



Your Healthy Workplace

November 2021



Holiday eating ahead!

Most of us tend to gain about one to two pounds during the holidays. On one hand, that's not too bad — on the other hand, those pounds will add up.

Here are some suggestions on avoiding holiday weight gain.

1 Don't Skip Meals. Skipping meals, particularly breakfast, usually results in overeating later in the day at that holiday party. Eat lots of fiber — fruits, vegetables and whole grains — which will satisfy hunger, but are lower in calories.

2 Eat Small Portions. As you look over that holiday table filled with foods you like, just put smaller portions on your plate. Even eating large portions of foods that are perceived as healthy should be done in moderation.

3 Pick a Strategy to Avoid Overeating. We all can adopt a strategy or two to help us avoid eating too much. A common one is to use a smaller plate, which allows you to put less food on your plate and encourages proper portion sizes.

Here are other strategies that could work for you: Fill your plate with vegetables *Continued on back ...*

A gift for your staff: Wellness program

Why not help your employees avoid gaining weight as they face the holidays?

- 1) Share our list of suggestions, at left, with employees.
- 2) Contact us to plan a wellness fair in early 2022. Call 731.984.8400 or email jennifer@physiciansqualitycare.com.
- 3) Keep a wellness program in place all year long.

We'll also help with your ongoing wellness initiative. Your employees will feel better and you'll lower company medical costs.

Results of PCR molecular COVID-19 test in 30 minutes

We can now offer results in 30 minutes for the PCR molecular COVID-19 test.

The PCR molecular test is the one most often required in order to return to work, to school, for travel, prior to elective surgery, and to comply with new federal mandates. Up until recently, this send-out test has taken three or four days to report results.

Testing is available without appointment at both our Jackson and Milan locations — although calling ahead may potentially decrease your wait time — or we can come to your workplace with prior arrangement.

Our OCCMed clinic is open 7 a.m. to 9 p.m. weekdays and 9 a.m. to 2 p.m. Saturday. PCR tests, however, are available without appointment at both urgent care facilities in Jackson and Milan from 7 a.m. to 11 p.m., seven days a week.



Physicians Quality Care OCCMed
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Office Hours: 9 a.m. - 5 p.m. Monday to Friday
Clinic Hours: 7 a.m. - 9 p.m. weekdays; 9 a.m. - 2p.m. Saturdays
On-site Services: Available 24/7 by arrangement
jennifer@physiciansqualitycare.com | occmmedjackson.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

Clinic will travel to your worksite

We're getting closer to having our mobile clinic ready to provide scheduled, primary care at your worksite.

The new mobile clinic, with the latest equipment and supplies, will operate on a schedule, visiting worksites once a week, every other week or whatever frequency works best for that employer.

When the mobile clinic is at a worksite at its scheduled date and time, doctors and

nurses can provide primary care, drug screenings, pre-employment physicals, urgent care, flu shots and other services.

The mobile clinic is not an "on call" clinic that will come to your plant in an emergency. A minimum time for the mobile clinic to be onsite will be set up with each employer.

To get on the mobile clinic's schedule, contact Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.



Physicians Quality Care
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Address Service Requested

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Holiday eating ahead!

... Continued from front

and salad before going to the entrees and desserts. Eat a salad before your meal. Eat slowly and savor every bite. Before you go back for seconds, wait 10 minutes to see if you are still hungry.

4 Keep Moving. After dinner, get some physical activity. Go for a walk and or plan an activity that will keep you moving.

These strategies will help you avoid weight gain and still enjoy gathering with family, friends and coworkers.

Source: Academy of Nutrition and Dietetics

Flu season has arrived

Though the Centers for Disease Control says the yearly flu vaccine is the single best way to protect yourself against the flu, you can also take preventive measures.

Here are suggestions from the CDC for your workplace, which can be an incubator for spreading germs ...

- Encourage people to cover their coughs and wash hands frequently.
- Encourage everyone to get a flu shot, which protects them, their

Flu shots

We're scheduling flu shots at your location or ours. Contact Jennifer Carmack at jennifer@physiciansqualitycare.com or 731-784-8400.

family and the people around them.

- Routinely clean frequently touched objects and surfaces.
- Make sure your workplace has a good supply of tissues, soap, paper towels, hand sanitizer and

disposable wipes.

- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- Encourage employees to stay home or go home if they feel sick.

