

We Are The Z-Team!

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SIMPLE IDEAS TO IMPROVE YOUR HEALTH

Every person's health is vital to that individual and their family — as well as the company. That's why ZTL offers comprehensive health benefits. Almost



everyone participates in some form or another in the health care system today . That's likely to be even more certain in the future. New cases of now common ailments such as diabetes and chronic heart disease are expected to more than triple from now through 2030. So for now and the future, there are some easy and inexpensive ways for you to improve your health and reduce your chances of having serious health issues.

Reconnect with your Primary Care Physician (PCP). A preventive annual visit evaluates your current health status when you are not experiencing any symptoms. This benefits you because it allows you to discuss issues about your health, genetics and family history, and lifestyle/behavior choices. Your doctor can make recommendations to steer these in the right direction. Additionally, exam results that appear slightly uncharacteristic can be noted. At each future visit your PCP will keep track so you can either retest, continue to evaluate symptoms or outcomes, and ensure something doesn't develop into a catastrophic situation. There is considerable data showing simple interventions, like a preventive annual exam with your doctor, can result in meaningful health improvements.

Consider visiting a dentist. A simple routine of brushing and flossing, in addition to regular dental checkups, can be enough to help prevent tooth decay, gum disease and bad breath. Regular checkups can help keep your teeth cleaner, maintain your overall health, and prevent painful problems from developing. Your dentist can not only determine the health of your teeth, mouth and gums, but can also draw conclusions about your overall health. Oral exams are important to determine any oral diseases and conditions you may have that can affect your overall health, such as: bad breath or bleeding gums can be a symptom of adult-onset diabetes; Bruxism, the grinding or clenching of one's teeth, is a telltale sign of stress; the tissues in your mouth may change and be a sign of more serious issues, for example, red spots on the tongue can point to immune system disorders; a dental X-ray can alert a dentist to possible osteoporosis if bone loss is seen.

Seeing a dentist twice a year is recommended for most people. However, people with very little risk of cavities or gum disease can usually see their dentist just once a year, while people with a high risk of problems might need to see the dentist every three or four months for optimal care. Remember, maintaining good oral hygiene is one of the most important things you can do for your teeth and gums.

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ZTL Health Care by the Numbers

The monthly health care bill for the 123 employees and families on our plan costs \$135,000 per month. Employees pay approximately 36% of the cost and ZTL pays about 64%. In 2016 ZTL's plan covered \$1.5 million dollars in health care benefits for our employees and their families.

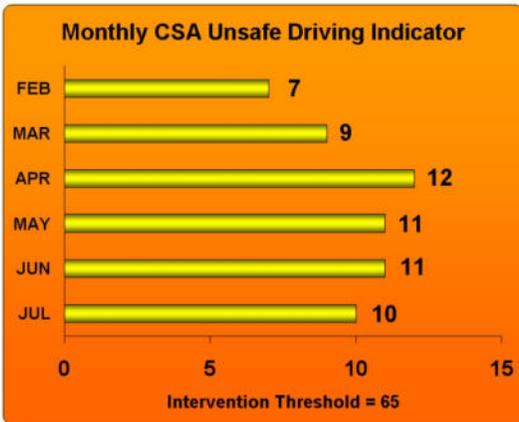
YOUR “HEALTH TEAM” CAN HELP YOU !

(... continued from Front Page)

Become a better consumer of health care. As consumers look to take control of their health care and spending habits, they should get acquainted with the concept of “shopping around” for health care services. This can be accomplished by doing cost comparisons, understanding differences in quality of service and using a personal cost-benefit equation to determine when the expense is worthwhile. On the individual level, employees can save a lot of money by asking questions and searching for the most economic option that doesn’t sacrifice value. Examples include asking about cost for treatments and procedures, asking about alternative treatments, requesting generic drugs instead of brand name drugs, calling around to find the lowest cost procedures, treatments and medications, searching online resources for quality and price comparisons. Consumer driven health care is an influential movement precisely because it has the power to change the face of health care within one’s own family, while also bearing a positive force of change on the system as a whole. Competition may not be the entire answer to today’s health care dilemmas, but it is a move in the right direction.

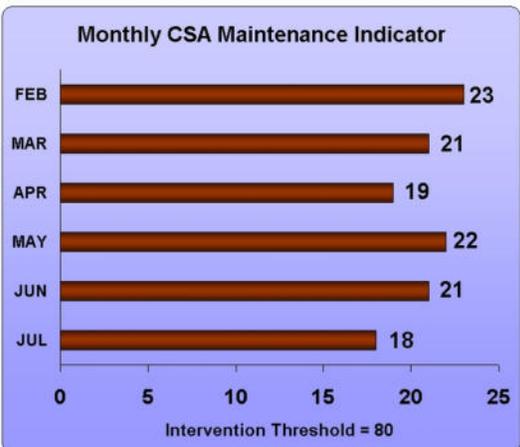
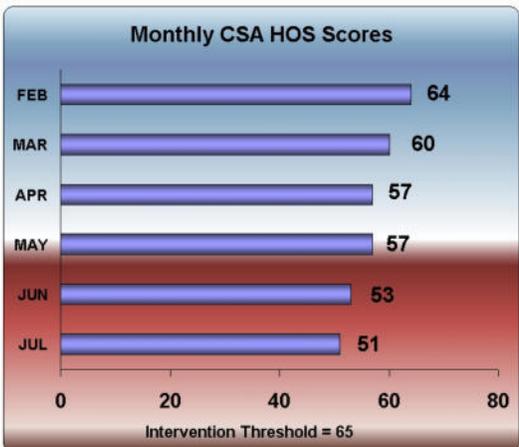
In summary

We know that living a healthy lifestyle affords our employees (and families) many benefits. By establishing a trusting relationship with your physician, maintaining healthy habits, and shopping carefully for value in health care services, you will benefit both financially, as well as improving your overall health!



