

# Resolve to Save Thousands in Driver Replacement Costs

Start 2021 by Helping Your Drivers Pass  
the DOT Re-cert Exam and Stay on the Road

**FIT  
TO  
PASS**<sup>®</sup>  
From  
ESP<sup>Y</sup>R



# BEING A PROFESSIONAL DRIVER IS NOT ALWAYS THE HEALTHIEST JOB

For professional truck and bus drivers, the combination of too much sitting, too little exercise and an unhealthy diet can lead to high blood pressure, high cholesterol, obesity, type 2 diabetes, heart conditions and more. That can make passing the DOT re-certification exam quite a challenge.

Of course, since most of 2020's requirements were waived, it's been a while since you lost a driver to a failed DOT re-cert exam. But now that testing is back, a lot more of your drivers are about to put their cards on the line.

Combine that with soaring driver turnover rates and you could be facing tens of thousands of dollars in driver replacement costs.

Now, more than ever, you need to do whatever you can do to keep your drivers on the road – to make sure they're Fit to Pass®.



## Help Now, and Down the Road

Fit to Pass is the New Year's resolution you and your drivers can keep. It's a year-round coaching program designed to improve the health of professional drivers, but that's not all. For the 90 days leading up to each driver's DOT re-cert exam, we kick things into high gear, putting that driver in the best position to pass.

Developed by Espyr® and Bob Perry (The Trucker Trainer™), Fit to Pass is easy, effective and extremely beneficial, both for drivers and employers:

- *Keeps drivers on the road*
- *Helps retain experienced, skilled drivers*
- *Saves on hiring and training new drivers*
- *Reduces absenteeism*
- *Increases overall productivity*



## Specially Trained Coaches

Espyr's licensed, professional Fit to Pass coaches will create customized behavioral plans to help keep your drivers on the road. They're trained in the behavioral change and motivation techniques necessary to help your drivers overcome the barriers and challenges to developing sound health habits – and pass the DOT re-certification exam.

# DEVELOPED BY TRUCKING & HEALTH EXPERTS

THE TEAM BEHIND FIT TO PASS IS EXTREMELY EXPERIENCED IN PROFESSIONAL TRUCK AND BUS DRIVING, DRIVER HEALTH AND EMPLOYEE COACHING.



## BOB PERRY

For 25 years, Bob Perry has been bringing a healthy and fit lifestyle to CDL drivers. He makes regular appearances on the radio, at industry events and in his column on TheTrucker.com. With all that experience, you know Fit to Pass has been developed with your drivers' needs in mind.

## ESPYR®

Through their industry-leading coaching and assistance programs, Espyr has been helping employees maintain good health – and stay on the job – for more than 30 years. Their clients include some of the most challenging occupations, like US Customs and Border Protection, the US Coast Guard and many law enforcement agencies.



# FIT TO PASS PAYS FOR ITSELF – GUARANTEED

\* The Costs of Truckload Driver Turnover, Upper Great Plains Transportation Institute

\*\* National Registry of Certified Medical Examiners

Replacing just one driver costs an average of \$8,243\* – and that doesn't include the loss of skill and experience.

On average, 40% of drivers are on a short-term card (one year or less),\*\* and of those, about half will fail their next exam without coaching help. Depending on the size of your company, you could be looking at tens of thousands in replacement costs.

These few examples give you an idea of how much you can save:

NUMBER OF DRIVERS	ESTIMATED SAVINGS RANGE (AFTER COST OF FIT TO PASS)
50	\$13,486 – \$21,729
200	\$53,944 – \$86,916
500	\$134,860 – \$217,290

While we can't guarantee your exact net savings, we can – and do – guarantee that Fit to Pass will more than pay for itself. Which means you have nothing to lose and everything to gain, like keeping your skilled drivers on the road, improving the health of all drivers and improving your bottom line.

## ADDITIONAL SAVINGS

Not having to replace drivers will save you thousands. But Fit to Pass saves you in other ways, too.

- Healthier drivers mean savings on medical expenses and insurance.
- Fewer sick days and lower turnover rates mean additional savings.
- Healthier drivers are safer drivers, which means less risk and more savings.

# HEALTHY SUPPORT FOR FIT TO PASS

FROM TRANSPORTATION COMPANY OWNERS TO PROFESSIONAL DRIVERS TO OUR VERY SUPPORTIVE SPONSORS, EVERYONE IS ON BOARD WITH FIT TO PASS. THIS IS JUST A SMALL SAMPLING OF THEIR KIND WORDS.

*100% of drivers using Fit to Pass said it was very effective at helping them meet their health and fitness goals.*

~ Client Survey of Fit to Pass Users

*"I've lost 20 pounds! I'm making better food choices and walking regularly. My Fit to Pass coach is holding me accountable and making me feel proud."*

~ Bambi Bealer, Driver

*"By helping our drivers make better food and exercise choices, Fit to Pass has changed lives."*

~ Ellen Voie, Women In Trucking

*"I'm a huge fan of Bob Perry and this program."*

~ Al Smith, Greyhound Corporate Director of Safety and Security

*"I'm grateful for Fit to Pass for helping me pass my DOT physical, change my lifestyle and making me a healthier driver."*

~ Andrea Lewis, Driver

*"I had started a jumble of fitness routines, but needed someone to help me pull it all together. My Fit to Pass coach did just that and kept me focused on my goals, which now feel very attainable."*

~ Anonymous Driver

*"I tried a lot of diets, but nothing worked. Thanks to my Fit to Pass coach, I now feel I can achieve anything I set my mind to. I feel much more successful."*

~ Donna Anderson, Driver

## Some of the Biggest Names in Trucking Support Driver Health by Sponsoring Fit to Pass

OUR PROUD SPONSORS  
**TRANSFLO**  
FOUNDING SPONSOR





## START NOW, SAVE NOW

As a free gift to you and your drivers, this Driver Health Pack comes with three driver handouts to help your drivers get on the road to better health:

- Walk to Pass
- Eat to Pass
- Hydrate to Pass

Each handout is filled with valuable information – healthy first steps to share with your team immediately.

## CLAIM YOUR SIGN-ON BONUS

Now, for a limited time, when you sign up your drivers for one year of Fit to Pass, you'll get a one-time cash sign-on bonus of \$5 per signed driver! That's in addition to all you'll save by not having to recruit, hire and train new drivers.

To calculate your total sign-on bonus, just multiply your number of signed drivers by 5.

**To sign up today, call 888-570-3479 or go to [FitToPass.com](https://FitToPass.com).**

**START SAVING. SIGN UP TODAY**

**FIT TO PASS<sup>®</sup>** From **ESPYR<sup>®</sup>**

888-570-3479 | [FitToPass.com](http://FitToPass.com)