



Your Healthy Workplace

May 2023

EMPLOYEE STRESS

It's time to do something about it

Stress may not appear on a spreadsheet, but burnout, turnover, accidents and low morale indirectly impact the bottom line.

Your employees are stressed — whether they work on the factory floor or in the office. Employee stress has become an epidemic across the country. According to a recent Gallup poll, U.S. workers are among the most stressed in the world, and a staggering 83% of U.S. workers suffer from job-related stress.

Stress is costly

■ According to a study published in the Journal of Occupational Health Psychology, employees who experience high stress take more sick leave, miss work more often, and have lower job satisfaction. Stress can also lead to physical health problems, such as

high blood pressure and heart disease, as well as mental health issues, such as anxiety and depression.

■ Workplace stress is estimated to cost American companies more than \$3 billion annually in health costs, absenteeism and poor performance.

■ 40% of job turnover is due to stress. Replacing an employee can cost up to twice the position's salary.

■ Health care expenditures are nearly 50% greater for workers experiencing high stress levels.

■ Insurance claims for stress-related industrial accidents cost nearly twice as much as non-stress-related industrial accidents.

Source: EHS Today

Build resilience, a wellness culture

While the above statistics are troubling, they're not a reason to lose hope. Stress happens. Employers can help their teams build resilience to the everyday challenges that increase stress levels.

Start with a culture that supports wellness. Make it easy for your employees to choose healthier options. For example, help employees quit tobacco, eat better and sleep better. Exercise in any form can relieve stress; offer gym

memberships, walking clubs or fitness classes.

Physicians Quality Care OCCMed can provide the tools you need to begin and maintain a wellness program.

Wellness fair

A good place to introduce a wellness culture is an employee health fair. We'll work with you to tailor an event to your employees' needs ... A general health risk assessment; cholesterol

blood pressure and cancer screenings; biometrics; cardiovascular risk assessment; immunizations; and education and training sessions.

Within HIPAA compliance, we'll compile results for you to measure overall employee health concerns and then help you develop programs to address those needs.

Contact Jennifer Carmack at 731-984-8400 or jennifer@occmmedjackson.com today.

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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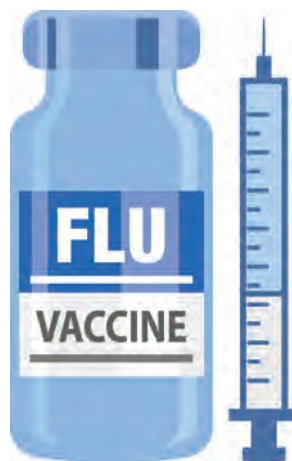
Hearing loss a huge problem

Occupational hearing loss is the most common occupational disease in the United States: It is so common that it is often accepted as a normal consequence of employment. More than 30 million workers are exposed to hazardous noise.

Physicians Quality Care will come to your work site with our state-of-the-art audiometry bus. We can take care of your OSHA-required hearing-conservation training and test 10 people at a time every 20 minutes.

All tests are conducted by CAOHC-certified Occupational Hearing Conservationists and supervised by a medical doctor.

Contact Jennifer Carmack at jennifer@occmmedjackson.com or 731-984-8400.



It's time to start scheduling employee flu shots for Fall

Physicians Quality Care OCCMed is starting to schedule employee flu shots at your work site in September.

The CDC recommends the flu shot for everyone six months and older and that people get their flu immunizations in September or October — before flu season typically starts.

The CDC reported a high incidence of flu in the season that just ended. Each year, the new vaccine is designed to address expected strains in the flu.

We'll schedule your flu shots at your convenience. Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmmedjackson.com.



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

Medical care at your worksite ... reimagined!

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

Our Mobile Clinic has a private exam room and waiting area. A nurse practitioner

and a nurse/medical assistant staff the clinic.

Our services in the mobile clinic include DOT and pre-employment physicals, immunizations, pulmonary function tests, fit-for-duty testing, sick visits and more.

To schedule the mobile clinic at your worksite, contact OCCMed Director Jennifer Carmack at jennifer@occmmedjackson.com or 731-984-8400.



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