CSA SCORES

As of July 28th, our latest CSA HOS score continues to show solid improvement and the long term trend is good. Other indicators (unsafe driving, crash, and maintenance) show ZTL is living up to it’s good reputation. Our casualty insurance rep recently praised ZTL for our improved safety record in 2017!

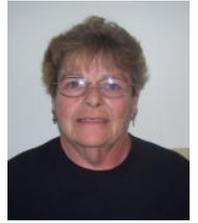




NEWS ABOUT OUR OWN



Late afternoon around 5:20 PM, Van Division driver **Carol Morrison** was eating dinner at the Petro Travel Plaza in Laramie, WY, when she was paged. Carol soon learned her parked truck, 1757, had been hit by another truck in the parking lot. Under load and undaunted, Carol spent the next four hours “repairing” her vehicle using a vice-grip and rolls of Gorilla Tape.



She then proceeded from Laramie to Rockingham, NC where she delivered her load and picked up another one. She delivered that load in Philadelphia and finally came back home to Central PA to get her truck repaired. “She did a really good job patching it up,” said **Dave Wetzler**, Operations Manager, “and no aspect



of safety was compromised.” Above you can see a collage of three photos: (Left) the damaged truck, (Center) the “tape job”, and (Right) the truck after repair (totaling over \$14,000 in damages) before the exterior panel was placed on. Our hats are off to Carol for keepin’ the wheels rollin’!



Within a two day period, August 2nd and 3rd, three more ZTL employees had “grand babies.” **Scott Landis, Jim Price, and Gina Himes** all had happy news in this very short time. Baby Gracie James Himes-White is featured in the photo. Congratulations to all!



Shop foreman Thomas Naylor, Zimmerman Truck Lines

Tom Naylor, Shop Foreman was featured and quoted earlier this month in a Kenworth press release. The story highlighted the Platinum Dealer status of Kenworth of PA in Carlisle. Tom, extolling the value of KW of PA’s convenient service, was mentioned no less than nine times in the release. The release also featured photos of truck 1752.



MARK SAYS, “BE SURE TO CALL WHEN ...”

- ... your pickup or delivery address is different than what you’ve been sent previously.
- ... freight you are picking up or delivering is damaged; ***in this case you must call before pulling away from the loading dock!***
- ... you are delayed for any reason and will miss your pickup or delivery time.
- ... you have not received a reply from a message (allow 10 to 15 minutes during normal business hours).
- ... you are involved in an accident.
- ... you have been sitting for more than 90 minutes at a shipper or consignee and are still not ready to leave.



www.WeAreTheZ-Team.com

TIED UP ON HOLD?



If you've been put on hold after calling in recently, then you know we've upgraded our on-hold "entertainment." This is the first change in almost 14 years! The new announcements are customized just for ZTL. They are a long format blend of classic rock and country with interesting stories interspersed. Mark Zimmerman promotes different aspects of the company and talks about why ZTL is a great place to work. Other staff members (notably **Geoff Hosband** and **Tom Naylor**) talk about what they do in the company. We're also using some of the recently

broadcast radio commercials including driver interviews. This summer we're featuring **Scott Landis** and **Gary Beatty**. If you like what you hear, after we pickup ask to be put back on hold!

safety photos
ZTL BOLs
accidents
shop Text repairs
camera
Text ZTL at ONE number:
937-839-8922
937-TEXTZ-22

DATES TO REMEMBER

Monday Sept 4 — Labor Day Holiday
Sat October 7, Winter Safety Meeting I
Sat October 28, Winter Safety Meeting II

Together we can make it better!

SEPTEMBER BIRTHDAYS ...

Charlie Leitzel — Sept 2
Brian Rudy — Sept 2
Marcel Ernst — Sept 7
Dakota Peck — Sept 7
Steve Hornblower — Sept 8
Darren Weaver — Sept 9
Tim Beers — Sept 11
Gary Beatty — Sept 12
Lane Rumberger — Sept 21
Chuck Miller — Sept 24
Dave Muretta — Sept 24
Richard Cressler — Sept 28
Steve Clouse — Sept 30
Dot Dowling — Sept 30

... AND ANNIVERSARIES

Roy Huffman — 44 years
Steve Arnold — 21 years
Jeanne Cashman — 21 years
Brian Griffiths — 18 years
Dan Haubert — 14 years
Tony Gudonis — 11 years
Samantha Syjud — 10 years
Kevin Bowes — 9 years
Russ Whitesel — 9 years
Cody Boone — 6 years
Greg Reigle — 6 years
Brian Tyger — 5 years
Clyde Swartz — 4 years
Kris Embly — 2 years
Julio Morales — 1 year
Tom Digan — 1 year



Happy Labor Day 2017!

QUOTE FOR THE MONTH

*"When I see something cheap,
I buy a lot of it!"*

*— Hetty Green, first
American woman millionaire*

ZIMMERMAN TRUCK LINES, INC.