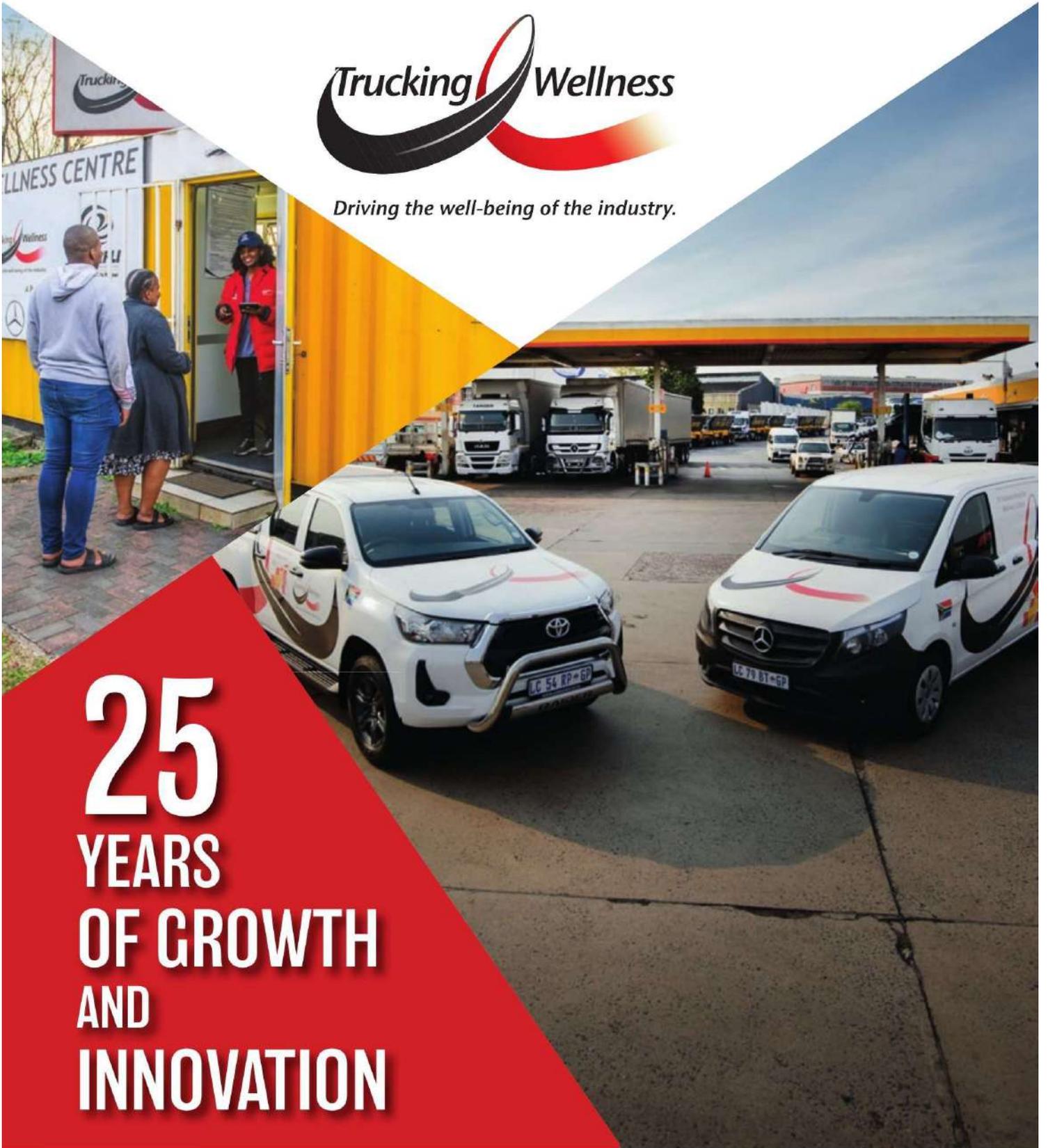


A *FleetWatch* Publication



Driving the well-being of the industry.



25
YEARS
OF GROWTH
AND
INNOVATION



DAIMLER TRUCK
Southern Africa



DAIMLER TRUCK

Southern Africa



CONGRATULATIONS ON REACHING THIS INCREDIBLE MILESTONE OF 25 YEARS!

Wishing you continued success and prosperity in the years to come.



Driving the well-being of the industry.

DRIVING THE WELL-BEING OF THE INDUSTRY



Musa Ndlovu
National Secretary
National Bargaining
Council for the
Road Freight and
Logistics Industry

FOREWORD

IT IS with immense pride and gratitude that I pen this foreword to mark the 25th anniversary of Trucking Wellness, an organization that has become synonymous with excellence in promoting the health and wellness of South Africa's road freight and logistics industry.

When Trucking Wellness was originally established, it was in response to a critical need: to address the devastating impact of HIV/AIDS on the trucking industry. Recognizing the unique challenges faced by truck drivers, whose long hours and mobility often put them at heightened risk, we set out to provide targeted education, testing, and treatment. What began as a bold vision to tackle one of the most pressing health crises of our time has grown into a comprehensive network of wellness clinics offering a wide range of health services.

Today, our work extends far beyond the trucking industry. Our clinics, strategically located along major transport routes, now serve not only truck drivers but also surrounding communities, ensuring access to primary healthcare, chronic disease management and wellness programs.

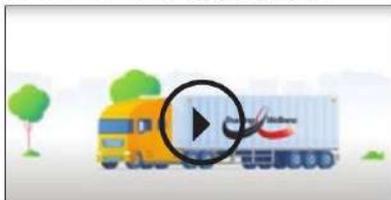
This milestone would not have been possible without the unwavering support of our sponsors. Their belief in our mission and their generous contributions have been the lifeblood of our work. To our sponsors, past and present: thank you for sharing our vision and enabling us to turn it into reality. Your partnership has made it possible to transform lives, strengthen communities, and support the economic backbone of South Africa – the trucking industry.

