



Your Healthy Workplace

October 2022

Let us help you have an ...

Employee Health Fair

Health or wellness fairs are a welcome employee benefit that also can help reduce your medical costs.

The best health fairs engage employees in the activities, offer health screenings and provide information about health issues.

Physicians Quality Care OCCMed can help you set up your health fair, and we can manage many of the services you'll want at your fair.

This includes general health risk assessments; screenings for cholesterol, blood pressure and cancer; cardiovascular risk assessment; immunizations (including flu shots); any requested laboratory services and tests; and education and training sessions.

In compliance with HIPAA

and privacy regulations, we can then compile your employees' health information into a generalized corporate health report to allow you to identify and manage health problems within your organization.

- Plan well to have a successful event. Health fairs have a lot of moving parts, from inviting vendors and setting up booths to providing giveaways and incentives so employees look forward to the event.

- Provide the tests and screenings employees want. Many employees may not have the time or health coverage to get these tests themselves. Send out an anonymous survey well in advance to find out what employees would like at the fair.

- Be creative: Offer a blood

donation station run by the local blood bank. Provide child car seat checks. Give massages.

- Offer incentives. Talk with your vendors, corporate board members or company owners to get funding for incentives that would boost participation. Maybe it's a drawing for a Fitbit or Apple watch. Give out goodie bags that include healthy food samples or coupons for a gym membership.

- Include family members.

- Have fun! Find ways to make the health fair fun. Try a volleyball or basketball contest between departments or a walking competition to pull employees into your event.

Let's get started! Contact Jennifer Carmack, OCCMed Director, at 731-984-8400 or jennifer@physiciansqualitycare.com.



Mobile medical clinic provides services at your doorstep

OCCTMed's mobile clinic is equipped, staffed and ready to arrive at your work place.

The self-contained, state-of-the-art health care clinic is staffed with a nurse practitioner and a medical tech who have the equipment and resources to provide a variety of medical care.

The mobile clinic is designed to provide convenience as well as quality care to your employees.

Schedule the mobile clinic at your worksite by contacting Jennifer Carmack, OCCMed Director, at 731-984-8400 or 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. - 7 p.m. weekdays

On-site Services: Available 24/7 by arrangement

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It pays to reduce stress in the workplace

Whether it is living through a pandemic, a war, political discord or all of the above, it's no surprise that employees are feeling more stressed than ever.

And it's clear that employee stress directly impacts employers. According to a recent American Psychological Association (APA) survey, nearly three in five employees have experienced negative impacts of work-related stress in the past month, including a lack of interest, motivation or energy; difficulty focusing; and a lack of effort at work.

The APA survey also found that employees who typically feel tense or stressed out during

the workday are more than three times as likely to say they intend to seek employment elsewhere in the next year.

Here are some steps to consider to reduce employee stress at work.

- Offer flexible hours. Employees who have some control over their work hours tend to be more satisfied.

- Allow telecommuting.

- Support the use of paid time off. Even though taking time away from work to recharge is important, many employees feel that their employer frowns upon the use of leave and may even penalize them if they do.



- Encourage employees to take care of their health.

- Provide resources and support. For example, hold a wellness fair (see opposite side) or offer mental health benefits.

- Ask employees what they need. Try a focus group or anonymous surveys.

Source: SHRM



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Address Service Requested

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Why offer flu shots to employees?

For many reasons.

- Flu vaccination can keep people from getting sick with flu. For example, during 2019-2020, the last flu season before the COVID-19 pandemic, flu vaccination prevented an estimated 7.5 million influenza illnesses and 3.7 million flu-associated medical visits.

- Flu vaccination reduces severity of illness in people who get vaccinated but still get sick. A 2021 study showed that among adults hospitalized with flu, vaccinated patients had a 26 percent lower risk of being

Schedule flu shots!

Contact jennifer@physiciansqualitycare.com
or 784-8400 to schedule
employee flu shots.

admitted to the ICU and a 31 percent lower risk of death from flu compared with those who were unvaccinated.

- Flu vaccinations prevent tens of thousands of hospitalizations each year. In the 2019-2020 flu season, flu vaccine prevented 105,000 flu-associated hospitalizations.

- Flu vaccination can reduce the risk of complications with other diseases, such as chronic obstructive pulmonary disease (COPD) and heart disease.

Source: CDC

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