



For Immediate Release

WellDoc® and the Healthy Trucking Association of America Partner to Address Diabetes in Trucking Industry; WellDoc Unveils Its Consumer Diabetes Health App, BlueStar® C, at Mid-America Trucking Show

BlueStar C Designed to Aid Truckers in Managing Their Diabetes On and Off the Road

Columbia, Maryland and Montgomery, Alabama – March 16, 2017 – Digital health leader WellDoc® and the Healthy Trucking Association of America (HTAA) announced today their partnership to help truckers living with diabetes. Additionally, WellDoc unveils its consumer diabetes health app, BlueStar® C, which is designed to aid individuals living with diabetes to manage their chronic condition.

Both organizations, through this initial launch, will introduce BlueStar C to truckers and fleets at the Mid-America Trucking Show (MATS) in Louisville, Kentucky, which takes place from March 23-25. Renegade Radio Nashville (RRN) is also partnering with HTAA and WellDoc, as the national media partner for BlueStar C. RRN's President and COO Jack Aponte (also known as on-air personality "Captain Jack") will join the HTAA and WellDoc teams at the MATS Booth (#76 173) to help introduce BlueStar C to truckers and fleets in attendance at the meeting. Access to and set up for BlueStar C will be available at MATS for the trucking audience.

"We are proud to launch BlueStar C, our consumer version of BlueStar and the latest offering in our suite of products for managing diabetes, via our collaboration with HTAA," said Kevin McRaith, CEO of WellDoc. "The trucking industry is facing a severe health crisis due to the prevalence of diabetes, and we are passionate about providing a solution to help individuals manage their diabetes. BlueStar C is geared for people like truckers, who lead hectic and busy lives. Our product can support them on their diabetes health journey."

According to the National Survey of Long-Haul Truck Driver Health and Injury conducted by the National Institute for Occupational Safety and Health (NIOSH), over two-thirds of respondents were obese (69 percent) and 17 percent were morbidly obese. Obesity increases the chance for type 2 diabetes, sleep apnea, heart disease, cancer, joint and back pain and stroke. The prevalence of diabetes among truck drivers was more than twice that of the general population (14 percent vs. 7 percent).¹

"Diabetes is an epidemic facing the trucking industry, and this charter project is top priority for HTAA," said Bill Gordon, President & CEO of HTAA. "We are embarking on this significant partnership with WellDoc, a leader in developing digital health solutions for individuals living with chronic diseases, because our core mission is to provide truckers with solutions to help maintain their health and wellness. Diabetes and its related complications can disqualify drivers from receiving or maintaining their commercial driver's license—ultimately taking away their livelihood. We believe BlueStar C will truly help truckers stay on track with their diabetes self-care, both on and off the road."



WellDoc supports people living with diabetes with a suite of products. Its FDA-regulated platform, BlueStar and BlueStar Rx, was designed with clinical outcomes in mind. WellDoc's digital therapeutic app supports the lifestyle changes and all medication regimens that people with diabetes are often prescribed. Additionally, the user data is summarized and shared with healthcare providers to assist in clinical decision-making. BlueStar C shares many of the same key features of BlueStar and BlueStar Rx, but with a distinct lifestyle focus that provides daily essential support for better self-care, health and wellness. Additionally BlueStar C helps users track and share their diabetes self-management data with their families, caregivers, and healthcare teams.

Truckers are encouraged to visit Booth #76 173 while at MATS to learn more about BlueStar C. Additionally, HTAA and WellDoc are meeting with representatives of fleets to share the benefits of providing BlueStar C to their drivers. Any fleets interested in speaking with HTAA and WellDoc should call WellDoc's Vice President, Market Access – Client Solutions, Christina Hedge at: 410-627-9006.

About WellDoc®

WellDoc® is the leading digital health company revolutionizing chronic disease management to help transform lives. Our groundbreaking digital health technology is guiding individuals through the complicated journey of living with chronic diseases, with a goal of improving their health and helping them to be more balanced. We are the first digital health company based on a life science business model, and our foundation is built on randomized clinical trials that demonstrate significant clinical outcomes. We have mastered diabetes management by taking an aggressive and innovative approach that utilizes sophisticated logic and precise algorithms, and integrates the most advanced mobile technology, behavioral insight, and diabetes education for those living with type 2 diabetes. Our FDA-cleared, proven digital therapeutic, BlueStar®, provides real-time and timely individualized coaching and support, as well as diabetes educational tools that are actionable and personal. Our clinical evidence shows a 1.7 to 2.0 point A1C reduction for adults living with type 2 diabetes who used BlueStar®. For more information, visit www.WellDoc.com and www.BlueStarDiabetes.com.

About the Healthy Trucking Association of America

The Healthy Trucking Association of America (HTAA) was established as a result of alarming statistics concerning the unhealthiness of the professional truck driver population. Current statistics show that over-the-road professionals have an average life expectancy of less than 61 years and exhibit well above average occurrences of a wide variety of ailments and conditions, including high blood pressure, sleep apnea and obesity to name a few. HTAA offers programs to improve the health of professional drivers and has quickly evolved into the leading authority on driver health and wellness issues.

The mission of HTAA is promoted via multiple lines of communication, including representation at all major transportation trade shows, the annual Healthy Trucking Summit, Healthy Trucking Brunches, an interactive website, a variety of digital media vehicles, and a monthly newsletter. To learn how you can become involved with the Healthy Trucking Association of America please call 800-800-1198 or visit www.HealthyTruck.org.



About Renegade Radio Nashville

RenegadeRadioNashville.com (RRN) is a Country Music Radio Station on the Internet which broadcasts live from Music Row in Nashville, TN. RRN was founded in 2011 with a vision to change the direction of country music. Captain Jack, co-founder, with over 40 years programming experience has since used the airwaves of the station to combine the music with a message. The much needed informational segments regarding heart failure, hepatitis C, psoriasis and other major ailments and diseases have been directed to all listeners but specifically truckers, farmers and veterans. These efforts have brought RRN the ICMA award for "Best Radio Station" in 2013, 2014 and 2015. The station strives to deliver a quality product for our fans and partners.

¹ <https://blogs.cdc.gov/niosh-science-blog/2015/03/03/truck-driver-health/>

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