As we celebrate 25 years of Trucking Wellness, we do so with gratitude for the journey thus far and excitement for the road ahead. Here's to another 25 years of world-class service and leadership in health and wellness.

Musa Ndlovu

Learn more about Trucking Wellness

 WATCH
THE VIDEO



**Trucking Wellness is more than a
healthcare service**

<https://youtu.be/Oag8fNTpBA>

 WATCH
THE VIDEO



**Trucking Wellness services are
available via mobile clinics**

<https://youtu.be/k8MkIQYOlxM>

 WATCH
THE VIDEO



**Trucking Wellness – no person is
left without care and support**

<https://youtu.be/1bDVcGeQ6So>



CELEBRATING 25 YEARS • PARTNERS



DAIMLER TRUCK
Southern Africa



Maretha Gerber,
CEO and President,
Daimler Truck
Southern Africa

KEY FOCUSES ARE ON DRIVER SAFETY AND WELLNESS

DAIMLER TRUCK Southern Africa proudly congratulates Trucking Wellness on their 25th anniversary. Driver safety and wellness are key strategic focuses for DTSA, and through the Trucking Wellness Programme, we have created immense value not only for our customers but also for the entire trucking community and all road users over the decades. Healthy truck drivers are safer truck drivers, making South African roads safer for everyone. We deeply appreciate your contributions and tireless efforts in this regard and wish you continued success for the next 25 years." Maretha Gerber, President & Group CEO, DTSA

Maretha Gerber



Thania Dhoogra
Chief Operating Officer
N3TC

CLINICS ON N3 ENSURE HEALTHCARE FOR DRIVERS

THE PARTNERSHIP between Trucking Wellness and N3TC ensures that access to effective primary healthcare services is within reach of our vital trucking sector and some of the most vulnerable communities along the N3 Toll Route. The N3 Wellness Clinics have been instrumental in positively impacting on the lives of thousands of drivers and vulnerable community members in a safe and convenient manner, on a daily basis. The success of the road freight industry relies heavily on effective healthcare to ensure the well-being of truck drivers, enabling them to consistently meet the demands and tight deadlines of the freight and logistics industry.

We extend our heartfelt gratitude to Trucking Wellness who have invested in the well-being of truck drivers and their aligned communities over the past 25 years. Your efforts have made a tangible difference and have helped to educate and save many lives. We are proud to be celebrating this milestone with you.

Thania Dhoogra

DRIVING THE WELL-BEING OF THE INDUSTRY



DRIVEN BY PASSION

IN TODAY'S fast paced and competitive work environment, the health and well-being of employees can often take a back seat. It is with great pride that we, at Reef Tankers, present this foreword, reflecting our ongoing commitment to the wellbeing of our community and the Truck Drivers who form the backbone of our industry.

Since 2011, we have been honoured to serve as the proud sponsor of the Roodekop Trucking Wellness Clinic. More than just a facility, the Roodekop Trucking Wellness Clinic embodies our unwavering dedication to fostering wellness, providing invaluable access to vital healthcare services, wellness advice, and raising essential awareness about health matters. It is a testament to our belief that every individual - regardless of their profession or background - deserves access to quality healthcare and support.

Investing in employee's health and well-being is essential for creating productive and a successful working environment. By addressing challenges, and implementing effective strategies, transport organizations can reap numerous benefits, including improved productivity, decreased absenteeism, and enhanced job satisfaction.

As we look ahead, our commitment to Trucking Wellness remains steadfast. We are determined to continue making a meaningful impact in the lives of those who visit the Wellness Clinic, ensuring that they receive the care and assistance they need to thrive on the road and beyond.

Vic Ferreira
Managing Director
Reef Tankers (Pty) Ltd



▲ The Wellness Centre at Reef Tankers was opened in 2011 and operates 5 days a week with a full-time nurse.



REEF TANKERS LAUNCHES FIRST DEDICATED CNG PRIME MOVER-EXPANDING PARTNERSHIP WITH CNG HOLDINGS



REEF TANKERS (PTY) LTD

A renowned transport service provider specialising in the transportation of dangerous goods, fuels, petro-chemicals and gas. With over two decades of experience, Reef Tankers is recognised for its commitment to excellence, safety, and reliability in delivering critical cargo across various industries. Aiming to continue to be a leader in the field, continuously portraying and believing in its commitment to its slogan: **DRIVEN BY PASSION.**

CNG HOLDINGS (PTY) LTD

A privately owned energy company operating in Southern Africa. Directly aimed and suited for all industrial applications, power generation and fleet owners wishing to switch and save by using Compressed Natural Gas to lower the carbon impact on the environment and utilising CNG as the **FUEL OF THE FUTURE.**

SUSTAINABILITY DEVELOPMENT

In an exciting new development in sustainable logistics, CNG Holdings (PTY) LTD, a leader in Compressed Natural Gas (CNG) solutions, and Reef Tankers (PTY) LTD are excited to announce the deployment of Reef Tankers' first dedicated CNG-powered delivery truck, named Tswelopele. Originally a demonstration model G410 Scania, this truck—whose Setswana name means “progress” or “development”—marks a significant milestone in their three-year partnership and underlines both companies' commitment to greener energy solutions and sustainable transport.

