



# Your Healthy Workplace

April – May 2022

## Medical care at your worksite ... reimagined

Our self-contained Mobile Clinic arrives at your doorstep equipped and staffed, offering employers a convenient and cost-effective way to provide many medical services at your worksite.



**P**hysicians Quality Care OCCMed Mobile Clinic has a private exam room and waiting area. A nurse practitioner and a nurse/medical assistant staff the clinic and can provide your employees DOT and pre-employment physicals, fit-for-duty testing, sick visits and more.



Lab work that cannot be performed on-site will be sent to our reference lab. Charges are the same as those performed in-clinic; there is no additional charge for transport and reporting, and no collection fee.

Durable medical equipment is also offered at the same cost as in-clinic.

(See back of newsletter for pricing and a list of services provided in the mobile clinic.)



Reserve your time for Mobile Clinic

Contact Jennifer Carmack, Director  
Physicians Quality Care OCCMed  
jennifer@physiciansqualitycare.com  
731-217-7711 • 731-984-8400

Physicians Quality Care OCCMed  
2075 Pleasant Plains Ext. • Jackson, TN 38305  
Office: 731.984.8400 • Fax: 731.984.8305  
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Office Hours: 9 a.m. - 5 p.m. Monday to Friday  
Clinic Hours: 7 a.m. - 7 p.m. weekdays  
On-site Services: Available 24/7 by arrangement  
jennifer@physiciansqualitycare.com | occmedjackson.com



## Physicians Quality Care OCCMed mobile clinic offers:

- |                            |                              |   |
|----------------------------|------------------------------|---|
| ■ DOT physicals            | ■ Pulmonary function tests   | ■ Wellness blood work   |
| ■ Pre-employment physicals | ■ Respiratory fit tests      | ■ We also can do urinalyses, DOT urine screens and drug screens, but because of regulatory limitations, these must be collected in a permanent restroom at your facility. |
| ■ Fit-for-duty testing     | ■ Respiratory questionnaires |   |
| ■ Sick visits              | ■ Hepatitis B titers         |   |
| ■ Drug screening           | ■ Vaccinations               |   |
| ■ Hair testing             | ■ Blood lead levels          |   |
| ■ Breath alcohol testing   | ■ COVID testing              |   |

## Pricing

- \$385/hour
- \$150 setup fee
- Minimum 4 hours
- Maximum 10 hours
- \$435/hour for overtime, up to 1 hour billed in 15-minute increments
- Travel time is not billed within a 30-mile radius of Jackson
- Outside of 30 miles, \$125/hour travel and personnel charge billed in 15-minute increments. Set-up fee is waived.
- 30 minutes non-billable time for lunch



**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 • [occmmedjackson.com](http://occmmedjackson.com)

## A PAWS-itive reason to bring your dog to work

Studies have shown that engaging with dogs and other pets can boost the body's production of "happy hormones" such as oxytocin, serotonin and dopamine.

This increase contributes to a sense of well-being and serenity, while tamping down levels of the stress hormone cortisol.

So, it's easy to see the benefit of having pets at work. For example, employers who have pet-friendly policies point to lower absentee rates and higher morale among their workers.

That's because people who are allowed to bring their dogs to work

generally tend to feel less stress, both from their job or over what their pets might be doing at home while they're at work.

Not everyone is a pet lover, of course, but eventually that dog at a co-worker's desk will do something that will make people laugh.

If you're hesitant to have pets at your worksite, consider doing it on National Take Your Dog to Work Day, which is celebrated annually on the Friday after Father's Day. This year it is June 24.

— *HealthDay News, American Heart Assoc.*



## We speak OSHA!

To help you comply with OSHA, we offer ...

- |   |   |
|---|---|
| ▶ On-site CAOHC-certified audiometry in our mobile unit | ▶ DOT, wellness & pre-employment physicals                              |
| ▶ DOT, non-DOT & hair follicle drug screening           | ▶ Respirator-fit testing & respirator medical evaluations               |
| ▶ Breath- & blood-alcohol testing                       | ▶ Heavy-metal testing   |
| ▶ Health fairs  | ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc. |
| ▶ Strength & agility testing                            | ▶ Nerve conduction studies  |
| ▶ NIOSH-approved pulmonary function testing             | ▶ X-rays and EKGs   |