



PHYSICIANS QUALITY CARE

# Your Healthy Workplace

A Monthly Newsletter  
November 2019



## Are your employees protected?

Providing flu shots for employees is the best way to prevent flu from spreading throughout your workplace, according to the Centers for Disease Control. Besides showing that you care about your employees' health, fewer employees will get sick and you'll see less missed work because of illnesses.

The CDC recommends an annual flu shot for anyone six months and older. The vaccines are formulated to best defend against the expected flu virus that will affect people this year.

**Schedule your on-site flu shots by contacting Jennifer Carmack, OCCMed Director, at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).**

## The last flu pandemic

It was just 10 years ago - 2009 - when a novel influenza A (H1N1) virus emerged and created a flu pandemic. Detected first in the United States, it spread quickly across the United States and the world.

This new H1N1 virus contained a unique combination of influenza genes not previously identified. Few young people had any existing immunity, but a third of those over 60 did have antibodies likely because of an older H1N1 virus earlier in their lives.

Between April 2009 and April 2010, the CDC estimated there were 61 million cases of the flu, about 274,000 hospitalizations and 12,500 deaths from this new virus in the United States.

Ten years later, work continues to better understand influenza, prevent disease and prepare for the next pandemic.

## Be smart around all of that holiday food

It's that time of year again. Holiday meals, office parties, break rooms filled with goodies - you encounter food about everywhere you go.

It's hard to not put on those extra pounds. Here are some tips to share with employees on how to eat smart through the holidays ...

▶ Check out food options before picking up a plate at buffets and dinners.

▶ You don't have to eat or even sample every dish on the buffet.

▶ Select the smallest size plate available or leave "white space" on a larger plate.

▶ Avoid the break room when co-workers start to bring their once-a-year goodies.

▶ If you get hounded about trying

a food that looks like it has a thousand calories a spoonful, take a smaller portion.

- ▶ Take 10 before taking seconds.
- ▶ Focus on fellowship, not food.
- ▶ Don't go out to an event on an empty tank. Eat a healthy snack before you leave.
- ▶ Avoid alcohol on an empty stomach.
- ▶ Put on your dancing or walking shoes.
- ▶ Make room for veggies.

Source: *University of Tennessee Extension Service and Harvard University*

## Wondering what to get your employees for Christmas?

How about a company-wide wellness program? Start planning now, and you will have a program in place at the start of the new year. Physicians Quality Care OCCMed can set up and even run the wellness program for you. Contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731.984.8400.



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## OCCMed's expansion takes shape

The walls are up and it's time to start laying brick. Our new 4,000-square-foot Occupational Medicine Facility - opening early 2020 - will gather all industrial/business services under one roof. And we'll continue to provide complete onsite services 24/7 by appointment. Watch for details about our Open House Luncheon coming soon!



## We deliver to your worksite...



For your convenience, our occupational health team can provide many services at your workplace on your schedule. Services include ...

- Active Shooter Training • Health Fairs
- DOT Physicals • Audiograms • Drug Screens
- Immunizations • Clinics • Safety Training

For a complete list, visit [occmedjackson.com](http://occmedjackson.com). Or contact us at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



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## Getting motivated

Everyone feels lack of motivation at some point, and it doesn't necessarily represent a mental health issue, says the Mental Health Foundation.

From meeting up with friends to getting a task done at work, sometimes it can be difficult to find the motivation to get involved.

To help overcome lack of motivation, the Mental Health Foundation suggests:

- ▶ Break tasks into manageable chunks.
- ▶ Write down each positive thing you go through during the day.
- ▶ Give yourself credit for the small things you do.
- ▶ Make some time for yourself.
- ▶ Be gentle on yourself.
- ▶ Be present in the moment.
- ▶ Ask for help when needed.

*Source: HealthDay News*

## Stay Healthy at Work

Low-stress, supportive workplaces are good for employee health, says Harvard Medical School.

Employees who are stressed and over-worked often develop unhealthy lifestyles with little exercise and poor dietary practices, the school says. To avoid unhealthy workplace habits, Harvard suggests:

- Avoid "stress eating."
- Avoid sugary drinks and salty snacks.
- Bring nuts, fruits and vegetables from home.
- Work standing up, when possible.
- Walk around and choose the stairs instead of the elevator.
- Have a sense of humor. It's associated with better cardiovascular health.

## We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs