

The benefits of an onsite clinic



A medical clinic at your workplace offers many advantages for decreasing the costs of your company's health benefits and improving the health of your employees.

A Physicians Quality Care OCCMed Clinic at your facility can treat non-emergency workplace accidents, acute medical problems, and monitor and treat chronic medical conditions, such as high blood pressure and diabetes.

- With an onsite clinic, minor accidents can be treated immediately.
- Immunizations, such as flu shots, will cost less because you'll own the vaccine.
- Physical exams and drug testing can be done on your schedule.

Your employees will appreciate the convenience of having a clinic down the hallway, while you'll appreciate that your employees won't need to miss a half day of work for a regular doctor visit.

To learn more about developing an onsite Physicians Quality Care OCCMed health clinic, contact OCCMed Director Jennifer Hill at 731-984-8400 or jennifer@physiciansqualitycare.com.

Learning at Lunch sessions valuable

Cheese or sausage pizza? Another dessert? Lunch and Learn sessions are an inexpensive and easy way to share information with employees.

Topics can range from leadership training, to lifting heavy objects, to incorporating more fruits and vegetables into a healthy diet.

Physicians Quality Care OCCMed can help plan and teach your Lunch and Learn sessions.

One study of 1,500+ companies showed that 96 percent of employees found the sessions valuable.

To organize a Lunch and Learn event, contact OCCMed Director Jennifer Hill at 731-984-8400 or jennifer@physiciansqualitycare.com. We'll set it up on your schedule.

■ Employees connect on a personal level in a casual environment, increasing teamwork and trust.

■ Personal development topics allow employees to set personal goals, avoid burnout and manage stress. When employees feel their personal growth is valued, they are more committed to their jobs.

■ Sessions are cost-effective

for companies of all sizes because they require minimal resources and can be conveniently done in-house.

■ The sessions also are a time to bring remote employees to the office.

March is Workplace Eye Wellness Month

Whether you're dodging physical hazards on a construction site or battling screen fatigue in a home office, your vision is critical. March is a time to consider eye hazards at work.

Digital Eye Strain is a group of symptoms experienced when using computers or other digital devices for long periods of time. Symptoms may include dry eyes, irritated eyes, blurred or double vision, tearing or watery eyes, and headache.

Also, wearing the proper eye protection at work is important for keeping eyes safe at job sites.

Nearly 2,000 U.S. workers sustain a job-related eye injury every day. While we often think of construction sites or labs, about 40% of injuries occur in offices, healthcare facilities, and retail environments.



Source: Prevent Blindness

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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OCCMed Office: 2075 Pleasant Plains Ext., Jackson, TN 38305

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.)