

A Healthier You



Also in this issue:

- Car Rental Member Benefit
- Sound Check: Tracking Voice, Speech, and Breathing for Health
- Annual Meeting Proxy

The On-Demand Independent Contractors Association (ODICA) is dedicated to supporting the growing community of independent contractors in today's on-demand economy. Whether you're a driver, delivery professional, freelancer, or gig worker, ODICA is here to help you succeed. We provide our members with access to valuable benefits, services, and resources—all designed to be cost-effective and tailored to the unique needs of independent workers.

Controlling Osteoarthritis Pain: What Your Vet and Dog Want You to Know

(BPT) - "She just loves to go." That's how Patty and Jim M. talk about Taffy, their 9-year-old Golden Retriever. Taffy has been all over the United States with her pet parents, jumping at the chance to swim in lakes and rivers or take long walks with them wherever they go. But when they started to notice that Taffy wasn't her usual self, they knew that something was going on.

"We could see that her hips were giving her problems, she was having difficulty getting up and she wouldn't walk fast," Patty and Jim shared. "She wasn't doing the things she normally did. It was really hard to see her like that."

Patty and Jim took Taffy to their veterinarian as soon as they got home. Following an examination and X-rays, the veterinarian diagnosed Taffy with osteoarthritis (OA), a painful progressive condition, meaning that it gets worse over time. In partnership with Patty and Jim, Taffy's veterinarian started her on Librela™



(bedinvetmab injection), the first and only U.S. Food and Drug Administration (FDA)-approved monthly injectable monoclonal antibody therapy to control OA pain in dogs.

Understanding the Challenges of OA Pain

OA is a degenerative disease affecting the joints that causes cartilage to wear down over time, resulting in painful bone-on-bone contact. The pain caused by OA can affect a dog's health and well-being,^[i] decrease their willingness to be active and disrupt their interaction with family members, ultimately impacting the bond they share with their people.

Dogs of all ages, sizes and breeds can experience OA pain.^[ii] In fact, approximately 40% of dogs show signs of the condition.^{[iii],[iv]} While the signs of OA pain may be easier to detect in older dogs because they often have more advanced disease, the pain can start at a much younger age. Dogs even as young as 1 year old can develop the condition. Yet, despite its prevalence, only 33% of dogs with OA pain are diagnosed and treated for it.^[v]

Look Out for the Signs of OA Pain

While pet owners may expect dogs suffering from OA to limp or cry out, these are not the most common signs of this painful condition. Pet owners should also be on the lookout for decreased activity, lagging behind on walks, slowness to rise, hesitation or difficulty in jumping up or down, stiffness and difficulty going up or down stairs. Additionally, OA pain can cause behavioral changes in dogs,

including withdrawal, lack of enthusiasm for activities and even aggression.^[i]

"Because animals cannot speak up when something isn't right, it's important that pet parents pay attention to their dog's physical and emotional behaviors and share any changes with their veterinarian," said Courtney Pierce, DVM, MBA, CCFP, Medical Lead for Canine Pain at Zoetis. "My own dog was diagnosed with OA at just 4 years old and, because I didn't ignore the signs, we were able to get him started on pain relief and a weight management program right away. While OA can't be reversed, the pain can be controlled, which is why it's so important to identify the signs and symptoms of OA pain early so we can provide our furry family members with an improved quality of life by controlling the pain."

If not treated, the inflammation and pain from OA can lead to chronic pain and ongoing joint damage. It also becomes more difficult to treat as the condition worsens.^[vi]

An Innovative Approach to Treating OA Pain

Librela was approved by the FDA in 2023 following rigorous testing of the therapy, including two field studies showing that dogs administered Librela as a monthly injection demonstrated a reduction in OA pain, as well as improvements in their mobility and overall quality of life.^[vii] Since its approval, Librela has been used to treat more than 1 million dogs in the U.S.^[viii] and success stories show the positive impact Librela has made on dogs' lives.

With once-monthly injections administered by a veterinary professional, Librela may also reduce pet owner stress about missing a daily treatment dose and help maintain the human-animal bond.

The Value of Partnering With Your Vet

Identifying OA symptoms and partnering with their veterinarian is an important step for pet parents to help manage their dog's OA pain. By maintaining regular visits and not overlooking signs that something may not be right, pet parents are not only doing what's best for their dog's health but also are forming a strong relationship with their veterinary

healthcare team throughout their dog's health journey.

