



PHYSICIANS QUALITY CARE

Your Healthy Workplace

DECEMBER 1, 2025

Feeling stuffed?

It's not too early to start planning an employee wellness fair for early 2026

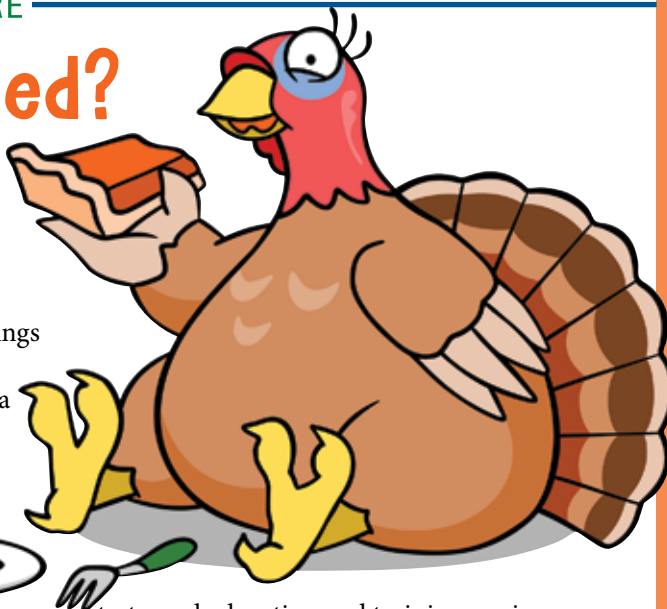
After a holiday season of family gatherings and parties with food and drink in abundance, your employees will welcome a health fair after the first of the year.

Besides being a nice employee benefit, a health fair can also help reduce your medical costs.

The best health fairs engage employees in 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 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.

Let's start planning!

Contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.



Enjoy holiday eating the smart way

We can all enjoy holiday foods and festivities and still keep good health in mind. Here are some ideas to share with employees ...

Bring a healthy side dish to the office party or family gathering. Salads, vegetable trays and fruit plates will give you at least one healthy option.

Don't skip meals before the party. Eat lean meats and proteins during the day to stay full. You'll be less likely to overindulge on holiday

foods.

- Keep to your exercise routine.
- Limit your alcohol intake. Alcoholic drinks can be calorie dense. Besides, the more you drink, the more you are likely to eat.
- Before filling your plate at the party, look over the whole spread. You'll make better decisions as you decide what to eat.
- Avoid seconds.
- Don't make salty and sweet snacks your whole meal.

Keep sickness out of the workplace this holiday season ...

- Place hand sanitizers in convenient locations throughout the building.
- Disinfect surfaces like doorknobs, tables, desks and handrails regularly.
- Increase ventilation by opening windows or adjusting air conditioning.
- Handle food carefully
- Hold meetings in open, well-ventilated spaces.

Encourage employees to practice good hygiene ...

- Avoid touching faces.
- Cover coughs and sneezes.
- Stay home if they are feeling sick or have a sick family member at home.

Remember ...

Flu shots are the best way to prevent the spread of flu at your workplace. Contact Jennifer at 731-984-8400 or jennifer@physiciansqualitycare.com to schedule employee flu shots. We'll come to your worksite at your convenience for no extra charge.

We speak OSHA! To help you comply with OSHA, we offer ...

- On-site CAOHC-certified audiometry
- DOT, non-DOT & hair follicle drug screening
- Breath- & blood-alcohol testing
- Health fairs
- Strength & agility testing
- NIOSH-approved pulmonary function testing
- DOT, wellness & preemployment 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

Physicians Quality Care OCCMed

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Office Hours: 9am–5pm weekdays

On-site Services: 24/7 by arrangement

Clinic Hours: 7am–7pm Mon–Sun (Patients use urgent care clinic after OccMed closes.)