OCCMED
PHYSICIANS QUALITY CARE

Your Healthy Workplace
AUGUST 25, 2026

Let us take care of logistics

The next time you need to schedule Department of Transportation (DOT) physicals for your drivers, you need to contact us once.

Physicians Quality Care OCCMed will do the rest. Getting physicals set up for a large group doesn't have to be a logistical challenge.

We'll set up the physicals at your worksite or our clinic to suit your schedule; fill out the necessary paperwork, including certificates of health for each driver; and get the results back to you the same day if we're doing the physicals at your site.

The transportation department requires that drivers of commercial vehicles 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).

During a DOT physical, our FMCSA-certified medical examiners will test for …

- **Vision disorders:** Drivers are required to have at least 20/40 acuity in each eye with or without correction. They are also required to have good peripheral vision.
- **Hearing disorders:** Drivers must be able to perceive what is known as a "forced whisper" at a distance of five feet or less, with or without a hearing aid. This standard equates to an average hearing loss in the better ear of less than 40 dB.
- **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.

We speak OSHA!

Whether you need DOT physicals, pulmonary function testing or an assessment of your worksite noise levels, we'll help keep your company compliant with OSHA requirements.

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

For more details, check out the Services tab at occmedjackson.com.

Time to schedule employee flu shots

Physicians Quality Care OCCMed is scheduling flu shots for your employees at your convenience.

The CDC recommends the flu shot for everyone six months and older and that people get their flu immunizations by the end of October–before flu season typically starts.

The 2026-27 flu vaccine is designed to address expected strains in the flu this upcoming season. Protecting employees from the flu not only helps keep them healthy, it also lessens time away from work because of illness.

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

We Deliver … So you can deliver

Our occupational health team will come to your workplace on your schedule. Our services include …

- DOT Physicals
- Active Shooter Training
- Audiograms
- Immunizations, including flu shots
- Safety Training
- Health Fairs
- Clinics
- Drug Screenings

For a complete list, visit occmedjackson.com. Or contact us at jennifer@physiciansqualitycare.com or 731-984-8400.

Physicians Quality Care OCCMed

occmedjackson.com

731.984.8400

jennifer@physiciansqualitycare.com

For workers comp issues: whitneywebb@physiciansqualitycare.com

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.)