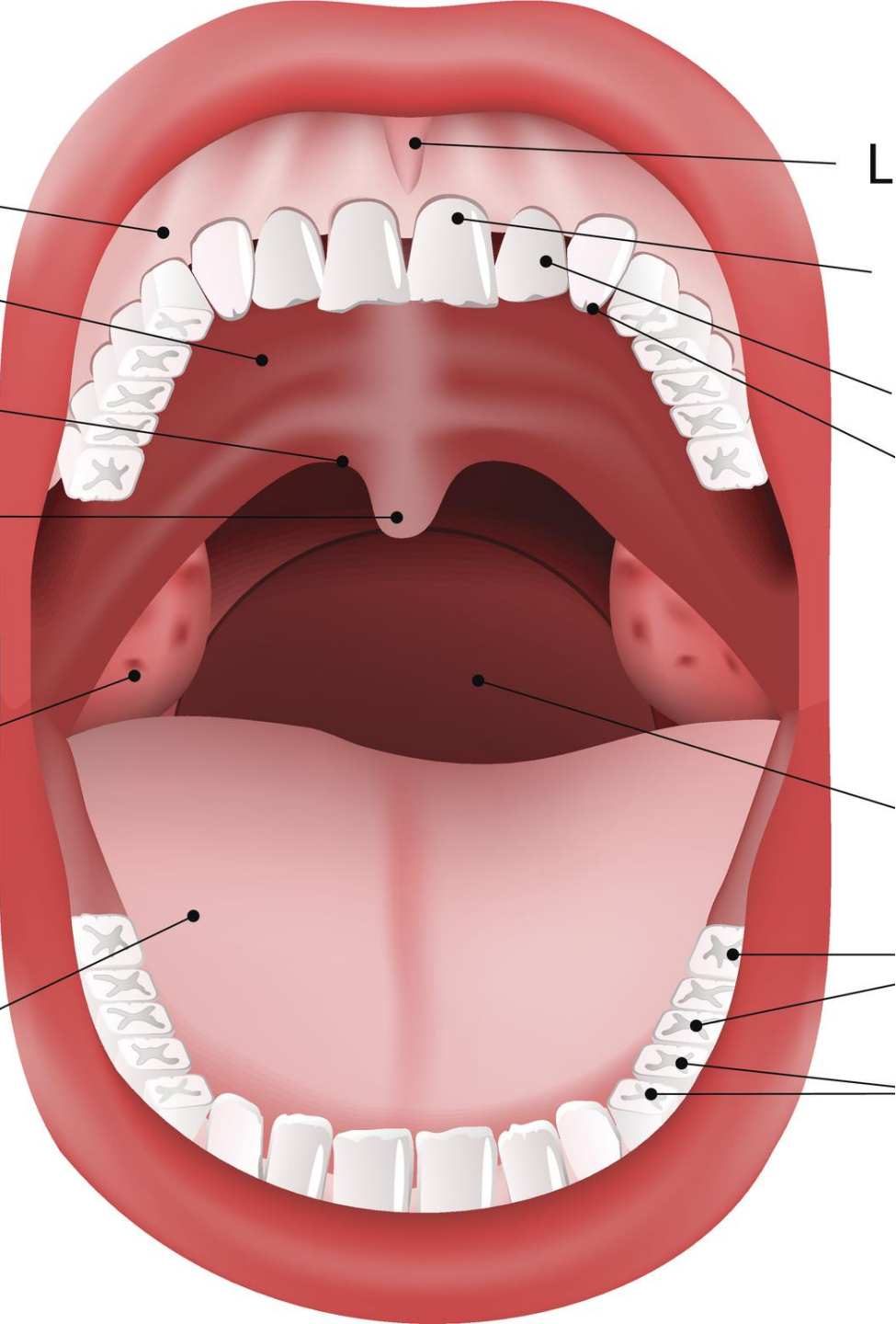
Each question is worth 1 point.

Low risk is 0-2 points.

Intermediate risk is 3-4 points.

High risk is 5-8 points.

- S: do you **SNORE**?
- T: are you **TIRED**?
- O: has anyone **OBSERVED** you stop breathing or choking/gasping during sleep?
- P: do you have high blood **PRESSURE**?
- B: **BODY MASS INDEX** of 35 or higher?
- A: **AGE** older than 50?
- N: **NECK** size larger than 16 inches?
- G: **GENDER** = male?



