



BUILT FOR THE ROAD

LACK OF SLEEP +
CONSTANT SITTING + FAST FOOD

38%+

of long-haul drivers face
obesity-related health risks—
nearly twice the national rate.

Source: NIH, 2019

**Truck drivers and
field crews deserve
a health plan that
moves like they do.**

Traditional health plans weren't designed for cab seats, work vans or cell towers. Skai Blue Cross Blue Shield reframes healthcare for the realities of mobile workforces: irregular schedules, missed appointments, sleep deprivation and other issues that force many to delay or avoid care. These conditions lead to increased risk of injury or chronic conditions like diabetes, hypertension and heart disease.

SkaiBlueCross.com

**Skai keeps frontline
workers connected
and on course:**

- **Virtual visits**
Fast help, routed to local providers on the road
- **Mobile-first coaching**
Chronic care support between stops
- **Behavioral health**
Support for isolation and fatigue
- **Fatigue management**
Sleep coaching to reduce accident risk
- **Personalized care**
Plans that flex with each worker's schedule

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