The CNG Prime Mover, recently acquired by Reef Tankers,

supports their on-going shift toward sustainable energy, with plans already in place to expand their fleet with more dedicated CNG vehicles. “Launching this Prime Mover into our delivery fleet symbolises our dedication to pushing sustainable energy boundaries,” comments Josua le Roux, CEO of CNG Holdings.

“Our partnership with Reef Tankers now not only improves gas accessibility but also demonstrates our active role in reducing environmental impact through innovative, eco-friendly logistics. This will assist to reduce our carbon footprint dramatically in the hard to abate industries like logistics and road transport as a proven alternative and technology in the logistics sector.”

The dedicated CNG Prime Mover complements CNG Holdings' state-of-the-art tube trailers, ensuring that each delivery is both environmentally conscious and reliably safe. Through this initiative, both companies are partnering in paving the way for broader adoption of alternative fuel solutions within the industrial logistics sector.

Vic Ferreira, Managing Director of Reef Tankers, adds, “With CNG fuelling one of our prime movers, we are proud to set a new benchmark in sustainable transport. This CNG Asset aligns perfectly with our core values and vision for safer, cleaner, and more responsible delivery practices.”

Both companies anticipate that this eco-friendly innovation will inspire more sustainable transport initiatives across the logistics industry, demonstrating the viability of CNG as an efficient and eco-friendly fuel source with proven commercial infrastructure and application across the Gauteng province.



Trucking Wellness marks 25 Years of driving Health and Safety for truck drivers

With 2024 marking the 25th anniversary of Trucking Wellness, *FleetWatch* correspondent Paul Collings examines how vision, collaboration, innovation and dedication continue to transform the lifeblood of trucking in South Africa.



1999 - 2010

- Trucking Wellness registers an estimated 15-25% improvement in overall health outcomes for truck drivers by 2010.
- Awareness education programmes reach almost 450 000 individuals.
- Approximately 155 000 patients registered with nearly 52 000 treated for STIs
- More than 11 million condoms distributed.
- Over 700 people sign on for the Wellness Fund Treatment Programme.

Imagine this scenario. The year is 1997 and a mysterious contaminant has infected the diesel supply chain, causing the engines of thousands of freight-carrying trucks in South Africa to seize irreparably. A 'Logistics Crisis' ensues and our nation's fledgling democratic economy, out of sheer necessity and political expediency, receives immediate and significant financial support from public and private entities, both local and offshore, to rescue its 'Logistics Sector'.

Now, picture a second scenario, where the dire threat to the logistics industry is a mysterious and *fatal* infection affecting *thousands of long-haul truck drivers!*

While the first scenario never actually occurred, the second one did! South Africa's

trucking industry during the 1990s was facing a severe existential threat as HIV/AIDS decimated the ranks of its professional driver pool.

Did swift and substantial financial aid come to the rescue back then? Not by a long shot!

Elevating Activism to Pro-Activism

Despite the South African government's establishment and funding of the National AIDS Plan (NAP) in the mid-1990s to create mass awareness of the disease amongst South Africa's diverse communities, there was no targeted intervention for truck drivers where HIV-positive status was estimated to be a staggering 56%.

FleetWatch publisher and editor,

In 1999, the HIV infection rate amongst long-haul truck drivers and sex workers was well above 50%. In 2024, the figure stands at 1,88%

Tertius Wessels,
Managing Director,
Corridor Empowerment
Project

CELEBRATING 25 YEARS

As NBCRFLI, we pride ourselves on the contributions Trucking Wellness has and continues to make safeguarding the health and well-being of employees which, in turn, keeps the wheels of the trucking industry turning. Our commitment to the welfare of industry employees is demonstrated by the introduction of the Wellness Fund Health Plan which offers affordable quality private healthcare and comprehensive chronic disease and HIV management programmes for NBCRFLI members who are diagnosed at Trucking Wellness clinics.

Musa Ndlovu,
NBCRFLI National Secretary.

Patrick O'Leary (who was part of the industry lobby that sounded the alarm about the 'silent killer' inside South Africa's road freight sector), reflects on those stressful years: "The trucking industry realised in the 1990s that it would have to mobilise its own resources behind some initiative that would target truck drivers - and the industry at large - in a concentrated effort outside of the NAP and outside any other initiatives."

With their collective voice finally being heard in parliament as the Millennium approached, South African road freight companies, trade unions and the South African Business Coalition on HIV and AIDS (Sabcoha) joined forces with the transport industry-funded National Bargaining Council for the Road Freight and Logistics Industry (NBCRFLI) to form a proactive intervention called Trucking Against AIDS, launched late 1999.

The primary objective of Trucking Against AIDS was to create HIV/AIDS awareness among long-distance truck drivers and sex workers. The goal was to reduce the number of new HIV infections and mitigate the impact of HIV/AIDS on road freight industry employees, their spouses and the broader community.

Today, in 2024, at the milestone of the 25th anniversary of Trucking Wellness (which became the official brand name of Trucking Against AIDS in 2008), NBCRFLI National Secretary, Musa Ndlovu, describes the perennial challenges facing South Africa long-haul truck drivers:

"Each day in the life of a long-distance truck driver involves incredibly demanding hours, travelling long distances with prolonged time away from home and loved ones. Loneliness encourages many drivers, married or single, to find comfort on the side of the road - generally in the arms of a sex worker. The consequences are devastating, with STI's and HIV/AIDS being rapidly spread from one truck stop to another."

Implementing a Vital Vision

The team behind Trucking Against AIDS/Trucking Wellness had a clear and challenging vision to take HIV/AIDS education and treatment to the workplace,

▼ Wellness Clinics provide diagnosis, treatment, care & support of primary health problems, STI diagnosing & treatment and HIV counselling and testing.



DRIVING THE WELL-BEING OF THE INDUSTRY



which for long-haul truckers is the network of national logistics corridors and highways.