Uvulopalatopharyngoplasty CPT code 42145

- **Uvulopalatopharyngoplasty** (also known by the [abbreviations](#) **UPPP** and **UP3**) is a surgical procedure or [sleep surgery](#) used to remove tissue and/or remodel tissue in the throat. This could be because of sleep issues. Tissues which may typically be removed include:
 - The [tonsils](#)
 - The [adenoids](#)
 - Tissues which may typically be remodeled include:
 - The [uvula](#) (see [uvulotomy](#))
 - The [soft palate](#)
 - The [pharynx](#)
 - This procedure, even though outpatient, usually requires an authorization with most insurance companies. They also want to see CPAP usage and other lifestyle changes before this will be a covered procedure.

Trucker's Hours

- Truckers are allowed to work a total of 14 hours per day; it can be a combination of driving and loading/unloading.
- Truckers must take at least a 30 minute break if s/he works longer than 8 hours.
- Truckers are required to take a 10 hour break after working 14 hours straight.
- Truckers are allowed to work up to 70 hours in an 8 day period.
- All of this will be tracked by computers and satellites, so there's no cheating on your log books! (supposedly)



Shift Work Disorder Diagnoses

[G47.2](#) Circadian rhythm sleep disorders [G47.20](#) Circadian rhythm sleep disorder, unspecified type

[G47.21](#) Circadian rhythm sleep disorder, delayed sleep phase type

[G47.22](#) Circadian rhythm sleep disorder, advanced sleep phase type

[G47.23](#) Circadian rhythm sleep disorder, irregular sleep wake type

[G47.24](#) Circadian rhythm sleep disorder, free running type

[G47.25](#) Circadian rhythm sleep disorder, jet lag type

[G47.26](#) Circadian rhythm sleep disorder, shift work type

[G47.27](#) Circadian rhythm sleep disorder in conditions classified elsewhere

[G47.29](#) Other circadian rhythm sleep disorder



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

The symptoms of shift work disorder include:

Excessive sleepiness when you need to be awake, alert, and productive.

Insomnia, or the inability to **sleep** when you need to. ...

Sleep that feels unrefreshing or insufficient.

Difficulty concentrating.

Lack of energy.

Irritability or depression.

Difficulty with personal relationships.

Signs and Symptoms of Shift Work Disorder



OY MY ACHING BACK!

- Back pain plagues many truck drivers. Hours and days on end sitting in the driver's seat can injure drivers!
- Even with air ride seats, it only prolongs the inevitable. People were not created to sit on their butts all day and hold a wheel.

Back Pain Codes

Codes

M54 Dorsalgia

- [M54.0](#) Panniculitis affecting regions of neck and back
 - [M54.00](#) site unspecified
 - [M54.01](#) occipito-atlanto-axial region
 - [M54.02](#) cervical region
 - [M54.03](#) cervicothoracic region
 - [M54.04](#) thoracic region
 - [M54.05](#) thoracolumbar region
 - [M54.06](#) lumbar region
 - [M54.07](#) lumbosacral region
 - [M54.08](#) sacral and sacrococcygeal region
- [M54.09](#) Panniculitis affecting regions, neck and back, multiple sites in spine
- [M54.1](#) Radiculopathy
 - [M54.10](#) site unspecified
 - [M54.11](#) occipito-atlanto-axial region
 - [M54.12](#) cervical region
 - [M54.13](#) cervicothoracic region
 - [M54.14](#) thoracic region
 - [M54.15](#) thoracolumbar region
 - [M54.16](#) lumbar region
 - [M54.17](#) lumbosacral region
 - [M54.18](#) sacral and sacrococcygeal region

- [M54.2](#) Cervicalgia
- [M54.3](#) Sciatica
 - [M54.30](#) unspecified side
 - [M54.31](#) right side
 - [M54.32](#) left side
- [M54.4](#) Lumbago with sciatica
 - [M54.40](#) unspecified side
 - [M54.41](#) right side
 - [M54.42](#) left side
- [M54.5](#) Low back pain
 - [M54.50](#) unspecified
 - [M54.51](#) Vertebrogenic low back pain
 - [M54.59](#) Other low back pain
- [M54.6](#) Pain in thoracic spine
- [M54.8](#) Other dorsalgia
 - [M54.81](#) Occipital neuralgia
 - [M54.89](#) Other dorsalgia
- [M54.9](#) Dorsalgia, unspecified

How Can You Treat Back Pain?

