



PHYSICIANS QUALITY CARE

## Your Healthy Workplace

MAY 22, 2025

### Discover how ...

#### Employee on-site medical clinics

- ✓ Reduce your health care costs.
- ✓ Boost productivity.
- ✓ Increase employee satisfaction, creating a bonus for recruiting and keeping workers.



Research shows that self-insured employers save money with on-site primary care clinics.

Employees are in better health. They take fewer sick days. You have fewer accidents. The bottom line: When your employees are healthier, your bottom line is healthier.

**Lower health care costs:** A Johns Hopkins University analysis found that on-site clinics are two-to-three times more cost-effective than off-site health care services for companies that are self-insured.

Why? A non-emergency injury can be treated at your worksite, and you avoid a much more expensive trip to the emergency room.

On-site medical providers can also help identify potential hazards, which helps you reduce the number of injuries. Health conditions also are identified earlier, before they become expensive chronic expenses.

**Increased productivity:** We've all been there. Your employee ends up taking off half a day for a doctor's appointment. With an on-site primary care

clinic, your employees conveniently get medical care for acute and chronic health conditions with a walk down the hallway. Research also shows that when employees feel better, they are more productive.

**Employee satisfaction:** With the convenience of a primary care clinic on-site, your employees are more likely to seek medical care and participate in wellness programs. Your on-site medical clinic is evidence that you care about your employees. Your clinic becomes an added employee benefit.

Physicians Quality Care OCCMed will create, stock and staff your on-site medical clinic to suit your needs. Contact Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) to learn how you will save on employee health care costs with an on-site clinic.

## Employee Health and Fitness Month

Global Employee Health and Fitness Month is observed every May to promote the benefits of healthy living and encourage both employers and employees to prioritize well-being in the workplace.

This is a great time to work with Physicians Quality Care OCCMed to establish an employee wellness program. From walks at lunchtime or after-hours exercise classes, we can help you set one up.

Research points out that employees feel more energetic, sleep better and even take fewer sick days when they can conveniently participate in a wellness program at their worksite. These programs also decrease stress and promote a happier workplace.

So, let's get started! Contact OCCMed Director Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-9400 to learn more.

### 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 & 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

[occmedjackson.com](http://occmedjackson.com) • [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com)

**OCCMed Office:** 731.984.8400 • 2075 Pleasant Plains Ext., Jackson, TN 38305

**Office Hours:** 9am–5pm weekdays • **On-site Services:** Available 24/7 by arrangement

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