



Your Healthy Workplace

May 2022

Offer a Health Fair for your employees

Health Fair Services

- ✓ A general health risk assessment
- ✓ Cholesterol screening
- ✓ Blood pressure screening
- ✓ Biometrics
- ✓ Cardiovascular risk assessment
 - ✓ Cancer screening
 - ✓ Immunizations (including flu shots)
 - ✓ Any requested laboratory services and tests
 - ✓ Education and training sessions

In today's work environment, employers are constantly looking for ways to reduce health care expenses and improve the general welfare of their employees.

A cost-effective and fun way to do this is to conduct employee wellness events, colloquially known as Health Fairs. These events allow the company to gather valuable health and demographic information for disease prevention, to educate employees, and to help them recognize and manage their own health issues.

"A company wellness fair is a 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.

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



Set Up an Employee Health Fair

Contact Jennifer Carmack, Director
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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
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Reserve your time for our Mobile Clinic

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. 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.

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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



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Address Service Requested

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmcdjackson.com

Procrastination: Conquering the Inner Demon

Do you find yourself waiting until the last minute to finish a critical document? Are meetings often scheduled just in the nick of time? Is the production of your work calendar a quarterly nightmare? If you recognize any of these scenarios, procrastination may be sneaking into your life, stealing valuable time, and eroding your productivity.

In trying to overcome procrastination, don't decide all at once that you will never do it again. Be reasonable and be fair to yourself. Start slowly. Give yourself time to break a habit that has become ingrained and automatic.

For large, complicated or time-consuming projects such as formulating a budget, writing a new procedural manual, organizing a fund-

raiser, or learning Chinese, break it into small, manageable parts. Keep in mind that all projects, no matter how massive, are only a series of small items reassembled.

— *HealthDay News*



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