- **Depending on the type of back pain you have, your doctor might recommend the following:**
 - Over-the-counter (OTC) **pain** relievers. ...
 - Muscle relaxants. ...
 - Topical **pain** relievers. ...
 - Narcotics. ...
 - Antidepressants. ...
 - Injections.
- **Treatment at Home or In Your Truck**
 - Use an ice pack and an over-the-counter **pain** reliever such as acetaminophen, aspirin, ibuprofen, or naproxen. After the inflammation calms down, a heating pad or pack can help soothe muscles and connective tissue. If you have chronic **back pain**, sleep on a medium-firm mattress.
 - A driver cannot use a narcotic unless a provider clearly states that it will not impair driving; Federal Motor Carrier Safety Regulations Pocketbook. And definitely not while driving!
 - Use a tens machine or even an electric blanket.



REPETITIVE STRAIN INJURY (RSI) - COMMON SYMPTOMS

- Tenderness or pain in the affected muscle or joint
- A throbbing or pulsating sensation in the affected area
- Tingling, especially the hand or arm
- Sensitivity to cold or heat
- Persistent aches
- Fatigue or loss of strength
- Clumsiness

Repetitive Strain Injury

- A term used to describe damage and pain caused by repetitive movement and overuse.
- Repetitive strain injury impacts muscles, nerves, ligaments, and tendons. These types of injuries can be caused by improper technique or overuse. The elderly are most commonly affected.
- Symptoms include tenderness, stiffness, or tingling in the affected area.
- Treatment may include anti-inflammatory drugs, physical therapy, ergonomic evaluation, and rarely surgery.

Coding Repetitive Stress Injuries

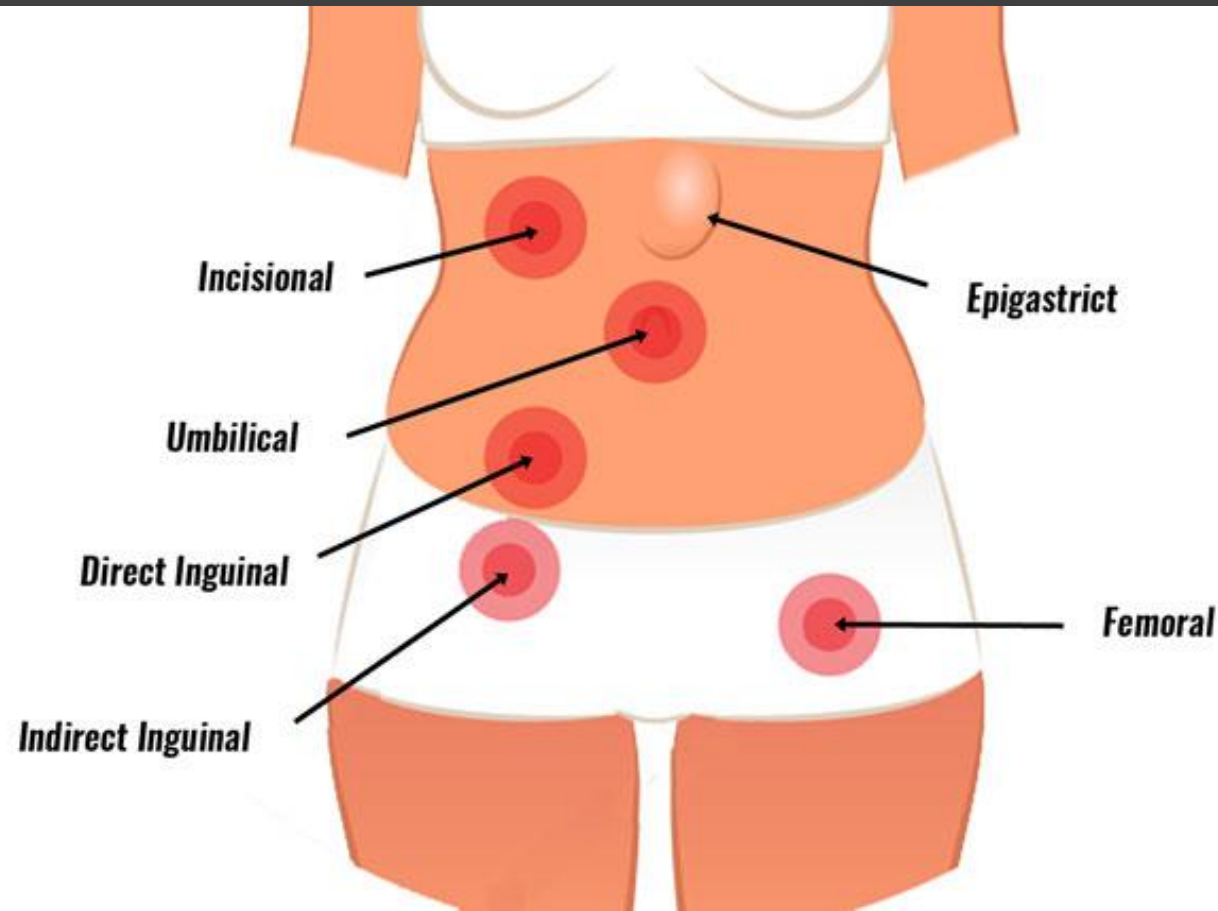
- The location of the injury would be the primary diagnosis; for example, left wrist pain, or right hip pain, or bilateral knee pain.
- The overexertion codes, seen here, do require a 7th character. It would not be correct to just use X50.0.
- Many times, these are worker's comp cases, so getting the laterality correct is very important!



