



# Your Healthy Workplace

September 2021

## Flu vaccinations help keep your workplace healthy

As fall weather approaches, flu season also is upon us. Physicians Quality Care OCCMed is scheduling employee flu shots so companies can protect their employees from the highly contagious flu virus.

The CDC recommends a yearly flu vaccine for everyone six months and older as the first and most important step in protecting against this serious disease.

While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research

indicates will cause the most illness this year. The protection you get from the vaccination will last throughout the flu season.

The timing of and severity of the flu is unpredictable and can vary from season to season. Flu activity most commonly peaks in the United States in January or February. However, seasonal flu activity

can begin as early as October and continue into May.

The flu – a contagious respiratory illness caused by a virus – can be serious.

Since 2010, the CDC estimates that the flu has caused between 140,000 and 960,000 hospitalizations each year and thousands of deaths.

### Set up employee flu shots today

The flu not only makes employees and their families sick, it also disrupts the workplace and effects your bottom line when people can't work because of sickness.

Contact Jennifer Carmack at 731-784-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) to schedule the vaccine at a time convenient for you.

## Schedule our new mobile clinic

Our new mobile clinic – outfitted with the latest equipment and supplies for a primary care clinic – will be rolling into company parking lots around Oct. 1.

The mobile clinic will operate on a schedule, visiting worksites once a week, every other week or whatever frequency works best for that employer.

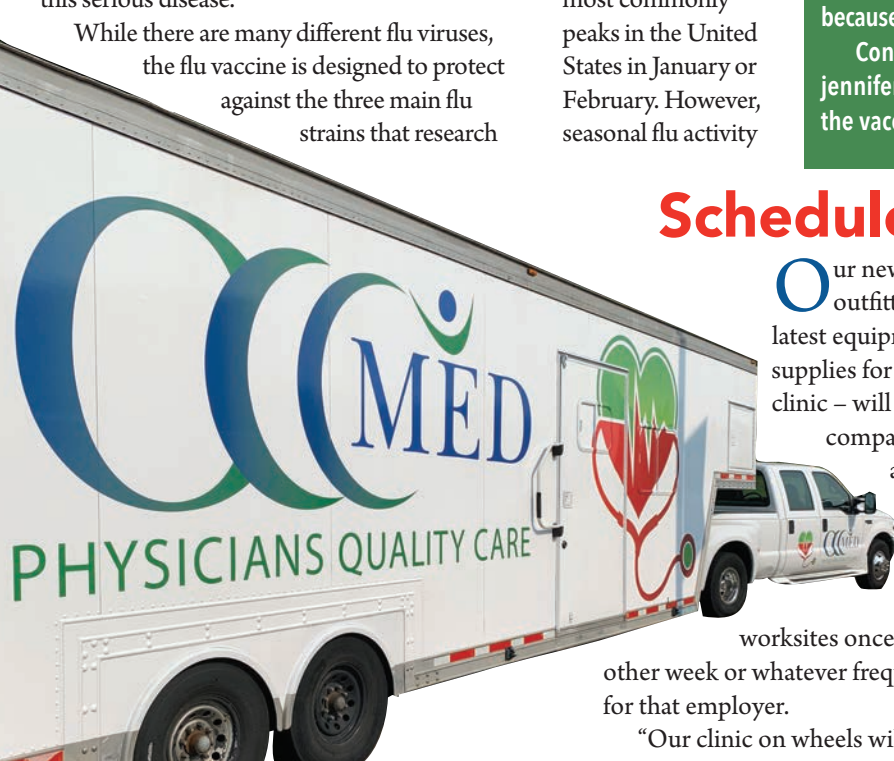
“Our clinic on wheels will fill the need for

employers who do not have the room or resources for a permanent onsite clinic,” said OCCMed Director Jennifer Carmack.

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 at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



### 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](mailto:jennifer@physiciansqualitycare.com) | [occmmedjackson.com](http://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

## Make Physical Therapy a Provider

Eliminate potential gaps in the treatment of your workers-comp employees by putting Physicians Quality Care Physical Therapy on your panel of physical therapy providers.

About 20-25 percent of workers-comp patients will need physical therapy.

"Having our physical therapy department on your provider panel will result in better continuity of care, faster recovery and a quicker return to work," said Dr. Peter Gardner, PQC Medical Director. "PQC Physical Therapy is better because our physical therapists aggressively pursue hands-on treatment."

For more information, contact OCCMed Director Jennifer Carmack at 731-784-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

## OCCMed provider available on Saturdays

A Physicians Quality Care OCCMed provider will be at our clinic on Pleasant Plains Extended from 9 a.m. to 2 p.m. Saturdays for those companies who need OCCMed care on a weekend.

Besides our new Saturday hours, the OCCMed Clinic is open from 7 a.m. to 9 p.m. Monday through Friday.

We also see OCCMed patients at our walk-in clinic seven days a week, from 9-11 p.m. weekdays, 7-9 a.m. and 2-11 p.m. Saturdays and 7 a.m. to 11 p.m. Sundays.



**Physicians Quality Care**  
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*Address Service Requested*

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmmedjackson.com](http://occmmedjackson.com)

## Sitting at a desk all day? It's time to get up! Move!

**T**ake a work break: A new study suggests that getting out of your chair every half hour may help improve your blood sugar levels and your overall health.

Every hour spent sitting or lying down increases the risk for metabolic syndrome and type 2 diabetes, the study authors said. But moving around during those sedentary hours is an easy way to improve insulin sensitivity and reduce the odds of developing metabolic syndrome, which is a group of conditions that can lead to heart disease, diabetes, stroke and other health problems.

"Breaking a sedentary lifestyle has positive metabolic benefits, thus it is beneficial to not sit the whole day, to get up and move," said one

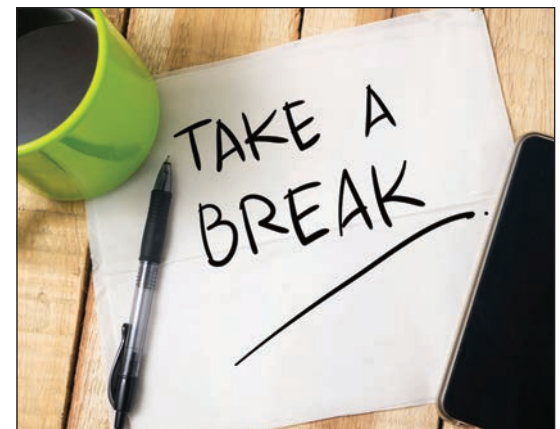
of the researchers.

A modest exercise intervention of three minutes every 30 minutes resulted in a small improvement in blood sugar and blood sugar fluctuations, the findings showed.

"More activity is better, of course, but this study helps to democratize the benefits of motion by showing the clear advantages of a dose almost everyone could achieve," the study said.

For the three-week study period, the researchers followed obese adults who led a sedentary lifestyle or had a job where they sat all day. During 10 hours each day, a fitness tracker signaled every 30 minutes, reminding each participant to get up and move.

During these three-minute activity periods,



the participants did low-to-moderate intensity activity, such as walking or climbing stairs.

Everyone is supposed to exercise for 20 minutes three times a week, one of the researchers noted, so at work, it's a good idea to get up and move." *Source: HealthDay*