



Rolling Strong

2021 Transportation Summary





Rolling Strong is the only company that offers an enterprise level workplace wellness solution that was built for the transportation industry.

We understand the critical challenges that fleets face with turnover, medical recertification, health care costs, accidents, injury and maintaining a good culture within a mobile workforce.



With decades of combined wellness, transportation and technology experience we deliver a solution that drives positive change in the workplace, connects people and provides tools that actually make sense to the end user.



- The program is easy to deploy using our wellness management console.
- As a managed service solution, our account management team will guide your company to success.
- Our screening tools will help access your population, define the highest areas of risk and deliver an action plan to promote healthy change.
- Rolling Strong focuses on the 5 essential methods of wellness (Nutrition, Hydration, Sleep, Fitness and Wellbeing).
- Our coaching model incorporates motivational interviewing and the stages of change methodology.
- As we set individual and company goals, our platform will report participation and engagement and progress.
- Connect wearables, meet with coaches, log daily wellness activities to earn points and advance through levels of the program.
- All supported by a highly customizable and dynamic gamification tool you can motivate and reward your employees to build long term healthy habits.
- All of this wrapped together in a socially engaging environment, supported by education and driven by people who care.



Professional Drivers

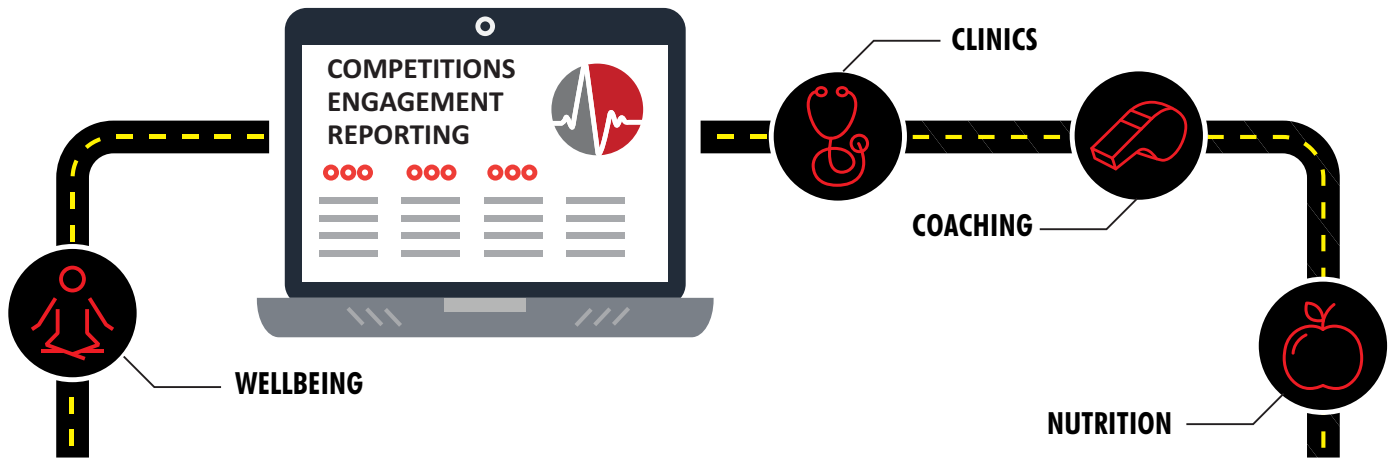


Office Staff



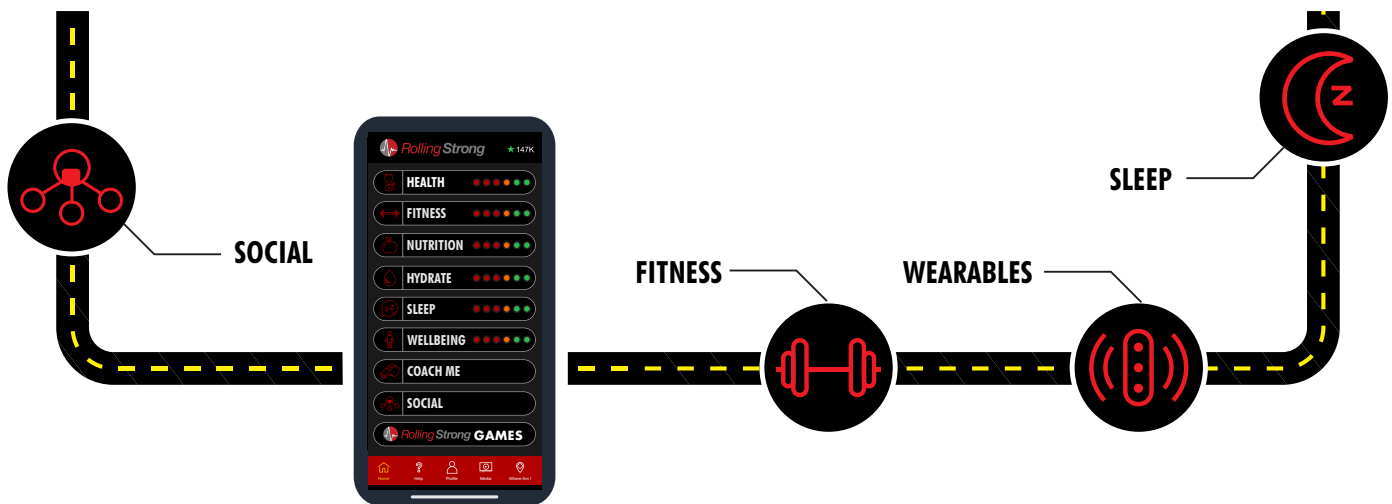
Spouses & Family





Rolling Strong

A State of the Art Wellness Technology Platform



Rolling Strong Wellness is a powerful platform and managed service company that will bring both a return and value on your investment.

With a wide range of services, we can customize our solution so it caters to your population and its challenges. Thousands of members have changed their lives using this program. Rolling Strong can help your company grow and nurture a healthy culture and create a more positive and impactful workforce.

For .25 cents per employee per day we can make a difference.



Thank You!