Within the scope of the vision was the establishment of static clinics at reputable truck stops, staffed with professional healthcare practitioners, equipped with the materials and tools necessary to counsel, test and treat clients affected by HIV/AIDS.

The first Trucking Wellness Roadside Wellness Centre was established in 2000 in Beaufort West in the Western Cape. An old shipping container was converted into a state-of-the-art clinic allowing for an innovative and proactive approach in the testing, counselling and prevention of HIV/AIDS in South Africa.

Tertius Wessels, Managing Director of Corridor Empowerment Project, which project manages Trucking Wellness (under the auspices of the NBCRFLI), has been at the coalface of the programme since its inception, helping to steer funds, equipment and skills to where they are most needed.

"It wasn't easy getting truck drivers to use our first clinic. The stigma around being HIV-positive was so strong back then that drivers would rather go untreated than face the humiliation of being recognised as HIV-positive. When we invited sex workers and community members in the area to make use of our free and confidential voluntary counselling and testing (VCT) services, the atmosphere of fear and distrust evaporated and truck drivers, sex workers and community members began to undergo counselling and treatment at the clinic," Wessels recalls.

With the Beaufort West clinic providing the necessary 'proof-of-concept', Trucking Wellness was fast drawing positive attention from not only the national long-haul truck driver community but from the transport and logistics industry itself, including leading truck fleets, the Road Freight Association (RFA) and truck OEMs.

"We realised very early on that the services we provided to stop HIV/AIDS from spreading, which included the distribution of free condoms, needed to be expanded to include chronic medical conditions that prevail in the long-distance truck driver community – conditions like

► Villiers 2022: Nutri-go porridge was handed out to drivers as an incentive to get tested.

diabetes, high blood pressure and high cholesterol levels," says Wessels.

"The need to address these health issues was as important as HIV treatment. A driver suffering from a chronic illness is hardly safe behind the wheel of a heavy-duty rig, nor is he doing himself and his family any favours by not seeking treatment for his ailments."

It was obvious back in the early 2000s that in order to expand Trucking Wellness's spectrum of services, "a large capital injection" from the trucking industry via the NBCRFLI (and potentially from Government) would be needed.

With industry and governmental eyes closely watching the progress of Trucking Wellness at the Beaufort West clinic, the financial assistance required to grow Trucking Wellness into a world-class healthcare network arrived relatively swiftly.

Expanding the Footprint and Spectrum of Services

In 2003, the RFA boosted the coffers of the NBCRFLI with a donation to help finance two new Roadside Wellness Centres – on the N4 at the Komatipoort border post and on the N1 at Hanover. ► 10



2011 - 2018

- **2011** - Trucking Wellness purchases 10 new Sprinter vans
- **2012** - Participated in International World AIDS conference in Washington DC
- **2013** - Trucking Wellness nurses attend Human trafficking workshop
- **2014** - Implementation of the Fleet Owner Workplace Wellness Programme
- **2015** - Trucking Wellness buys five new LCVs
- **2016** - Seven Wellness Clinics fully revamped
- **2017** - Cloud-based reporting system introduced to Wellness Mobiles
- **2018** - Partnership formed with FleetWatch's "Your Truck Your Gym"

CELEBRATING 25 YEARS

The Trucking Wellness Programme is an advocate of change... encouraging people to change mind-sets and values in making healthier lifestyle changes.

That same year, Daimler Chrysler (as it was known then) donated a Mercedes-Benz Sprinter van to enable Trucking Wellness practitioners to visit truck fleet depots, exhibitions and various events related to transport and HIV/AIDS awareness.

A sizeable contribution to both the NBCRFLLI and Trucking Wellness came from the Swedish International Development Cooperation Agency (SIDA) amounting to R65-million from 2004 to 2010.

"The financial support Trucking Wellness received from SIDA helped immensely to expanded our spectrum of healthcare services beyond HIV/AIDS," Wessels explains. "Trucking Wellness could now provide testing and treatment for sexually transmitted infections (STIs), tuberculosis (TB), diabetes, and hypertension.

SIDA's backing also helped establish additional wellness centres, enabling more truck drivers and logistics workers to access healthcare along the country's major trucking routes.

Mercedes-Benz SA, (now Daimler Truck Southern Africa), had contributed four vans and a caravan to the Mobile Wellness fleet, and pledged its ongoing financial support for the programme.

In 2008, toll Concessionaire, N3TC also began supporting Trucking Wellness and in 2024, continues to do so. Thania Dhoogra, Chief Operating Officer of N3TC states:

"N3TC's partnership with Trucking Wellness has been instrumental in unlocking access to quality primary healthcare by communities along the N3 Toll Route for more than two decades. The N3 Wellness Centres have continued to positively impact thousands of drivers and some of the most vulnerable communities in a safe and convenient way on a daily basis."

In 2003, Government promulgated the Wellness Fund (which drew monthly contributions from truck fleet employers and employees), handing the management of the road freight industry's contributions to the NBCRFLLI. The Department of Health (DoH), Department of Transport



▲ 2020 – Mask handout during the Covid-2019 epidemic



▲ Mooi River World Aids Day event - 2022.



▲ Supergroup vaccination roll-out to truck drivers - 2021



▲ Truck drivers practicing social distancing in 2020.

DRIVING THE WELL-BEING OF THE INDUSTRY



(DoT) and Department of Labour (DoL) were getting behind Trucking Wellness in meaningful ways too, while state-owned enterprises also put their resources behind Trucking Wellness in its formative years, including the national roads agency, SANRAL and the South African National AIDS Council (SANAC).