"Going to the vet regularly can help catch any potential health issues early on and also gives pet owners the opportunity to discuss anything out of the ordinary their dog may be experiencing," explained Dr. Pierce. "Veterinarians are partners in care, and we look to work with pet owners to find solutions to their dog's problems to ensure they live long, healthy, active lives."

Since starting Librela, Patty and Jim have noticed that Taffy is back to doing the things she loves and believe it's important for pet parents to give their dogs the best quality of life.

"Anybody who knows Taffy has noticed a change and says 'Wow, she's so energetic now!'" said Patty and Jim. "She's just running around like the other dogs, which she didn't do before. Her ability to do these things is just amazing, for us and for her."

Don't let OA pain steal another day of your dog's life. Pet owners can complete this Dog OA Quiz to determine if their dog may be suffering from OA and help foster conversations with their veterinarian so their dog can get back to doing the things they love most. You can also visit [Librela.com](https://librela.com) to learn more about Taffy and other dog stories showing the positive impact of Librela.

IMPORTANT SAFETY INFORMATION: See full Librela Prescribing Information at [LibrelaPI.com](https://librelaPI.com). For use in dogs only. Women who are pregnant, trying to conceive or breastfeeding should take extreme care to avoid self-injection. Hypersensitivity reactions, including anaphylaxis, could potentially occur with self-injection. Librela should not be used in breeding, pregnant, or lactating dogs. Librela should not be administered to dogs with known hypersensitivity to bedinvetmab. The most common adverse events reported in a clinical study were urinary tract infections, bacterial skin infections and dermatitis.

INDICATIONS: For the control of pain associated with osteoarthritis in dogs.

See the Client Information Sheet at [LibrelaPI.com](https://librelaPI.com) for more information about Librela.

The animal health information contained herein is provided for educational purposes only and is not intended to replace discussions with an animal healthcare professional. Testimonials represent individual experience only and the experiences and opinions herein may be unique to the patient and the speaker. Individual results may vary considering the unique characteristics of the patient.

[i] Lascelles BDX, Brown DC, Conzemius MG, Gill M, Oshinsky ML, Sharkey M. Measurement of chronic pain in companion animals: discussions from the Pain in Animals Workshop (PAW) 2017. *Vet J*. 2019;250:71-78. doi:10.1016/j.tvjl.2019.07.001.

[ii] Anderson KL, Zulch H, O'Neill DG, Meeson RL, Collins LM. Risk factors for canine osteoarthritis and its predisposing arthropathies: a systematic review. *Front Vet Sci*. 2020;7:200. doi:10.3389/fvets.2020.00220.

[iii] Wright A, et al. Identification of canine osteoarthritis using an owner-reported questionnaire and treatment monitoring using functional mobility tests. *J Small Anim Pract*, 2022. <http://doi.org/10.1111/jsap.13500>.

iv] IHS Markit. (2021) Canine and Feline Pain Market 2021: Animal Health Market Analysis

[v] PetTrak US Pain Factored National January 2023.

[vi] Epstein M.E. Managing Chronic Pain in Dogs and cats. Part 1: The two most important tools in the treatment of Osteoarthritis. *Today's Veterinary Practice*. 2013. 20-23.

[vii] Corral, MJ, et al. A prospective, randomized, blinded, placebo-controlled multisite clinical study of bedinvetmab, a canine monoclonal antibody targeting nerve growth factor, in dogs with osteoarthritis. *Vet Anaesth Analg*. 2021;48:943-955.

[viii] ZMR: PetTrak US Pain Factored National, March 2025.

All trademarks are the property of Zoetis Services LLC or a related company or a licensor unless otherwise noted. © 2025 Zoetis Services LLC. All rights reserved. LIB-00684

Let's go for a drive!

Avis

Save up to 25% off base rates and accumulate points for every qualifying dollar you spend with your complimentary membership in Avis Preferred®

- Redeem points for rentals and accessories
- Enjoy expedited service and go straight to your car at most locations
- Save your rental preferences and track your activity and rewards anytime
- Receive exclusive monthly email offers

Budget

Budget rental a car has a reputation for excellence and value across the globe. Members can save up to 25% off Pay Now rates and receive even more perks when they enroll in Budget Fastbreak

- Get exclusive rates plus get a free upgrade and welcome bonus after your first rental
- Flash your license, pick up your keys, and bypass the lines for a quick exit from the rental counter
- Keep track of your rentals and receive \$25 in Budget Bucks
- Receive exclusive deals from Budget so you can save more time and money



AVIS®

 **Budget**®

Terms and conditions apply. Log in to odica.org for complete details.



