



PHYSICIANS QUALITY CARE

## Your Healthy Workplace

March 2023

### Create an employee health fair

Employers looking for ways to reduce health care expenses and improve the general welfare of their employees should consider having health fairs at their worksites.

Employee wellness events are a cost-effective way to focus on employee health. They allow companies 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 intro-

duce 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 also have other benefits. They provide an opportunity for such things as flu shots, demonstrations on how to lift properly or tips to 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.

#### Schedule a health fair

Contact OCCMed Director Jennifer Carmack at 731-784-8400  
[jennifer@occmmedjackson.com](mailto:jennifer@occmmedjackson.com).



### Mobile medical clinic provides services at your doorstep

OCCMed'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@occmmedjackson.com](mailto:jennifer@occmmedjackson.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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# We deliver ... DOT physicals

**W**hen you need DOT physicals for your drivers, call us first. Our DOT-certified medical examiners will come to your location on your schedule to do the physicals for a minimum of five employees.

We then fill out all of the necessary paperwork, including certificates of health for each driver, and get the results back to you the same day.

Or, we can schedule your DOT physicals at our OCCMed Clinic in Jackson — and still do the paperwork quickly.

The U.S. Department of Transportation

requires that drivers of commercial vehicles get a DOT physical every two years — or more often if the driver's health warrants it.

With safety in mind, the DOT physical ensures that each driver can handle the long hours, tough schedules and stress caused by the demands of professional driving.

## Your Place or Ours?

Contact OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com) to schedule DOT physicals.



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

## Paid sick leave good for business, study finds

**R**esearchers found that access to paid sick leave could have benefits for businesses.

Among them: fewer occupational injuries, less spread of contagious disease, fewer employee deaths and fewer people going to work despite being ill.

Paid sick leave was also linked to positive business conditions, including employee morale and job satisfaction, improved retention, higher profitability and performance as well as favorable labor market conditions, the study found.

The United States does not have federal

paid sick leave protection.

Findings from the study certainly show the benefit of businesses developing paid sick leave policies, one of the authors of the study pointed out.

Most of the research showed a small but significant increase in worker absences associated with paid sick leave, along with a decrease in going to work while sick, the study found.

It's been estimated that going to work sick costs U.S. companies billions of dollars each year in lost productivity.

*Source: HealthDay*

## 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