



Your Healthy Workplace

January 2021

Independent fund set up to help those in need

COVID-19 is not an equal opportunity virus. It disproportionately affects those least able to deal with it: the elderly and people with chronic medical conditions.

Fortunately, many – if not most of these people – have a solid support system. But some do not. A fund has been established to assist those in greatest need: those who may find themselves without essential medications, sufficient food in their pantry or basic utilities.

The fund is administered by an independent community group, NOT Physicians Quality Care.

This added stress of simply making it day to day may actually become the tipping point that leads people to serious illness and hospitalization.

In these difficult times they need our financial help. If your company has discretionary funds that you can turn back into our community, we humbly ask for your support. Contact jennifer@physiciansqualitycare.com or give her a call at 731-984-8400 to see how you can make a difference in the lives of those who have made such a difference to us.

Volunteers needed to protect those most at risk if they get COVID-19

Most deaths from COVID-19 occur in patients older than 75 years of age and in those with significant medical issues.

“These are the people who raised us: our teachers, our coaches, our scout leaders, our mentors,” said Dr. Jimmy Hoppers, CEO of Physicians Quality Care. “These are the very people who made our community what it is today.”

Physicians Quality Care OCCMed needs volunteers from business and industry to join with us in protecting those at highest risk of serious illness and death due to COVID-19.

Hoppers is suggesting a “simple plan” to prevent more serious illnesses and deaths in this vulnerable population. Beginning January 4,

Physicians Quality Care will begin contacting patients at high risk, both to offer gen-

eral suggestions on how to avoid the virus and to ascertain individual need. PQC is also partnering with local churches to identify members of their congregations who might be in need of assistance.

Community volunteers are being enlisted to make daily phone calls to “see how they are doing” and again, to ascertain any immediate needs. “By helping to assure our neighbors have food in the pantry, necessary medication, and are warm and dry, and by providing daily human contact, we hope to persuade them to refrain from unnecessary contact with the general population,” Hoppers said.

“Does everybody need our help? Of course not. But many do. Our plan is simple, but working together, I am confident we can make a difference. This is not a political issue. We have an obligation to do everything we can to protect the generation who made Jackson and Madison County a great place to live, work and raise our own families.”

Besides having our staff make initial contact and then having community volunteers follow up, we desperately need businesses, industry, nonprofits, civic clubs, schools, individuals and others to provide the needed funds, he added.

For more information about our plan, visit www.physiciansqualitycare.com or email volunteer@physiciansqualitycare.com. To make a donation or learn more about the fund and how it will be used, contact jennifer@physiciansqualitycare.com or give her a call at 731-984-8400.



Choices offered for COVID-19 tests

Physicians Quality Care OCCMed can test your employees two different ways to find out if they have COVID-19. We also have a third test that can help determine if employees have had the virus.

We offer the COVID-19 Rapid Test, a nasal swab that gives results in 15 to 20 minutes. We can do this test at your workplace if you have a group of employees who need to be tested. Or, employees can come to our OCCMed Clinic.

We also offer the RT-PCR molecular test. After a nasal swab, the test is sent to a laboratory; results are back in two to three days.

Employees who feel they have been exposed

or are experiencing symptoms, can drive to our OCCMed Clinic on Pleasant Plains Extended in Jackson and park in one of three designated parking spots next to the large red truck outside of our clinic.

These parking spots are only for OCCMed patients who are symptomatic or feel they may have been exposed to the virus.

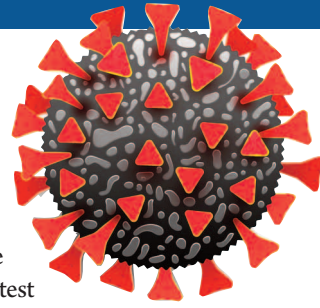
Once there, the employee can call 731-984-8400, option 3, and we will come out to the car to do the test.

Employees who are not symptomatic or haven't been exposed can come inside the OCCMed Clinic for their tests. We practice so-

cial distancing and wear masks for everyone's safety.

The third test we offer is an antibody test that can determine if the employee has had the coronavirus.

Physicians Quality Care OCCMed is open 7 a.m. to 9 p.m. weekdays. Tests needed between 9 to 11 p.m. or on weekends are done through our urgent care clinic next door. Again, patients who feel they are symptomatic or may have been exposed should call from the parking lot: 731-984-8400, option 1.



Physicians Quality Care
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Address Service Requested

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

Start new year with wellness program

The research makes it clear: We need to exercise to stay healthy. Change our diets. Stop smoking. Find ways to avoid stress. And sometimes we need a little push to get started.

Consider implementing an employee wellness program with the help of Physicians Quality Care OCCMed.

Employees who participate will be healthier. You will even lower your company's medical costs and the use of sick days.

We offer a long list of health and safety services, including exercise and diet programs, initiatives to stop smoking and on-site clinics.

Contact OCCMed Director Jennifer Carmack at 731.984.8400 or jennifer@occmcdjackson.com.

DOT physicals on-site

Call us the next time you need DOT physicals for your drivers. 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 will do the physicals on your schedule. We will also fill out all of the necessary paperwork, including certificates of health for each driver, and we'll get the results back to you the same day.

To schedule, contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.

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
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays and EKGs