

Striving to be Drug Free
for a Safe Industry



Fall/Winter 2025

NEWSLETTER

Building & Construction Resource Center, Inc.

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AT BCRC WE EXPECT
EVERYONE TO TREAT
OTHERS WITH
DIGNITY & RESPECT

NO THREATS.
ABUSE.
VIOLENCE.

Important Reminders...

PLEASE REVIEW THE FOLLOWING
GUIDELINES TO HELP ENSURE
COMPLIANCE WITH BCRC POLICIES:



Dilute Specimens: Per the policy, Dilute specimens are not accepted by BCRC. Over hydration can lead to dilute specimens. Testing in the morning is recommended to avoid this result.

Contact Information: Keep your phone number, email, and address current with BCRC. Accurate contact information ensures you are properly notified if selected for a random test. If you miss a random, call the office. Do not test without prior authorization.

Random Testing: In order to prevent being selected for a random while on vacation, let the office know so we can put you on vacation status. You can call, text or email the office anytime. If you miss a random selection, do not proceed with testing on your own. Please call the BCRC office for assistance

Post-Accident Protocol: If you are a Designated Employer Representative (DER) and a post-accident occurs, immediately notify BCRC with the relevant details.

Prescription Medication: We recommend keeping a photo of your current prescription (RX) saved on your phone. This allows for quick verification if contacted by the MRO and helps avoid delays in your test status.

Follow-Up Testing: If you are placed in a follow-up testing program, please be advised that the number of tests and duration will not be disclosed in advance.

Online Access: Sign up for a BCRC online account to view your status and testing history, under Member Utilities tab, at any time, 24/7.

SAFETY HAPPENS TOGETHER!

Part of being safe means creating a safe and caring environment for our members, vendors and colleagues.
Violations of our Member Conduct Standards may result in restriction from any BCRC endorsed site and our office location.

FMCSA Medical Certification Changes:

Step-by-Step Guide for Medical Examiners and Motor Carriers

Big changes are coming to how DOT Medical Certifications are submitted and verified. Starting June 23, 2025, all Certified Medical Examiners (CMEs) must electronically submit DOT exam results to the FMCSA, which will then share them with State Driver Licensing Agencies (SDLAs).

- ✓ **No more paper Medical Cards for CDL/CLP drivers**
- ✓ **Medical Certifications will now appear on the driver's Motor Vehicle Record (MVR)**

Whether you're a Medical Examiner, Motor Carrier, Fleet Manager, or Commercial Driver - stay 100% compliant under the new rules.

Compliance Guide for Certified Medical Examiners (CMEs)

If you're a Medical Examiner listed on the National Registry of Certified Medical Examiners, here's what the FMCSA now requires of you:

Step-by-Step: How to Stay Compliant as a CME

- Log into the National Registry
- Use your official FMCSA login at:
<https://nationalregistry.fmcsa.dot.gov>
- Ensure your account is active and up to date
- Conduct the DOT Physical Exam
- Perform the standard DOT medical examination
- Use Form MCSA-5875 and MCSA-5876 (Medical Examiner's Certificate)
- Submit Results Within 1 Day
- Deadline: Electronically upload exam results by midnight (local time) the day after the exam
- Use the FMCSA's portal to enter results for ALL CDL and CLP holders
- Double-Check Accuracy
- Verify all driver information is correct before submitting
- Typos in name, license number, or dates can cause serious downstream errors
- Save Confirmation
- Keep a copy or screenshot of the successful submission confirmation for your own records

Important: You are now legally responsible for electronic reporting. Failure to submit on time can result in removal from the National Registry and FMCSA penalties.

Motor Carrier & Fleet Compliance Guide for CDL and CLP Drivers

Even though drivers no longer need to hand-carry paper Medical Cards to the DMV, the requirement to have a valid medical certification still exists. Now, verification shifts to pulling the MVR after the exam.

Step-by-Step: What Drivers & Fleets Must Do After June 23, 2025

CDL & CLP Drivers:

- Schedule Your DOT Medical Exam
- Still required every 2 years (or more often if medically required)
- Visit a Certified Medical Examiner listed on the National Registry
- Confirm the CME is Certified
- Search for a certified examiner here: FMCSA National Registry
- Wait 1-2 Business Days After the Exam
- FMCSA will process and transmit your Medical Certification to your State Licensing Agency
- Request or Pull Your MVR
- Ask your employer or pull it yourself to confirm your Medical Certification Status appears correctly
- The MVR is now the official proof that your medical is current

Motor Carriers, HR & Safety Managers:

- Stop Collecting Paper Medical Cards for CDL/CLP Drivers
- The FMCSA and state DMVs now handle the certification flow electronically
- Verify with MVRs Instead
- Pull an updated Motor Vehicle Report (MVR) from your driver's licensing state
- Look for "Medical Certification: Valid" on the MVR to confirm compliance
- Update Your DQF Process
- Replace old paper processes with automated MVR pulls
- DOTDriverFiles.com makes it easy to monitor certification status and receive alerts
- Continue Paper Collection for Non-CDL Drivers
- Non-CDL commercial drivers still must submit paper copies of their MEC
- These should still be kept in their Driver Qualification File (DQF)



Informed Delivery by USPS

See Photos of Your Mail Before It Arrives, Free

Start your mornings with a preview of your day's USPS mail and packages with Informed Delivery notifications:

- Get Daily Digest emails that preview your mail and packages scheduled to arrive soon.
- See images of your incoming letter-sized mail (grayscale, address side only).
- Track and manage your packages in one convenient place.

