



HIT THE ROAD AFTER DOT PHYSICALS

There's no need to turn your DOT physicals into a logistical nightmare. Physicians Quality Care OCCMed can handle those logistics to suit your schedule.

The Department of Transportation requires drivers of commercial vehicles to get a DOT physical every two years — or more often if the driver's health warrants it.

Our DOT physicals follow a plan laid out by the Federal Motor Carrier Safety Administration (FMCSA). This ensures that each driver can handle the long hours, schedules and stress caused by the demands of professional driving.

During a DOT physical, our FMCSA-



certified medical examiners test for ...

■ **Vision**

disorders: Drivers are required to have good peripheral vision and at least 20/40 acuity in each eye with or without correction.

■ **Hearing**

disorders: Drivers must be able to perceive what is known as a "forced whisper" at a distance of five feet or less.

■ **High or low blood pressure.**

■ **Urinalysis** to check for underlying conditions, such as diabetes, and to do a drug screen.

■ **Physical examination** to check for

disabilities and lung, vascular and neurological disorders.

Workers' Comp telehealth appointments help return employees to work more quickly

Physicians Quality Care OCCMed can do telemedicine appointments for some workers' comp injuries and followups.

Telehealth can streamline the delivery of patient care, expedite claims and help employees get back to work more quickly.

Here's how ...

■ Telehealth provides faster access to care. Injured workers can receive prompt evaluations, sometimes right from the job site.

■ Telehealth is particularly effective for managing minor injuries, such as sprains and strains, bruises, rashes and minor burns.

■ Your employee does not spend time traveling to and from his or her medical provider.

■ Telehealth keeps medical costs lower, especially if employees are able to return to work faster.

■ **Bottomline:** Telehealth saves money and time, two important commodities.

Make sure Physicians Quality Care OCCMed is on your workers' comp provider panel so you can benefit from our telehealth services.

Here's how OCCMed Jackson handles those logistics ...

• We offer DOT physicals at our clinic or at your worksite with a minimum of five physicals.

• We set up the physicals to suit your schedule — whether it's 6 in the morning or 10 at night.

• We fill out all of the necessary paperwork, including certificates of health for each driver.

• You get the results quickly — the same day if we do the physicals at your site.

It's that easy. Contact Jennifer Hill, OCCMed Director at jennifer@physiciansqualitycare.com or 731-984-8400.

Learn more about all of our services at occmmedjackson.com.

We speak OSHA!

To help you comply with OSHA, we offer ...

- On-site CAOHC-certified audiometry
- DOT, wellness & preemployment physicals
- DOT, non-DOT & hair follicle drug screening
- Respirator-fit testing & respirator medical evaluations
- Breath- & blood-alcohol testing
- Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- Health fairs
- Nerve conduction studies
- Strength & agility testing
- X-rays
- NIOSH-approved pulmonary function testing
- EKGs
- Heavy-metal testing

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 our urgent care clinic after OccMed closes.)

Questions about our workers' comp services? Contact OCCMed Director Jennifer Hill at 731-984-8400 or jennifer@physiciansqualitycare.com.