

SAFETY: It is Our Number One Value

June is Safety month! And here at Medstar, we consider Safety as our Top Core Value!

Now that we are in the middle of the year, let's revisit some safety tips as we drive our clients to their desired destinations.

1. Prevention

Unexpected breakdowns can be a pain for both drivers and passengers. However, these breakdowns can be prevented as we perform inspections, report any issues immediately, and perform scheduled services. Make sure to give ample time before the start of your trip to **perform a Pre-Trip Inspection**. At the end of your shift, make sure to also **do a Post-Trip Inspection** to assure that the vehicle didn't encounter any issues after a full day of use. **Check if your vehicle is due for any service** and contact Fleet and/or Safety for any concerns.

2. Defensive Driving

Keep your focus, maintain proper distance, and take caution on every tweak and turn. Always be early to trips so you don't have

to speed through to get to your desired destination. Being a defensive driver can help all vehicles on the road have a tense-free drive.

3. Preparation for the Weather

Whether it's raining, snowing, or the sun is up, it's important to make smart decisions in any driving condition. Follow speed limits and use appropriate light signals for a safe drive.

4. School Zones, Residential Areas, and Speed Limits

Prevent accidents by strictly adhering to speed limits. Make sure to check your speed especially when entering school zones and residential areas. This can keep you, your passengers, pedestrians, and other drivers safe.

Don't learn safety by accident! Be cautious, stay alert, follow traffic rules, and always remember that **safety is more important than convenience**.



MISSION STATEMENT
We drive health and happiness through safe service.

CORE VALUES

SAFETY:
It is our number one value

TRUSTWORTHY:
We build trust through transparent action and open communication by taking ownership

ALLSTAR PERFORMANCE:
We are team players and empower every person to do their best to go the extra mile

RELIABILITY:
You can count on us to keep our commitments

SERVE WITH IMPACT:
We have a passion for learning & growing to continually provide excellence to our customers, ourselves, our team members, our communities and our investors

GOIN' New Features!

As we grow, we consider new areas of improvement, and we want to announce that we are working on new features for the GOIN' App. Our developers and staff members are working on these features, including time cards that will allow us to measure work time, load time, and revenue time more efficiently. Please stay tuned for coming announcements with the final product.

FLEET CORNER



Here's some important information as we strive to decrease our company fuel expense, which increased by 16% from April to May 2022.

What affects a vehicle's fuel efficiency?

Routing: The most efficient route is not always the route taken, despite best efforts. Traffic, personal preference, and construction can all cause drivers to take less than optimal routes that lead to worse fuel efficiency.

Driving behavior: How a vehicle is driven plays a large role in efficient fuel use. Harsh braking and acceleration can

be big drivers of fuel consumption. The good news is that more efficient driving behavior can be encouraged through feedback, coaching, and training.

Maintenance: Tires issues, old oil, and other problems can lead to decreased fuel efficiency. This is why it's important to adhere to a preventative maintenance schedule and address small maintenance issues before they become larger problems.

Excessive loads: Heavy loads can also weight down a vehicle and decrease fuel efficiency.

How can drivers improve their fuel efficiency?

Cruise control: Cruise control helps maintain the constant speed of the vehicle. However, it can be worse for the vehicle's efficiency if drivers use this technology for uphill travel or within heavy traffic.

Coasting: Drivers lose forward momentum each time they use their brakes to stop their vehicle. By anticipating upcoming traffic, pedestrians in crosswalks, and traffic lights in advance, drivers can determine when the proper time is to slow down. By doing this well before the obstacle, they can improve their fuel efficiency. Using minimization acceleration techniques and braking while maximizing coasting reduces friction on the

engine, saving on gas and repairs and adding to a vehicle's lifespan.

Maintain a stable speed:

As much as 20% more fuel is consumed when a vehicle's speed suddenly changes (by increasing or decreasing its acceleration). The optimal fuel efficiency speed varies by the type of vehicle. However, this speed is typically between 35 and 50 MPH.

Reduce idling waste:

Engine idling wears on the vehicle and increases the overall cost per mile. By minimizing excessive idling, fleets can save up to \$6,000 per vehicle annually on wasted fuel.

Source: <https://www.samsara.com/guides/fuel-efficiency>

MEDSTAR LAUGHS



Are you in the mood for some humor? We don't want you laughing too hard while driving. But these hilarious jokes from the Internet might just make your day a little more interesting.

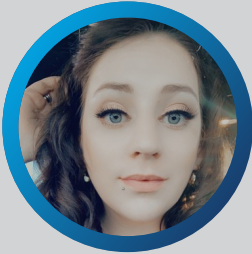
The best car safety device is a rear-view mirror with a cop in it.



MedSTARs

This month of June, Medstar continues to receive positive feedback from the community. Thank you, everyone, for your dedication and excellent service!

Top Performing Drivers



Alix S.



Valerie S.

We recognize the following drivers for always being flexible, quick to help, and excellent at communicating with Dispatchers.

Top Performers in the Call Center



Nikka I.

We want to recognize Nikka from the Call Center Team. She is doing an outstanding job, and is always willing to learn more and help out in any way asked. She is one of the top three in calls per clockify hour and top two for total answered inbound calls. Thanks Nikka for all you do- we appreciate you!

Stats (June 6-12)
 Calls per Clockify Hour: 8.02
 Total Answered inbound calls: 223
 Answer Time: 5 Seconds
 Avg Duration (min:sec): 3:36:00

EMPLOYMENT ANNIVERSARIES *for June*

1 YEAR

ABIGAIL M.

JUNE 1

1 YEAR

YAMILKA S.

JUNE 2

1 YEAR

DAVID S.

JUNE 9

3 YEARS

DONALD S.

JUNE 10

1 YEAR

CRAIG W.

JUNE 14

4 YEARS

JOE L.

JUNE 21

1 YEAR

CON J.

JUNE 24

4 YEARS

BROOKE B.

JUNE 25

8 YEARS

JEFFREY L.

JUNE 25

4 YEARS

KEVIN B.

JUNE 27

1 YEAR

JAYMIE M.

JUNE 28

8 YEARS

MICHAEL R.

JUNE 30

Your hard work, dedication, and commitment are very much appreciated! Congratulations and we hope to have you here at Medstar for many, many more years to come.

Welcome to the MEDSTAR team!

We welcome the following employees who have recently been hired as drivers and office staff from MAY 15 until JUNE 15, 2022.

MICHAEL S. Transportation	JUNIOR A. Transportation	VICTORIA L. Transportation	D. M. Transportation
MELISSA O. Transportation	KORAN O. Transportation	KRISTINA W. Transportation	TODRICK H. Transportation
BRIAN I. Transportation	KADDIJA K. Transportation	VICENTE A. Transportation	ETERNITY T. Transportation
CALEB K. Transportation	TODD S. Transportation	RON M. Developer	TIA A. Transportation
DOUGLAS H. Transportation	ROB H. Transportation	JOHNNY M. Transportation	HOWARD H. Transportation
		RICARDO E. Transportation	DENNIS F. Transportation
		BRADDAH S. Transportation	

MEDSTAR'S BIRTHDAY WALL

JUNE 1 KRYSTINE E.	JUNE 2 IVAN L.	JUNE 6 TODRICK H.	JUNE 8 ANDRES M.
JUNE 12 REBA B.	JUNE 17 NIKI A.	JUNE 20 AHLISHA J.	JUNE 20 KASSAHUN T.
JUNE 22 ALOFA S.	JUNE 23 JOSE L.	JUNE 24 JONATHAN C.	JUNE 26 JUNIE T.
	JUNE 28 MARIBEL E.		