



Your Healthy Workplace

A Monthly Newsletter
March 2020

We deliver so you can deliver DOT physicals conveniently at your workplace

When you need Department of Transportation physicals for your drivers, be sure to

contact us. We offer a cost-efficient and convenient solution for scheduling your DOT physicals at your location if you have a minimum of five employees needing the service.

Our DOT-certified medical examiners not only will do the physicals at your location, they will do them on your schedule.

We also fill out all of the necessary paperwork, including certificates of health for each driver, and we get the results back to you the same day.

DOT physicals follow a plan from the Federal Motor Carrier Safety Administration. Drivers of commercial vehicles must get a DOT physical every two years – or more often if the driver’s health warrants it.



More onsite services

Whether you need an employee health fair, audiograms or another OCCMed service, we can do it at your location.

We know it’s important to offer these services at your site and on your schedule so employees miss as little time on the job as possible.

For a complete list of our onsite services, visit occmcdjackson.com. Or contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.

Here’s a list of some of those onsite services ...

- ▶ Physicals
- ▶ Active Shooter Training
- ▶ Audiograms
- ▶ Drug Screenings
- ▶ Pulmonary Function Tests and Respiratory Questionnaires
- ▶ CPR/First Aid/AED and Bloodborne Pathogen Training
- ▶ TN Drug-Free Workplace Training
- ▶ Immunizations

Your place or ours?

While we are most willing to provide services at your location, we are also enlarging our OCCMed clinic to handle your needs efficiently. Construction will be finished this spring. Turn the page for an update.

Physicians Quality Care OCCMed
2075 Pleasant Plains Ext. • Jackson, TN 38305
Office: 731.984.8400 • Fax: 731.984.8305
Milan: 15463 S. First St. 38358 • 731.686.8688

Office Hours: 9 a.m. – 5 p.m. Monday to Friday
Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday
On-site Services: Available 24/7 by arrangement
jennifer@physiciansqualitycare.com • occmcdjackson.com

Progress continues on OCCMed clinic expansion

We're getting closer to opening our expanded OCCMed clinic in Jackson. Recent rainy weather slowed work to the outside of the building, but inside, the place is taking shape. Meanwhile, it's time to save the date for our grand opening party and luncheon on June 19. We'll begin seeing patients in our expanded facility on Monday, June 22.



An larger waiting room and more exam rooms will better accommodate OCCMed patients in Jackson during OCCMed clinic hours so they are not exposed to sick patients in our acute care clinic next door.



Physicians Quality Care
P.O. Box 12197
Jackson, TN 38308

Address Service Requested

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmcdjackson.com

Let's get 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 getting a project finished at work to meeting up with coworkers for lunch, 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

We'd like to learn more about you

Dr. Melanie Hoppers, Chief Medical Officer at Physicians Quality Care, is available to walk through your plant or business to become more familiar with the type of work being done in your location. To set up the visit with Dr. Hoppers contact Jennifer Carmack at jennifer@physiciansqualitycare.com or 731.984.8400.

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