Other government departments also put their weight behind Trucking Wellness, helping it evolve into an holistic transport industry healthcare programme. The DoT supported Trucking Wellness by highlighting the importance of driver health in maintaining road safety and partnering with Trucking Wellness on campaigns that linked wellness to safe driving practices.

The DoT worked with the trucking industry to establish regulations that encouraged employers to ensure that drivers had access to wellness services, with a view to promoting a safer, healthier workforce in the road freight sector.

The DoL and the NBCRFLI worked together to develop health and safety standards that aligned with Trucking Wellness's goals, effectively ensuring compliance with labour laws and workplace health standards within the road freight industry, most notably, those regarding driver access to healthcare services."

The impressive and sustainable momentum Trucking Wellness had achieved in just 10 years (including a

▲ Ventersburg Wellness Clinic relocated to Shell Ultra City, Kroonstad, N1 North Eastm Bypass, Kroonstad – 26 August 2024.

glowing international reputation for its pioneering work in primary healthcare delivery) was based on the efficacy of the Trucking Wellness concept of taking primary healthcare directly to the highway, a business model essentially, substantiated by year-on-year statistical evidence of a decline in HIV/AIDS infections and chronic illnesses amongst Trucking Wellness clients, be they truck drivers, sex workers or community members.

Forging Long-term Partnerships with Industry Leaders

During its first decade of operations, Trucking Wellness attracted significant industry support from companies like Mercedes-Benz South Africa (now Daimler Truck Southern Africa), N3TC, Imperial Logistics (now DP World), Engen, UTI and TNT International. While their financial contributions helped grow the programme's footprint and capacity, it was in the period from 2010 to 2019 that formal, long-term partnerships with trucking industry leaders were forged, further solidifying the Trucking Wellness operational base. ▶ 12

2019 - 2024

- **2019** - 22 Mobile staff participated in HIV Councelling & Testing quality assurance training facilitated by the FRD.
- **2020/21/22** - Dispense 10 000 COVID-19 vaccinations in Gauteng.
- **2023** - Annual Trucking Wellness workshop covers gender-specific cancers, male sexual health, epilepsy, binge drinking and depression.
- **2024** - Development of a Client Engagement Survey aimed at gathering feedback from clients regarding their experience at Wellness Centres.

▼ FleetWatch Golf Day Activation 2024



CELEBRATING 25 YEARS

Four of our key account customers successfully implemented the Fleet Owners Workplace Wellness Programme in 2023 where 31 436 people received healthcare information and education, 20 096 truck drivers received primary healthcare treatment, 22 920 HIV tests with counselling were conducted and 458 workplaces were visited, providing 15 451 employees access to onsite health screenings. These are impressive figures!

Maretha Gerber, President and CEO of Daimler Truck Southern Africa

During 2010, Mercedes-Benz SA (MBSA) cemented its partnership with Trucking Wellness with a signed partnership agreement and a donation of R3.5-million. In 2011, Trucking Wellness purchased 10 new Mercedes-Benz Sprinter vans for its mobile fleet and in 2015, procured two Mercedes-Benz Vito vans and five Ford Ranger bakkies.

A key component of the partnership between Trucking Wellness and Daimler Truck Southern Africa was the launch of the Fleet Owner Workplace Wellness Programme in 2014, which saw the Mobile Centre fleet visiting key MBSA customer sites, offering the full spectrum of primary healthcare services and working with customer fleets and MBSA driver trainers to include the Trucking Wellness educational material into existing driver training programmes.

In 2011, Reef Tankers joined the Trucking Wellness family by funding a Roadside Wellness Centre at Reef Truck

Stop at Roodekop on the N1, south of Johannesburg.

The partnership is going strong to this day; testimony to the mission-critical role Trucking Wellness plays in South Africa's trucking industry.

"Reef Tankers is passionate about Trucking Wellness. The clinic at Reef Truck Stop continues to make a difference in the lives of community members of Leondale, as well as the thousands of drivers who visit our facility," says Vic Ferreira, Executive Managing Director of Reef Tankers.

Using Data to Drive the Future of Trucking Wellness

In 2015, Corridor Empowerment Project formed a Public-Private Partnership with clothing and textile workers' union SACTWU's Worker Health Program to enhance Trucking Wellness' infrastructure via new Monitoring and Evaluation (M&E) data

▼ Pool Transport implemented the Fleet Owners Workplace Wellness Programme – Tertius Wessels of Trucking Wellness (second left) congratulates the Pool Transport team.



By 2010, Trucking Wellness had 21 fixed wellness clinics strategically located on all the major logistics corridors in South Africa, with a permanent staff contingent of 42 at the Wellness Centres, six drivers for the Mobile Centres and 10 head-office staff members in Gauteng.

DRIVING THE WELL-BEING OF THE INDUSTRY



collection tools installed at all Roadside Wellness Centres.

As more advanced data collection and monitoring tools have entered the Wellness Centres and Mobile units over the years, Trucking Wellness has been able to deliver accurate statistics that underscore the effectiveness of the programme.

The Trucking Wellness 2023 Annual Report reflects a steady drop in the rate of infections, and thus treatments, among its target groups: "The percentage of patients receiving STI treatment at the Trucking Wellness Roadside Wellness Centres has reflected a constant year-on-year decrease over the past two decades, starting at 44% in 2002 and reaching 6,73% in 2023."

The period from 2020 to 2024 saw Trucking Wellness support the national COVID-19 vaccine rollout in Gauteng but the effect of the lockdowns did see numbers of visitors to the Wellness Centres decline. However, today Wessels and his team are back in full swing and ready for a challenging future.

