



## Employees enjoy informative talks

**K**etchup anyone? 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.

- 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.
- Contact Jennifer Hill at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400 to get started.

## Employee health fairs are a win/win

**E**mployers looking for ways to reduce health care expenses and improve the general welfare of their employees should consider having health fairs at their worksites.

Wellness events are a cost-effective way to focus on employee health. They allow companies to gather valuable health and demographic information for disease prevention, to educate employees, and to help them recognize and manage their own health issues.

“A company wellness fair is a great way to introduce wellness initiatives, alert employees to their own health risks and show that you care about employee health,” said Jennifer Hill, Director of Physicians Quality Care OCCMed.

We can help you set up a health fair. Our comprehensive range of services include ...

- Essential health screenings for cholesterol, high blood pressure, cancer and more.
- Informative sessions about reducing health risks, managing stress and more.
- Fun activities—from massages to CPR classes—to keep your employees engaged.
- Family-friendly options to make it a fun outing for everyone!
- HIPAA compliant data insights: We’ll anonymously analyze health fair data to help you identify potential health trends within your company.

To organize a health fair, contact OCCMed Director Jennifer Hill at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com). We'll set it up on your schedule.

“We’ll help you customize your company’s health fair to fit your particular needs,” Hill said.

### Physicians Quality Care OCCMed

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**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.)

### 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