Real wellness is going to require actions that maximize life inside your body by creating the kind of function and environment that allows health and peace of mind to flourish.

Wouldn’t it be great if health and wellness professionals looked for the causes of a better life and higher productivity instead of the causes of problems?

The TWC concept has its roots in attempting to provide this type of Occupational Healthcare to the truck driving population where they are, in an environment that elevates the dignity of the individual driver. Our goal is to empower the delivery of integrated occupationally focused care to truck drivers by providing the best environment where lives can be changed. The trucking industry is essential for every function of our culture. Trucks move every commodity imaginable and if drivers can’t drive...trucks stop; if trucks stop...the country stops! The close to 7 million regional and long haul professional truck drivers in North America have the same physical, emotional and spiritual needs as anyone else. Unfortunately, due to the unique nature of their work, the unavailability of and inaccessibility to resources create a truck driver ‘wellness desert’. The Trucker Wellness Centers program is a first of its kind effort to provide a nondenominational spiritual ministry integrated with physical and behavioral healthcare in a focused occupational health program for one of the unhealthiest working population in North America

Definition of Wellness

The term wellness has been applied in many ways. Although there might be different views on what wellness encompasses, the National Wellness Institute—along with the help of leaders in health and wellness—shared many interpretations and models of wellness.

Through this discussion, there appears to be general agreement that:

- Wellness is a conscious, self-directed and growing process of achieving full potential
- Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual wellbeing, and the environment
- Wellness is positive and affirming

The definition of wellness, long used by the National Wellness Institute, is consistent with these principles. Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

The National Wellness Institute Wellness in Clinical Practice (WCP) Certification Program provides the tools for participants to integrate the principles of evidence-based health behavior, wellness, coaching, health promotion, and disease prevention into their clinical practice.
A Trucker Wellness Center

A wellness center or care center is a building or facility that is devoted to the promotion of healthy living as well as the prevention of illness and disease to truck drivers. These centers can be run by any number of physicians who can practice a wide variety of medicine, and can even be run without any staff physicians, in which case the center acts as a health information provider.

Currently in the market there are many different types of wellness centers, each of which can give access to a different group of people. Some, for instance, are based on university campuses and are designed to be utilized by students and faculty of the school. In this case, the centers are often staffed by faculty and students. The goal of these types of facilities is to promote the health and wellbeing of students and to allow them to be more productive, safe, and health-conscious.

Other centers are programs for large corporations, or provide their services to several businesses for a cost. The advantage of having a wellness center devoted to employees results in having lower health insurance costs. Often a business-based wellness center will encourage a company's employees to take an active role in their health by offering weekly or monthly newsletters along with voluntary health programs. These types of centers can even be provided directly by the insurance company.

Many wellness clinics stand alone and welcome people from various insurance companies as well as those who seek advice in which the center specializes. Some centers are simply devoted to providing their patrons with information that they can use to enhance the quality of their health. Many of these are free and even offer access to their help to anyone through media such as newsletters or the Internet.

Some of the ways wellness centers promote health are through fitness, dietary needs, psychological aid, and other more direct medical practices. A patron can sometimes talk to a physician directly for a diagnosis of a specific problem, or can arrange for a counseling session with a qualified and trained therapist. Often, a center will also offer educational programs and classes that cover a wide range of health-related topics, such as yoga, breathing exercises, fitness programs, medical advice, and more.
The Trucker Wellness Center Model

Six Dimensions of the TWC Wellness Model

By applying the National Wellness Institute model, a person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living.

This holistic model addresses:

- How a person contributes to his or her environment and community, and social networks;
- How to enrich life through work, and its interconnectedness to living and playing;
- How to strengthen the development of belief systems, values, and creating a wholesome world-view;
- How the benefits of regular physical activity, healthy eating habits, strength and vitality, as well as personal responsibility, self-care, impact a person’s outlook on life and when to seek medical attention;
- How self-esteem, self-control, and determination build a sense of direction;
- How creative and stimulating mental activities, and sharing your gifts with others is beneficial.

Applying a wellness approach can be useful in nearly every human endeavor. As a pathway to optimal living, wellness, including counseling and medical arts and religion, is being applied to many industrial-related fields with great success and has seen a tremendous growth in “helping targeted professions” achieve optimum work related performance. The National Wellness Institute devised three questions that can help persons and organizations assess the degree to which wellness is incorporated into a particular approach or program:

- Does this help people achieve their full potential?
The Facilities - Wellness and Care Centers

Therefore the TWC driver-oriented care culture requires that the emphasis is placed on maximizing hope, meaning, and individual potential. The centers that incorporate natural light, access to exterior environments, color, art, pleasant furnishings, and other components of a warm environment have been shown to advance healing and recovery. Additionally, promoting positive socialization and engagement, while also providing opportunities for controlling one’s social environment is critical. Care in the TWC model is often delivered within an interdisciplinary team context, where team members interact and work together as partners in the treatment process. Therefore the development of the wellness center design schemes and element options for all future facilities must take the above into consideration and be accessed based on the adherence to the following 7 principles of the TWC Universal Design:

1. **EQUITABLE USE:**
The design is useful and marketable to people with diverse abilities and cultural backgrounds.

2. **FLEXIBILITY IN USE:**
The design accommodates a wide range of individual preferences and abilities.

3. **SIMPLE AND INTUITIVE USE**
Use of the design is easy to understand, regardless of the user’s experience, knowledge, language skills, or current concentration level.

4. **PERCEPTIBLE INFORMATION:**
The design communicates necessary information effectively to the user, regardless of ambient conditions or the user’s sensory abilities.

5. **TOLERANCE FOR ERROR:**
The design minimizes hazards and the adverse consequences of accidental, unintended actions or environmental conditions.

6. **LOW PHYSICAL EFFORT:**
The design can be used efficiently and comfortably with a minimum of fatigue.

7. **SIZE AND SPACE FOR APPROACH AND USE:**
Appropriate size and space are provided for approach, reach, and use, regardless of user’s body position, size, posture, or mobility.