"Over the 25 years of Trucking Wellness, we've treated close on one million clients and witnessed the critical risk to driver health shift from HIV to



▲ CEO and President Martha Gerber (3rd from left) and team members embarked on a Roadshow starting at Roodekop Trucking Wellness Clinic followed by stops at clinics at Villiers and Harrismith.

The promulgation of the Wellness Fund was a pivotal milestone for Trucking Wellness, giving us the financial security we needed to grow the programme with confidence.



▲ Visiting our Roadside Wellness or Mobile Clinics could change your life.

our services accordingly and the results have been encouraging. However, there are always new health risks facing society and of course, truck drivers who conduct cross-border duties are particularly vulnerable to new viral strains.

"All of us at Trucking Wellness are sincerely grateful for all the support we've received from our partners over the years and humbly encourage other road freight industry stakeholders to join forces with us to help extend our reach into the Southern African region.

"Additional funding will enable us to establish an international footprint and implement an advanced wireless driver health monitoring system designed to identify diseases before they become difficult to manage," Wessels concludes.

FleetWatch applauds Trucking Wellness for its groundbreaking efforts over 25 remarkable years. If tenacity means anything to us truckers, it is embodied in the efforts of Trucking Wellness which embraces the truism – "Your truck driver is your #1 asset!" □



▲ Driver Symposium 2024

Driving Health and Wellness on the N3 Toll Route



Safety. Convenience. Mobility.

THE LIVES OF long-distance truck drivers are incredibly challenging, with demanding hours and extended periods away from home and loved ones. Added to this is the prevalence of HIV/AIDS, tuberculosis, malaria, high cholesterol and hypertension, which plague the trucking- and affiliated communities.

Since its inception in 1999, Trucking Wellness has provided first-line healthcare education and treatment to long-distance truck drivers and community members.

As a long-term beneficiary of N3TC's CSI programme, Touching Lives, Trucking Wellness ensures that high-risk individuals have access to quality primary healthcare. Five wellness clinics are strategically located along the N3 Toll Route. These clinics are supported by mobile clinics which provide basic health services to various outlying communities adjacent to the N3 Toll Route. Together, they help to promote community participation and the need for a non-gender-biased approach to healthcare within a broader socio-economic context.

Importantly, these clinics are open at times when government clinics are closed, and truck drivers and community members can receive treatment at no cost. HIV-positive clients are counselled and referred to the nearest healthcare facility, or an appointed HIV management programme to receive ongoing counselling and ARV treatment.

N3TC funding contributes to the significant costs of essential medical supplies, including primary health medication as well as HIV and wellness consumables. These expenses represent a substantial portion of the wellness clinics' operational costs.



During the same period, Trucking Wellness' Mobile Clinics participated in the N3TC Driver Wellness Days. They performed 182 wellness health screenings encompassing tests for blood pressure, blood glucose, cholesterol levels, and body mass index (BMI). Among the 182 clients attended to, 75 individuals underwent HIV testing to confirm their status.

"We are very proud of our partnership with Trucking Wellness to deliver health services to the trucking industry. They offer convenient and safe ways to truck drivers to manage their health and to limit the impact untreated health conditions may have on their careers and safe driving abilities," explains Thania Dhoogra, N3TC's chief operating officer. "Thousands of truckers use the N3 every day, and their health and safety should be of great concern to all of us."



Tested for HIV
(1666 from community and surrounding areas)



Primary healthcare provided to
(1614 were community members)



Health and Wellness Awareness Education provided



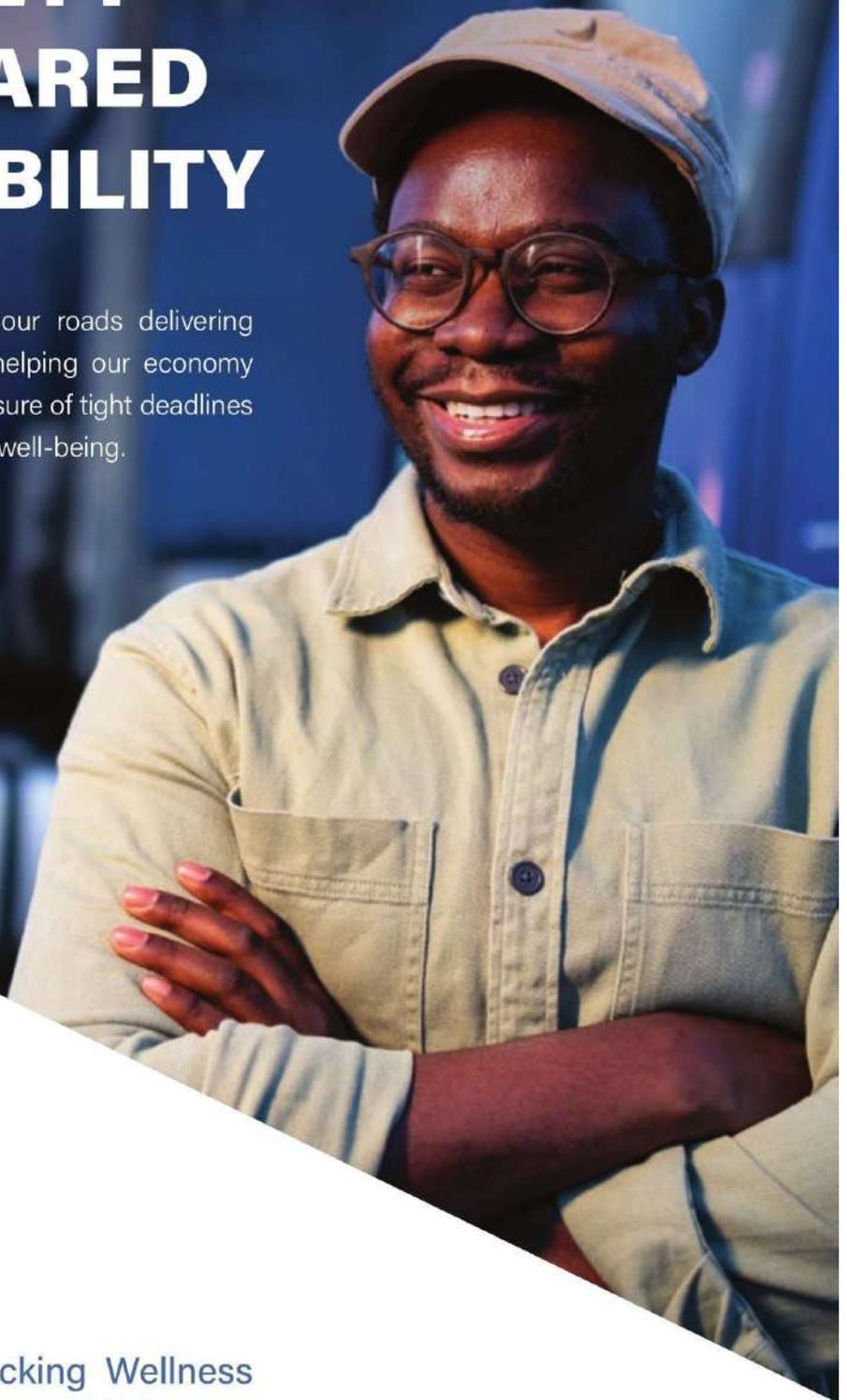
Treatment provided to individuals with STI infections