Sign Up for Free

www.usps.com/manage/informed-delivery.htm



Sign Up for Informed Delivery

1 Create Your Account

Use your personal or business USPS.com account or sign up for one today.

2 Verify Your Identity

Protect your privacy and personal information by verifying your identity and address.

3 Watch for Updates

Look for mail and package updates via email, the online dashboard, or the USPS Mobile App.

Do More with Your Packages

Now that you can automatically see the status of your packages in one place, it's easier to manage deliveries from your Informed Delivery dashboard. You can:

- See your package details and tracking history
- Leave USPS Delivery Instructions for your carrier
- Schedule a Redelivery for another day
- Add a unique package nickname
- Remove a package you no longer wish to track
- Automatically track the status of Click-N-Ship packages you send to other people
- Manually add other USPS Tracking numbers that you want to track

Maximize Your Informed Delivery Experience

After you set up and verify your account, go to your Informed Delivery settings to adjust your notification preferences:

Set Package Tracking Notifications

Turn on package tracking notifications and you'll automatically get text and/or email alerts with the status of your package and delivery details.

Get Mail Delivery Notifications

Know when your mail has been delivered: Go to your Informed Delivery settings and opt-in to free Mail Delivery Notification emails.

USPS Electronic Signature Online

If you can't sign for a package in person, register your digital signature online, and we'll drop off your Signature Required package in your mailbox or preferred delivery location.



HOLIDAY SAFETY TIPS FOR YOUR DOG



BE CAREFUL WITH THE FESTIVE FEASTS.

Avoid giving your dog fatty or spicy foods, bread dough, fresh herbs, alcohol, caffeine, and sweets of any kind. If you choose to share from the table, think plain (steamed green beans instead of green bean casserole) and in small portions.

BAG THE BONES.

Cooked bones from poultry can easily splinter, causing choking, gum damage, or intestinal issues. Bag them up and deposit them in your outdoor garbage can to prevent kitchen digging and reward your well-behaved pooch with a proper dog bone instead.

PAY ATTENTION TO PLANTS.

Did you know holiday plants like holly, mistletoe, poinsettias, and amaryllis (a type of lily) are poisonous? Keep these beautiful-but-dangerous favorites away from your pets - and the potpourri while you're at it.

WATCH THE DECORATIONS.

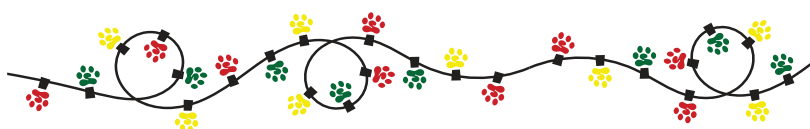
Candles are an integral part of the season, but a swinging tail can burn your pet or cause a fire. Make sure they are inaccessible to your four-legged friend. Keep wires or batteries out of reach, and be careful with snow globes, which can contain antifreeze.

IT'S NOT JUST HUMANS THAT FEEL HOLIDAY STRESS.

Dogs can get excited or nervous about gatherings of any size. Exercise your pooch for 30 minutes or more prior to any festivities to make them more relaxed or likely to take a nap. Reduce exposure to unusual activities and commotion and give your pup a break from the hubbub in their crate or on their doggie bed in a quiet room.

PETS LIKE PRESENTS TOO!

Help your pets stay busy and out of trouble with great gifts that last the whole year.



★ ★ ★ WINTER COLORING CONTEST WINNERS ★ ★ ★

Thanks to all the participants in the BCRC Coloring Contest!
We enjoyed every single one! The winners are displayed below.

Miya D. - Age 2



Layla T. - Age 5



Alexa S. - Age 8



Jenna B. - Age 13



TRAVELING SAFELY THROUGH WORK ZONES

Traveling safely, slowly, and attentively through work zones is critically important, particularly as a commercial motor vehicle (CMV) driver. Narrow lanes, sudden stops, traffic pattern shifts, and uneven road surfaces present unique challenges in these areas for large trucks and buses. In fact, large trucks are overrepresented in fatal work zone crashes.

Do your part to stay safe with tips from the Federal Motor Carrier Safety Administration's (FMCSA) Our Roads, Our Safety campaign:



RESEARCH YOUR ROUTE

Before setting out on the road, research your route. When possible, avoid work zones and use any detours that are available.

PAY ATTENTION

Be aware of all signs throughout work zones that can indicate reduced speeds, lane changes, and other important information. Avoid distractions such as your cellphone, eating, drinking, the radio, GPS, and conversing with other passengers.



SLOW DOWN

Lane closures, traffic pattern shifts, and reduced speeds are common in work zones. Make sure to slow down when entering a work zone and keep an eye out for road workers.