X50 Category

- [X50](#) Overexertion and strenuous or repetitive movements
 - [X50.0](#) Overexertion from strenuous movement or load
 - [X50.0XXA](#) initial encounter
 - [X50.0XXD](#) subsequent encounter
 - [X50.0XXS](#) sequela
 - [X50.1](#) Overexertion from prolonged static or awkward postures
 - [X50.1XXA](#) initial encounter
 - [X50.1XXD](#) subsequent encounter
 - [X50.1XXS](#) sequela
 - [X50.3](#) **Overexertion from repetitive movements**
 - [X50.3XXA](#) initial encounter
 - [X50.3XXD](#) subsequent encounter
 - [X50.3XXS](#) sequela
 - [X50.9](#) Other and unspecified overexertion or strenuous movements or postures
 - [X50.9XXA](#) initial encounter
 - [X50.9XXD](#) subsequent encounter
 - [X50.9XXS](#) sequela





What is a Hernia?

- A hernia occurs when an internal part of the body (such as the intestine), pushes through a weakness in the overlying muscle wall, resulting in a soft lump. Symptoms include pain in the groin or abdomen which is worse with activity or coughing.

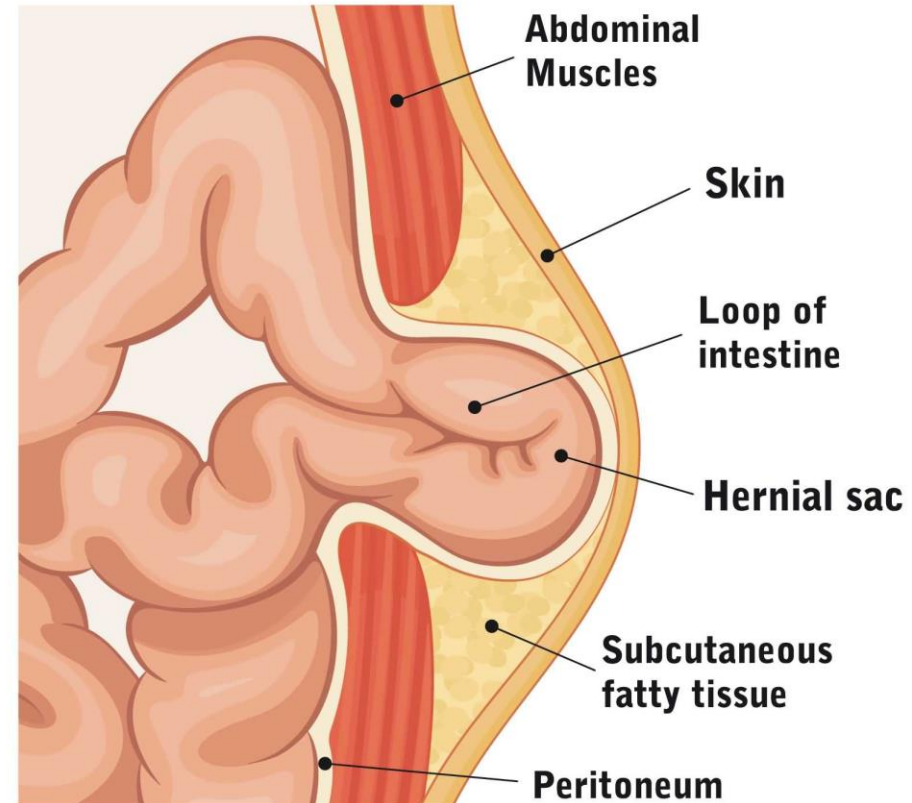
Symptoms of Hernias

- These **can** include things like heartburn, trouble swallowing, and chest pain. In many cases, **hernias have no symptoms. You may not know you have a hernia** unless it shows up during a routine physical or a medical exam for an unrelated problem.
- A **bulge** in the area on either side of your pubic bone, which becomes more obvious when you're upright, especially if you **cough** or strain.
- A burning or aching sensation at the **bulge**.
- **Pain or discomfort** in your groin, especially when bending over, **coughing** or lifting.
- Symptoms include a sudden pain when straining or lifting which often eases after the initial period of pain or discomfort.
- The lump may come and go as the internal part moves in and out of the gap in the muscle wall.
- Sometimes the lump will completely disappear when lying down or grow bigger when coughing or sneezing, which may also trigger pain.
- There are several types of a hernia which are classified based on location with the two most common types being an inguinal hernia and a femoral hernia.