Male condoms dispensed

ROAD SAFETY IS OUR SHARED RESPONSIBILITY

Day and night, truck drivers travel our roads delivering essential goods and products, and helping our economy thrive. Demanding hours and the pressure of tight deadlines often take a toll on their health and well-being.



On the N3 Toll Route, Trucking Wellness and the N3TC Driver Wellness Clinics are your partners in good health.

24-hour N3 Helpline — 0800 63 43 57

www.n3tc.co.za  @N3Route  N3Route  n3route

N3TC

Safety. Convenience. Mobility.



Driving the well-being of the industry.

Together, we're driving change, one kilometre at a time



Your Health is Your Most Valuable Cargo

At **Trucking Wellness**, we understand that as a long-distance truck driver, your health can take a back seat. That's why our **Roadside** and **Mobile Clinics** provide convenient, on-the-go healthcare to keep you at your best. Whether you're on the highway or in a nearby town, we're here to help you stay healthy, safe, and road-ready.

Available **FREE** at our Roadside Wellness Clinics & Mobile Clinics

- ✘ Diagnosis, treatment, care & support of **primary health** problems or concerns (Only available at Roadside Wellness Clinic)
- ✘ **STI** diagnosis, treatment & education
- ✘ **HIV** awareness, information, education, counselling & testing
- ✘ **Enrolment** onto **Wellness Fund treatment programme** (ARV's) for Industry members
- ✘ **Referrals** to appropriate service providers for ARV treatment for HIV/AIDS for Non-Industry Members
- ✘ **TB & Malaria** awareness, information, education, screening and referrals for treatment
- ✘ **Condom** use education and distribution
- ✘ **Screening tests** for blood pressure, blood sugar, cholesterol and body mass index (BMI)



Get Your Health in Gear Today!

011 914 1610

www.truckingwellness.co.za

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Book a Mobile clinic for your company

Find the nearest Roadside clinic





Daimler Truck Southern Africa & Dealer Partners

Teaming up to express appreciation to truck drivers

For many South African truck drivers, October Transport Month may well pass without fanfare or special appreciation from the transport industry. Invariably, Transport Month for the nation's truckers is simply 'business as usual'. There are exceptions however. During October 2024, Daimler Truck Southern Africa (DTSA) and several of its dealer partners teamed up with driver health organisation Trucking Wellness at key points on major highways to personally thank and gift dozens of truck drivers with free health checks and goodies.

"At Daimler Truck Southern Africa, our purpose is clear: For all who keep Africa moving. Truck drivers are the backbone of our logistics network, playing a crucial role in transporting goods and driving economic growth across the continent. During Transport

Month, it was especially fitting to recognise and appreciate these dedicated professionals," says Maretha Gerber, president and group CEO at Daimler Truck Southern Africa.

This year, the initiative reached key areas including Bloemfontein, together with dealer Garden City Commercials Bloemfontein; Harrismith, together with Garden City Commercials Pietermaritzburg; Middleburg, together with McCarthy Kunene Middleburg and East London, through Ronnies Commercial Vehicles East London.

"Trucking Wellness joined the initiative to give truck drivers free health and wellness checks at the same time. Uncontrolled high blood pressure, identified once again during this outreach, remains the highest health risk for truck drivers. Therefore, providing health

◀ Ronnies Commercial Vehicle East London Group hits the highway – [Left to right]: Percy Damana (sales executive Fuso), Garth Hlatswayo (Mobile Health screener) Andre Botha (dealer principal), Tracy Dass (service manager), Leroy Crossman (sales executive -Mercedes Benz Trucks), Darryl Voke (sales manager), and Andreas Nkosi (Mobile Health screener).



▲ Expressing gratitude - Judith Bester of Trucking Wellness handing over a gift to a truck driver.

This initiative has helped Trucking Wellness to gain insights to further adapt and improve our services.