MOVE INTO THE OPEN LANE

When approaching lane closures, move into the open lane as soon as possible. Be sure to pay close attention to vehicles around you that could be in your blind spot, and ensure you're not traveling in someone else's.



KEEP YOUR DISTANCE

Rear-end crashes are extremely common in work zones. Always maintain extra space between your vehicle and the one in front of you.

For more information on driving safely on the roads, visit www.ShareTheRoadSafely.gov and for more on work zone safety, visit www.workzonesafety.org.



Make Your Mental Health a Priority

When it comes to managing mental health, you are not alone. Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

Choose from in-person sessions, video counseling, or telephonic counseling. Mental Health Sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issues

Your Assistance Program is confidential, free to use, and open to family members, and mental health sessions are provided by our network of clinicians.

The Unexpected Feeling Of Grief

After a loss, it's not uncommon for people to experience grief. Grief is not limited to experiences with death. Grief can manifest from the loss of a job, a move away from close friends, a divorce, or a tough breakup. To process and cope with these losses, you must understand grief itself.

COPING WITH GRIEF

- **Talk about it.** Many people deny grief which can cause isolation and may make it more difficult to accept.
- **Experience and accept feelings.** Feelings of sadness, anger, numbness, etc. are all normal. Experience them to accept them.
- **Adjust to the new "normal."** Try to keep your routine as close as possible as it was before. This will create a sense of comfort.
- **Prioritize self-care.** Focus on your eating habits, exercise and sleep. Try Mindful Meditation to also help.

Take care of your mental health and well-being. You don't have to do it alone.

SYMPTOMS OF GRIEF

BEHAVIORS: Sleep Issues, Appetite Changes, Withdrawal, Absent Mindedness

COGNITIONS: Obsessive Thinking, Intrusive Thoughts

FEELINGS: Sadness, Numbness, Anger, Guilt, Anxiety

PHYSICAL: Tight Chest, Lack of Energy, Muscle Weakness, Dry Mouth

Medical Advocacy Can Help When It Matters Most

Caring for yourself and loved ones can be time-consuming and require many answers surrounding healthcare coverage and options.

Medical Advocacy consultation and referrals through your Assistance Program can provide information, guidance, and resources to help.

Reach out to your Assistance Program for referrals to a Medical Social Worker for help with:

Your Assistance Program is free to use, confidential, and open to family members.

- Interpreting information related to claims, coverage
- Navigating healthcare
- Obtaining doctor referrals
- Securing medical equipment
- Planning for transitional care or discharge

Building Financial Wellness Is Good for Health

It's all connected. Financial health can affect mental health, which can affect physical health and wellness. Working with a financial coach can help you reach goals, save for emergencies, retire with confidence, and positively impact well-being.

Reach out to your Assistance Program for financial consultation referrals to help with:

Financial consultation referrals are free to use, confidential, and open to family members.

- Budget coaching
- Bankruptcy consultation
- Home buying
- Debt management consultation & resources
- Managing taxes
- Identity theft
- Retirement questions and guidance
- Saving for college



Your EAP are available 24/7 at
800-456-6327 or www.perspectivesltd.com

PERSPECTIVES
An AllOne Health Company

Virtual Counseling

Your assistance program offers virtual counseling as well as traditional in-person counseling, to ensure everyone has fast, effective and easy access to mental health support.

Whether you're looking for mental health support, dealing with change, trying to build self-awareness, working through relationship issues, managing a personal challenge, or simply wanting to talk, **your assistance program is here to help.**

Services Are:

- **Professional & Private**
All counseling is provided by Master's Level Clinicians and all information is confidential and HIPAA-compliant.
- **Convenient & Accessible**
Request support anytime by phone, online, or member portal with live chat.
- **Free to Get Started**
Short-term counseling sessions are included in your assistance program benefits at no additional charge.
- **Available to Family Members**
The assistance program is open to family members too.
- **Personalized**
Our team of care connectors will make sure you are matched with a provider and counseling support that fits your needs.

How to Request Virtual Counseling Support:

- **Call 800-456-6327**
- **Visit [perspectivesltd.com/login](https://www.perspectivesltd.com/login)** and submit an online request form or login to your member portal for live chat support.

Receive care your way
with convenient options for
mental health support.



In-the-Moment Counseling Support

Instantly connect to a clinician
by phone



Video Counseling

Schedule a video session



Telephonic Sessions

Schedule a telephonic session



In-Person Sessions

Meet with a local clinician
from our network

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Your EAP are available 24/7 at
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6050 Southport Road, Suite B
Portage, IN 46368

BCRC texting service, (219) 355-2810
add us to your contacts!



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Email: info@bcrnet.com

Hours: Monday-Friday 7:00 a.m. - 4:30 p.m.

COMPLETE BCRC INFO

Including Collection Site Locations & Hours
On the web at www.BCRCNET.com

Work Smart
WORK SAFE



The BCRC office will be
closed on the following
days in observance of
the holidays!



THANKSGIVING: November 27, 2025
CHRISTMAS DAY: December 25, 2025
NEW YEARS DAY: January 1, 2026