Coding for Hernias K40-K46

- All the categories cover the same specifications:
- Is this unilateral or bilateral?
- Is there obstruction?
- Is there gangrene?
- Is it recurrent or non recurrent?

UMBILICAL HERNIA





Stress, Depression and Loneliness

- Truckers spend a lot of time alone. It can get very lonely out on the road.
- According to qz.com, the divorce rate for the transportation industry as a whole is 40.583%.
- Because the hours are unpredictable, it might be difficult to stay in touch with friends and family.

Why Are You Depressed? You Have a Great Job, Freedom, No Boss Hanging Over Your Desk???

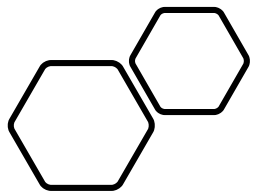
- Loneliness: may not have seen spouse or kids in weeks, possibly months
- 4 Wheelers: Being around cars which don't respect trucks on the road is incredibly stressful.
- Dispatch: You might not have a good relationship, or any relationship with your dispatcher. S/he might send you somewhere you don't like to drive. Or give an impossible deadline to get there!
- Health issues; it's hard to see a doctor when you're gone all the time. And when you're home, you'd rather be with family, so many truckers ignore their health.
- Being held up at a receiver for unloading. Truckers do not get paid for the time that the trailers are being unloaded.
- Dishonest brokers who lie about prices and timelines in order to just get product off their plate, but onto yours!

This Job is STRESSFUL!

- Deadlines
- Driving Sleepy
- Other Drivers, both commercial and regular
- Poor Weather Conditions
- Unexpected Expenses Like Price Gouging for Necessities at Truck Stops; you will pay a lot of money for something as simple as Advil or bandaids at a truck stop!
- Boredom
- Passing DOT physicals
- Being expected to break the laws of physics for the almighty dollar. Sorry, I cannot make it from Orlando to Oregon in two days.
- Missing spouse, kids, friends, parents, hobbies, your own bed, your own bathroom, pets.

But...Being a Truck Driver is Kinda Awesome, Too

- Trying new foods; Chicago pizza, Tex Mex, Philly subs!
- Casinos have buffets and plenty of truck parking!
- Meeting new people in restaurants and truck stops.
- Being able to visit relatives and old friends when I passed through their towns.
- Being able to take my children in the truck on their summer vacations around the United States; now our oldest son is also a truck driver.
- Took Sarah on a few shorter trips too!
- Seeing some of the most beautiful landscapes; my favorites are Mt. Hood, The Great Salt Lake, I saw New Orleans just a few weeks before Katrina hit, I've been under the Chesapeake Bay, I've been across the world's 2nd highest span bridge in WV, I've been on both Mexican and Canadian borders, I've crossed the Mississippi River from Minnesota all the way to Louisiana, I've seen many national landmarks, such as the St. Louis Gateway Arch, Washington Monument, the Freedom Tower in NYC, Native American reservations, I've seen the Atlantic, the Pacific, the Gulf of Mexico, all 5 Great Lakes.



We Traveled Together!

- Please note: Sarah never drove. You're welcome. Her job is drinking the coffee and sitting on tractors.



In Conclusion...

- Our truckers face lots of adversity, especially when it comes to health.
- Please drive carefully and respect trucks on the road!
- Remember that almost every single thing you own, was brought to you in some way by a trucker!



Reach Out to the Speaker!

SarahTheCaffeinatedCoder
@gmail.com



Sarah Ragan, COC, CPC, CPMA, CRC, CFPC, AAPC Approved Instructor

Senior Coder, Virtual Speaker, Business Owner, Resume Writer, Job Coach, Coffee Drinker, Sunshine Optimist!

Talks about #aapc, #coding, #medicalcoder, and #virtuallspeaker

Greater Orlando · [Contact info](#)

4,126 followers · 500+ connections

Open to

Add profile section

More



It's CEU time!

- **Breakout Session F:**
- **Health Conditions of the American Trucker**
- **1.50 CEUs**