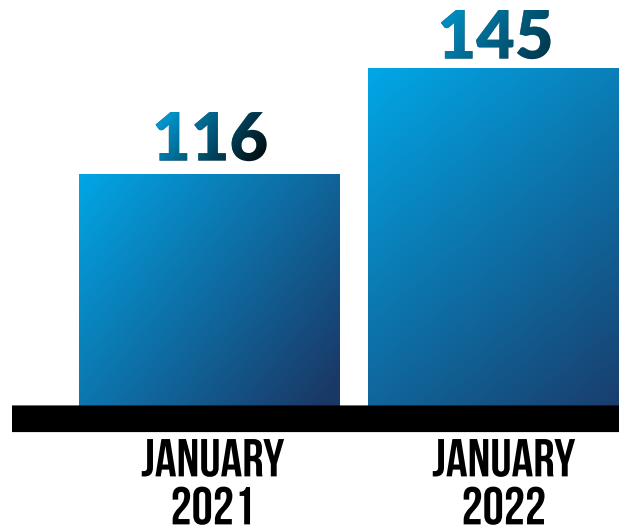


Medstar welcomes 19 new drivers this January!

Our drivers have always been the “heart” of Medstar Transportation. They are the Company’s greatest asset and the backbone of our business. So this month, we are glad to welcome 19 wonderful drivers to our Team!

From 116 drivers in 2021, we now have 145!



Know someone who can be a great Medstar driver?

Invite them to apply through this link: <https://gomedstar.bamboohr.com/jobs/>.

Get a \$500 referral bonus for EACH successful hire who stays at Medstar for at least 90 days!



Healthy isn't a Goal- It's a Way of Living!

Do you know that January 19 to 26 is Healthy Weight Week? So it's time to check our lifestyle and eating habits to maintain a healthy weight.

What is considered a healthy weight?

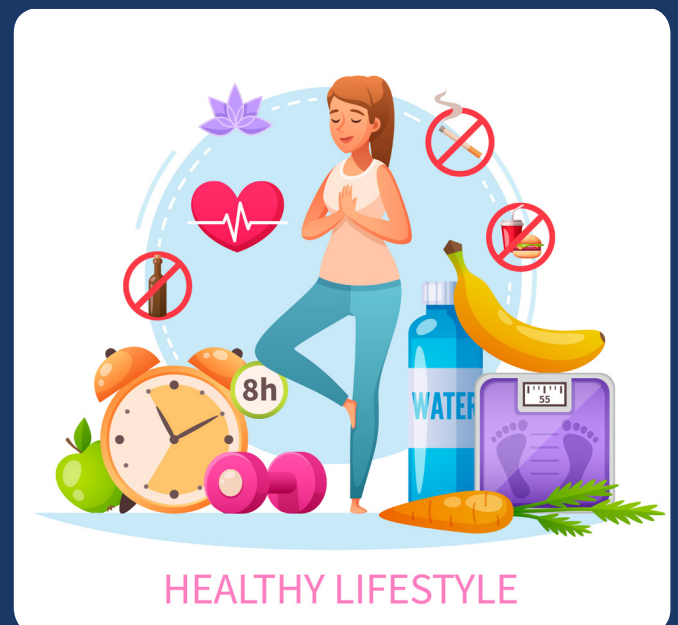
It is essential to recognize that one's weight is not an accurate measure of overall health. A healthy weight, however, lowers one's risk of weight-related illnesses and diseases. And in order to maintain one, we must first determine what constitutes a healthy weight for our own bodies.

How do we maintain a healthy weight?

- Follow a healthy diet
- Drink lots of water
- Limit portion size to control your calorie intake
- Get enough sleep
- Be as physically active as you can be!

As a rule of thumb, remember this:

Burn the same number of calories as you eat and drink — **Keep your weight the same!**
Burn fewer calories than you eat and drink — **Gain weight!**
Burn more calories than you eat and drink — **Lose weight!**



Doing Long-Distance Drive?

Long-distance drives can be a lot of fun. Yet, you may not realize how challenging and tiring driving across the state or even a few towns can be.

Here are a few reasons why:

- Road conditions can strain your eyes and patience. The bright hot sun or even snow and ice can either make you sleepy or wear you out.
- If you are distracted and are not well rested, long-distance driving can be as risky as driving drunk. The long-straight stretches of road can lull your brain and lead to dangerous situations.
- If you lack preparation and planning, you might find yourself lost on unfamiliar roads.

So make sure you get enough rest, eat healthy, and come to work prepared so you can deliver health and happiness through safe and reliable service.

Off you go!



Learn more about W-2

How to Get your W-2s through Quickbooks Online?

You can view your W-2 copies B, C, and 2 from the W-2 screen. For added security, you might have to verify your phone number or some of your personal info first. Go to W-2 menu. Select the W-2 copy that you want to view or download (and then print).

Don't see your W-2s in Quickbooks Online? You should see your W-2s by January 31. Historical W-2s are available for the past 3 years.

Need copies of your W-2?

You should get your W-2 by mail in early February. You may also request for an emailed copy from accounting@gomedstar.com

EMPLOYMENT ANNIVERSARIES for *January*

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.

5 YEARS

IRMA E.

JANUARY 5

5 YEARS

NICOLE C.

JANUARY 6

2 YEARS

LIZZY M.

JANUARY 22

1 YEAR

ISAAC L.

JANUARY 26

1 YEAR

LJ G.

JANUARY 28

3 YEARS

ALEJANDRA M.

JANUARY 30

Welcome to the MEDSTAR team!

We welcome the following employees who have recently been hired as drivers and office staff from December 15 until January 15, 2021.

RICK J. Transportation	ROB S. Transportation	RYAN Z. Call Center	EDDIE M. Transportation
SHERWOOD M. Transportation	JOEL C. Call Center	JACK H. Transportation	ROSIE E. Transportation
TRAVIS B. Transportation	TEIA F. Transportation	APRIL G. Transportation	ALONDRA B. Transportation
CUSTODIO C. Transportation	VAL C. Transportation	MATEO F. Transportation	ISMAEL M. Transportation
JORGE P. Transportation	MARIBEL E. Transportation	MOHAMMADDAD S. Transportation	JESUS M. Transportation
TONE E. Transportation	MOSELLE T. Transportation	ALICIA S. Transportation	JEFF H. Transportation
GARY M. Transportation	VIRGINIA M. Transportation	DOUG J. Transportation	VIRGINIA M. Transportation

MEDSTAR'S BIRTHDAY WALL

JANUARY 1 ABDI M.	JANUARY 1 MARIA R.	JANUARY 1 TAMMY S.	JANUARY 11 MOISES A.	JANUARY 13 AMBER B.
JANUARY 13 CUSTODIO C.	JANUARY 13 GLENN H.	JANUARY 16 MERRITT M.	JANUARY 19 ROB S.	JANUARY 20 KEYSHA W.
JANUARY 22 SHARI Z.	JANUARY 23 APRIL G.	JANUARY 26 JOE L.	JANUARY 31 ABI M.	