Sound Check

Tracking Voice, Speech, and Breathing for Health

(NIH-News in Health) Speaking, singing, and making other sounds require many parts of your body to work together. Your brain thinks of ideas. Your lungs move air in and out. Your vocal cords vibrate. Your mouth and nose help shape sound.

“Our whole body participates in the production of voice, speech, and breathing. So we can get a lot of information about our health from them,” says Dr. Yael Bensoussan, a voice researcher at the University of South Florida.

Many conditions can impact the various body parts involved in sound production. These include depression, Parkinson's disease, dementia, lung problems, and even cancer. Measuring voice, speech, and breathing patterns could help diagnose health problems.

Researchers are testing ways to use apps and other tools to let people measure such information at home. For example, a recent study showed that a computer program could identify patients with Parkinson's disease by their breathing patterns during sleep.

"Voice, speech, and breathing are easy to access, inexpensive, and non-invasive to measure," Bensoussan says. "For example, for a test for lung function, you currently have to go to a hospital and blow into a machine. Then you need someone to analyze that test. Just recording your voice or breathing sounds on your phone would be a lot cheaper and easier."

Speech pattern analysis has shown promise for diagnosing impairments in memory or thinking abilities, and mental health conditions like depression. The way people speak, the tone of voice, and even the words used can all change when someone develops depression, explains Dr. Gari Clifford, a biomedical engineer at Emory University and Georgia Institute of Technology.

Clifford's team is trying to use speech patterns and facial expression changes to catch depression early in people with dementia. They are now testing

their technology in certain tablet and smartphone apps to track changes in people's daily health. This could help doctors see the effects of depression treatments in real time and change them quickly if needed. It could also provide early warning that someone's health is declining.

Other NIH-funded research teams are testing speech analysis to screen for additional mental health problems, like anxiety. They're also looking at speech patterns to help diagnose diseases like amyotrophic lateral sclerosis (ALS) early.

Bensoussan's team is building the world's largest collection of voice and speech samples related to health information. They're including people from a wide range of backgrounds and health conditions. They hope this will aid researchers in building new tools for diagnosis.

Voice and speech analysis tools will eventually have to take people's whole health into account, just like a doctor would, Bensoussan says. "Multiple different diseases can cause the same voice changes. For example, for a hoarse voice, someone with cancer of the throat and someone with laryngitis can sound exactly the same," she explains.

You can't yet talk into your phone and get a full health report. But Bensoussan encourages people to pay attention to changes in their voice and speech. "If you have a voice change for more than two to three weeks, it may indicate an issue with your health," she says.

Pay Attention to Your Voice

Talk with your doctor if you notice changes in your voice, speech, or breath lasting over a few weeks:

- Hoarseness or a raspy quality to your voice.
- Changes in the pitch of your voice (how low or high it is).
- Your throat feeling raw, achy or strained.
- Difficulty talking.
- Repeatedly feeling the need to clear your throat.
- A cough that doesn't go away.
- Problems thinking of the words you want to use or putting words in the right order.



NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of On-Demand Independent Contractor Association will be held at 12444 Powerscourt Drive, St. Louis, MO 63131, on Wednesday, August 6, 2025 at 11:30 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

On-Demand Independent Contractor Association August 6, 2025 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF ON-DEMAND INDEPENDENT CONTRACTOR ASSOCIATION

The undersigned member of On-Demand Independent Contractor Association does hereby constitute and appoint the President of On-Demand Independent Contractor Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of On-Demand Independent Contractor Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Kirk O'Donnell, Jay Delsing, and Thom Messmer
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2025

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
July 21, 2025
Date



A Healthier You is published by:
On-Demand Independent Contractor Association

For information regarding your membership
and association services, call or write:

Membership Services Office
On-Demand Independent Contractor Association
12444 Powerscourt Drive
Suite 500A
St. Louis, MO 63131

1-800-992-8044 or (636) 530-7200

Benefits may not be available in all membership levels.
For more information, or to upgrade your membership, please call 1-800-992-8044