



# Your Healthy Workplace

A Monthly Newsletter  
September 2019

## We deliver, too!

### DOT physicals conveniently at your workplace

**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. DOT physicals follow a plan

laid out by the Federal Motor Carrier Safety Administration. With the public's and driver's safety in mind, the DOT physical is referred to as a "medical fitness for duty" examination, which ensures that each driver can handle the long hours, tough schedules and stress caused by the demands of professional driving. 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.

#### On-site services:

Besides DOT physicals, our on-site services include active shooter training, audiograms, flu shots and immunizations, clinics, safety training, health fairs, and drug screenings. For a complete list, visit [occmcdjackson.com](http://occmcdjackson.com).

### Schedule employee flu shots today

**W**e'll begin giving employee flu shots later this month after the flu vaccine arrives.

We are scheduling flu shots now with employers. We will come to your work place when it is most convenient for you at no extra charge. Employees can also come to our Milan and Jackson clinics for their flu shots.

Though getting the seasonal flu vaccine each year is not a guarantee, it is still your best bet to not get the flu, the U.S. Centers for Disease Control and Prevention (CDC) says. And when you offer flu shots to all of your employees, you'll be much more likely to maintain a healthy workplace this fall and winter.

It takes about two weeks for the flu shot to be effective.

Schedule your flu shots by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



Schedule your on-site DOT physicals or other medical services by contacting Jennifer Carmack, OCCMed Director, at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400.

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Office Hours: 9 a.m. – 5 p.m. Monday to Friday  
Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday  
On-site Services: Available 24/7 by arrangement  
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## Work continues on OCCMed's expansion

The concrete slab is poured. The supports are in, and steel is going up this month. Work is progressing on the expansion of our OCCMed facilities in Jackson.

We're adding about 4,000 square feet to the north side of our OCCMed clinic.

This expansion will not only benefit our OCCMed patients, it will also provide needed space for other Physicians Quality Care services, such as primary care.

We expect the work crews to be done in early 2020. Meanwhile, we'll keep you posted.



## 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
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs



**Physicians Quality Care**  
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*Address Service Requested*

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

## Exercise – every bit of it – contributes to a longer life

Exercise, even a little of it, can lengthen your life, a new study suggests. The researchers also found that too much sitting was associated with a higher risk of early death.

Developing ways to limit sedentary time and increase activity at any level could considerably improve health and reduce mortality, the study authors concluded.

A steep decline in death rates was associated with increasing amounts of light physical activity up to about 300 minutes (five hours) a day, and moderate-intensity physical activity of about 24 minutes per day.

The largest difference in early death risk (about 60 to 70%) was between the least and most physically active, with about five times more deaths among inactive people than

among those who were most active, according to the report. Guidelines recommend at least 150 minutes of moderate intensity or 75 minutes of vigorous physical activity each week.

*Source: HealthDay*



### Employee wellness

The research makes it clear: We need to exercise to stay healthy. And sometimes we need a little push to get started.

Consider implementing an employee wellness program with the help of Physicians Quality Care OCCMed.

Employees who participate will be healthier. You will even lower your company's medical costs and the use of sick days.

We offer everything from exercise and diet programs to initiatives to stop smoking,

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