



Meet John Houston, M&M Cartage's new onsite Nurse Practitioner!

John Houston, ARNP, is a Charlestown, Indiana resident who has been practicing medicine for more than 20 years, 3 of those in emergency medicine and the remainder in occupational medicine. He is currently a licensed ARNP in Indiana and Kentucky, is registered with the National Registry of Certified Medical Examiners, and is certified through NIOSH and CAOCH.

John graduated from Charlestown HS in 1992, followed by a B.S. in Sports Medicine/Exercise Science from WKU in 1996. He finished grad school at Vanderbilt University, earning his M.S.N. in Adult Nurse Practitioner/Occupational Medicine in 1999. John then worked at the University of Louisville and Baptist Hospital from 2000-2017, where he resigned from in order to start his own company with his wife, Talli. John and Talli have been working together to build their Mobile Occupational & Testing business since October 2017.

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John still lives in Charlestown with his wife, Talli, and their three children. John is also an avid hunter and fisherman. John loves the outdoors and traveling to new places to partake in his favorite pastimes. His newest hobbies are flying his drones or his paramotor/paraglider!

John is excited to be here and to have the opportunity to work with M&M Cartage, and we are happy to have him! He is well versed in the DOT requirements and can provide tools and resources needed to help drivers maintain their physicals, so they can keep on truckin'!

Why is M&M Cartage using a Nurse Practitioner?

M&M Cartage is committed to their employees' health and wellness. We have partnered with John Houston, ARNP, to help you reach all of your personal wellness goals.

What services are offered through the onsite clinic?

- **Disease Management is offered through our onsite clinic to help employee's manage their chronic conditions such as Diabetes, Blood Pressure, and Cholesterol. If you are on M&M Cartage's medical insurance, then you can participate in the Disease Management program and receive your chronic care medications for free! Spouses that are on the plan are also eligible. Offsite employees can participate telephonically.**
- **Pre-DOT Physical Exams are offered to all Drivers for free. This will help ensure that your physical requirements are within the ranges set by DOT prior to renewing your physical. Do not find yourself disqualified and unable to drive because you did not know your numbers were not within the required ranges for your DOT physical!**
- **General Clinic for non-emergency medical conditions is offered to all employees for free. Treatment and prescriptions will be provided as needed.**

What are the benefits of the Disease Management program?

Participants will receive direct interactions with a nurse practitioner or telephonic appointments as needed. You will receive education, coaching, clinical assessments, personalized wellness goals & care plans. We hope through education and medicine, our participants can self-manage their illness and have a healthy, productive life both at home and at work. The NP will also go over cost containment tools for prescriptions.

How much will this cost me?

M&M Cartage provides Disease Management appointments to employees & spouses on our medical plan at a \$0 out of pocket cost to you! In addition, any related program medications will be covered at a \$0 copay – NO COST TO YOU. The pre-DOT physical program and general clinic are free for all employees.

How can I schedule an appointment?

You can schedule an appointment by calling 812.518.6678 or email clinic@mmcartage.com