



# Your Healthy Workplace

June 2021

## The many, many benefits of an employee health fair

**H**ealth fairs at your workplace are a win-win-win situation.

1) Health assessments at the fair, such as blood pressure checks and cancer screenings, alert employees about potential health problems.

2) In a fun environment, employees learn ways to recognize and then manage their own health issues.

3) Health fairs help employers reduce medical costs, show that the employer cares about a worker's well-being and allow the company to gather valuable health and demographic information for disease prevention.

"A company wellness fair is a

### Time for an employee health fair?

Start planning now for an event this fall. And why not combine a health fair with annual employee flu shots?

Just contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400 to get started.

great way to introduce wellness initiatives, alert employees to their own health risks and show that you care about employee health," said Jennifer

Carmack, Director of Physicians Quality Care OCCMed.

Health fairs have other benefits, such as providing an opportunity for flu shots or offering demonstrations on how to lift properly or even

prepare a healthy meal.

A well-run health fair could have "stations" or booths on a variety of topics, offer demonstrations and include outside vendors, such as the American Red Cross.

"We'll help you customize your company's health fair to fit your needs," said Carmack.

And in compliance with HIPAA and privacy regulations, Physicians Quality Care OCCMed can compile your employees' health information into a generalized corporate health report to allow you to identify and manage health problems within your organization.

*Encourage employees to bring workout clothes with them on the day of the health fair and then offer a fun dance-exercise class.*

### Offer health screenings

Screenings help build awareness of health risks and provide information on how individuals can make changes in their lifestyle to enhance their health. Here are some suggestions for screenings ...

- Blood pressure
- Vision
- Hearing
- Diabetes risk assessment

### Promote participation

Incentives and raffle items will help promote participation and build motivation. Consider items that are health-related and/or support the theme of your health fair.

To encourage participation, give each employee a card to be stamped or checked off at each booth or activity he or she visits. And, after the employee's card is validated with visits to a predetermined number of booths, give the employee a free gift or make him or her eligible to enter their name in a drawing for a larger prize.



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# Encourage your employees to keep work at the office

It's getting harder to get away from work, especially if an employee is issued a cell phone or laptop from his or her employer. Some feel so compelled to work they keep the cell phone near the bed to check office email in the night and get on the web as soon as they get up in the morning.

Being on call 24/7 or frequent work interruptions during an employee's free time can often translate to poor physical and mental health for the employee, decrease productivity and affect the employer's bottom line.

Employers can play a role in telling work-

holics to leave the work in the office or to not expect employees to work around the clock.

Here's what you can do ...

■ Respect your employees' time away from the office. Avoid calling workers late at night or on weekends when they're enjoying family time.

■ Make deadlines realistic. Talk with your employees about them.

■ Remind employees about unused vacation time and taking breaks and lunches. Productivity will increase if they come back refreshed and ready to work.

■ Discourage workers from taking work home with them.

■ Try not to talk about work at office lunches and parties.

■ Overwork and stress translates into millions of dollars worth of disability claims and sick days every year, so pay attention to workers who call in sick more than usual.

■ Allow your workers flexible time.

■ Set a good example. Show your workers that managers can find time to exercise and get away from work.

Source: HealthDay News



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## Yep, your birth order may affect your heart health

It's known that genetics and lifestyle can affect your heart health. Now, researchers say, your birth order and family size may also have an impact.

A new Swedish study found that first-born children had a lower risk of heart attacks and strokes than their younger brothers and sisters. But having many siblings was associated with an increased risk of such cardiovascular events.

For the study, the authors accessed data on more than 2.6 million adults born between 1932 and 1960.

What about "only" children?

Compared with men with no siblings, men with one or two

siblings had a lower risk of heart attack and stroke, while those with four or more siblings had a higher risk.

Source: HeathDay News



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- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
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