



Your Healthy Workplace

March 2021

Employee health, safety new priority for companies

In a sign of the times, attracting top talent is no longer the No. 1 priority for many businesses. Instead, it's employee safety and well-being, according to a new survey done by a company that specializes in human resources. The December 2020 survey questioned 300 business leaders from small to

mid-sized companies across a broad cross-section of industries.

"2021 will be challenging as businesses navigate safely bringing employees back to work and adjust to the long-term impact of the pandemic," the survey concluded. Whether it's been financial, medical, social or mental health issues, nearly all workers have been impacted in some way.

Key findings from the survey include ...

- General stress levels are higher than before the COVID-19 pandemic, with 21 percent of business leaders feeling "much more stressed."

- Fifty-four percent of

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Your place or ours?

We deliver DOT physicals

When you need DOT physicals for your drivers, call us first. Our DOT-certified medical examiners will come to your location on your schedule to do the physicals for a minimum of five employees. We then fill out all of the necessary paperwork, including certificates of health for each driver, and get the results back to you the same day.

Or, we can schedule your DOT physicals at our OCCMed Clinic in Jackson – and still do the paperwork quickly.

DOT physicals follow a plan laid out by the Federal Motor Carrier Safety Administration. The U.S. Department of Transportation requires that drivers of commercial vehicles get a DOT physical every two years – or more often if the driver's health warrants it.

With the public's and driver's safety in mind, the DOT physical is referred to as a "medical fitness for duty" examination, which ensures that each driver can handle the long hours, tough schedules and stress caused by the demands of professional driving.

Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com to schedule your physicals.

Health fairs focus on employee wellness, safety

An employee health fair is a great way to focus attention on employee wellness and reduce health care expenses.

A health fair allows employers to gather valuable health and demographic information for disease prevention, educate employees, and help them recognize and manage their own health issues.

Physicians Quality Care OCCMed will design an individualized health fair for your company to be held at convenient times for you. In compliance with HIPAA and privacy regulations, we will compile employees' health information into a generalized corporate health report to allow you to identify and manage health problems within your organization.

Contact OCCMed Director Jennifer Carmack at 731-784-8400 or jennifer@physiciansqualitycare.com to start planning your company's health fair.

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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 • occmedjackson.com

COVID-19 tests

Physicians Quality Care OCCMed offers two different tests to determine if your employees have COVID-19. We also have an antibody test that can help determine if an employee has had the virus.

We offer the COVID-19 Rapid Test, a nasal swab that gives results in 15 to 20 minutes, and the RT-PCR molecular test. After a nasal swab, the test is sent to a laboratory; results are back in two to three days.

We can do either test at your workplace if you have a group of employees who need to be tested. Or, employees can come to our OCCMed Clinic.

If an employee thinks he or she has the virus

and comes to our clinic to be tested, the employee should park in one of three designated spots next to the large red truck outside of our clinic. 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 social distancing and wear masks for everyone's safety.

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.

Employee education helps lower medical costs

Employee training programs are low-cost ways to increase productivity, lessen the use of illicit drugs, increase employee safety and save on health care costs.

All of our education programs are available at times to meet your needs. Topics include CPR, First Aid, AED Certification, Bloodborne Pathogen Training, Active Shooter Training and Tennessee Drug-Free Workplace Training.

If you are interested in one of these programs or have another education need, contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.



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 • occmedjackson.com

Employee health, safety

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business leaders say that they are more aware of their employees' stress level than before COVID-19.

■ Keeping employees engaged and productive is a higher priority now than it was at the start of 2020.

■ Thirty-six percent of business leaders want to make employee benefits easier to access and more affordable.

■ Thirty-three percent want to improve the overall benefits that they offer in order to remain competitive when recruiting and retaining top talent.

■ Looking at how employers communicate, 66 percent of business leaders said they use videoconferencing more now and 39 percent believe they will continue to use it with their customers and employees after the pandemic.

Source: EHS Today

What's in a health fair?

Physicians Quality Care OCCMed will design a health fair to meet your company's needs. Some of the things we offer are ...

- ◆ A general health risk assessment
- ◆ Cholesterol screening
- ◆ Blood pressure screening
- ◆ Pulmonary function tests
- ◆ Biometrics
- ◆ Cardiovascular risk assessment
- ◆ Cancer screening
- ◆ Immunizations
- ◆ Any requested laboratory services and tests
- ◆ Presentations on safety and medical topics

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