Judith Bester
Project Leader:
Trucking Wellness



◀ Garden City Commercial Vehicles Pietermaritzburg's Donovan Peckham (service manager) handing over a gift to a truck driver:

▼ Leroy Crossman (sales executive - Mercedes-Benz Trucks at Ronnies Motors Commercial Vehicles East London) extends a hand and a hamper of gratitude to a happy trucker:



Our truck drivers' **commitment** ensures shops remain stocked and our **economy thrives**.

Maretha Gerber, DTSA

education and lifestyle guidance to help regulate blood pressure, especially for those spending long hours on the road, remains a key focus for the Trucking Wellness project," says Gerber.

For Judith Bester, project leader at Trucking Wellness: "This initiative not only enabled us to provide the drivers with the necessary health information and education to improve their health, but also to gain insights into how Trucking Wellness can further adapt and improve our services to them to ensure healthier drivers and safer roads.

"I would like to thank Daimler

Truck Southern Africa for their ongoing support of the Trucking Wellness Programme and for making us part of this initiative. This was a wonderful experience, enabling us to interact, appreciate and engage in open conversations with the drivers about the health issues they face on a daily basis, which is invaluable to Trucking Wellness."

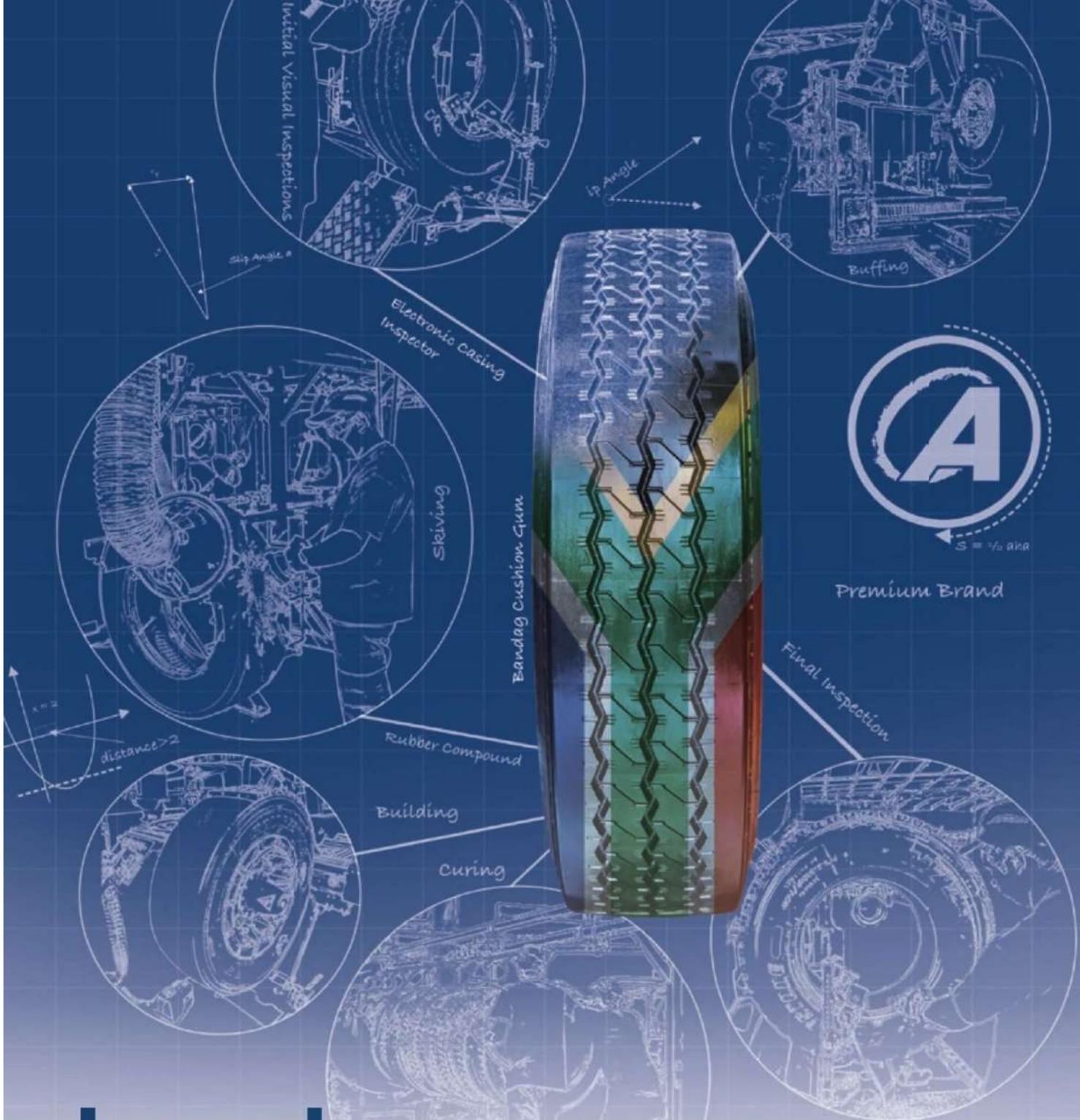
Gerber concludes: "Truck drivers endure long hours on the road and extended periods away from their families, often under challenging conditions. Their commitment ensures that our shops remain stocked and our economy thrives.

This past Transport Month, DTSA proudly saluted all truck drivers and we extended our heartfelt gratitude for their unwavering dedication and the vital work they do. Their efforts do not go unnoticed and we thanked them for keeping our nation moving forward."

FleetWatch resonates deeply with the DTSA/Trucking Wellness Transport Month initiative in many ways. Our truck drivers need direct affirmation and ongoing support to help keep them well, both physically and mentally. Bravo folks, for your proactive approach to promoting holistic driver wellness! ☐



FleetWatch salutes Trucking Wellness on its 25th anniversary... truly a world-class service to the road freight and logistics industry.



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